

The Connection

Wylie • Sachse • Murphy Community Magazine

March • April 2008

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Sachse's Pat McMillan

Spring Gardening

Wylie is Right on Target!

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Brought to you by
the Wylie Economic Development Corporation,
the City of Wylie & Direct Development

Background flower photos of Delphinium, Daffodils and Tulips taken at the Dallas Arboretum by Anne Hiney.

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

A Wylie Chamber of Commerce Publication
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The Connection is published bi-monthly by the Wylie Chamber of Commerce. The Connection is mailed free of charge to over 26,000 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.

Did we make a mistake? Let us know so we can correct it next issue.

Just for fun, find the butterfly! Last issue it was hidden in the photo of T-Rex on page 10 in the Heard Museum article.



Stock Photo

Bunny Ears.

Opening
Summer 2009
Wylie, TX



SUPER TARGET MARKS THE SPOT

by Craig Kelly, Wylie's City Information Officer

Shopping and dining options for Wylie, Murphy and Sachse residents will soon be more plentiful with the recent announcement of the Woodbridge Crossing Shopping Center in Wylie. Anchored by a Super Target, the 575,000 square foot premier retail center will transform Wylie's Western entrance to the City when completed in the summer of 2009.

"Woodbridge Crossing will serve as a new gateway to our thriving, growing, City and have a positive impact on the quality of life and ongoing economic development efforts in Wylie," said City of Wylie Mayor, John Mondy.

In addition to the Super Target, Woodbridge Crossing will be home to a "soon to be named" nationally known department store along with numerous junior anchors and leading brand restaurants. Located at the southeast corner of FM 544 and McCreary Road on 64.5 acres, Woodbridge Crossing will be the largest retail center in Wylie.

"The economic impact of Woodbridge Crossing to the Wylie economy cannot be emphasized enough," says Sam Satterwhite, Executive Director of the Wylie Economic Development Corporation. "The property and sales taxes generated, not to mention the over 1,000 new jobs, will significantly enhance and diversify the Wylie tax base."

The \$85 million investment in the community was made possible by a \$12 million public/private partnership between the

City of Wylie, the Wylie Economic Development Corporation and the property's developer, Direct Development. Within the incentive agreement, Direct Development will extend McCreary Road from FM 544 to Maxwell Creek Road, including a bridge over Maxwell Creek; extend Springwell Parkway 1397 feet; add traffic lights at 544 and Springwell Parkway, and 544 at the main entrance



to the center; and provide underground utilities. In return, Direct Development will receive graduated, partial sales tax reimbursement over a 12 year period. Regional cooperation and partnerships between the cities of Wylie, Murphy and Sachse also played a key role in finalizing the development.

"Woodbridge Crossing would not have come to fruition without the collaboration of several key groups," remarked Don Bouvier, Senior Vice President with Direct Development. "The City of Wylie, the Wylie EDC, Target Corporation, the previous land owner—Don Herzog, the cities of

Wylie and Sachse and countless others worked together to bring this needed amenity to area residents."

Woodbridge Crossing is just one part of a 186 acre planned development owned by Herzog Development Corporation. The second piece fell into place when NFC Sports announced major economic development news during Mayor Mondy's recent State of the City Address. NFC Sports has secured funding to move forward with plans for a 105 acre sports complex located to the south and east of Woodbridge Crossing on the Herzog property. The facility will potentially include a 240,000 square foot indoor sports venue; soccer, baseball and football fields; and onsite lodging for athletes and guests. More information can be found at NFCSports.com. The third piece includes future plans for a 20 acre senior housing project.

The FM 544 corridor continues to be the focus of major retail development. In addition to Woodbridge Crossing, the 500,000 square foot Murphy Marketplace, located on 48 acres at the corner of FM 544 and Murphy Road, broke ground last year and is sched-

uled to be open later this year. More than 120,000 people in Wylie, Sachse, Murphy and East Richardson are located within a five mile radius of Woodbridge Crossing and approximately 42,000 cars per day pass by the new retail center. Wylie's population is estimated to grow to more than 60,000 residents by 2015.

Though site excavation should begin this month, groundbreaking festivities are being scheduled in April. Watch for more details on this community event that will celebrate Wylie's continued economic development success. •

Renderings provided by the City of Wylie.

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March Events

Now! Register for **Murphy Spring and Summer Recreation Classes** at www.murphytx.org.

Now thru April 15 - Each Tuesday at Sachse's Laurie Schwenk Senior Center, an **AARP Tax Aide** will be there from 9 a.m. - 1 p.m. Please bring last years tax return along with everything pertaining to '07 taxes, all social security numbers, and full names. This service is not limited to senior citizens it is open to all tax payers. 972-495-6282

2nd-28th Heard Museum Photography Exhibit. The 28th annual Heard Photography Contest. Regular admission: \$8 adults, \$5 kids 3-12 and seniors, members are free. Hours: Mon. - Sat., 9 a.m. - 5 p.m. and Sun, 1-5 p.m. www.heardmuseum.org

10th - Smith Public Library Family Fun Night - The talented Jeff Lee will perform a magic show for the whole family to enjoy! 6:30 - 7:30 p.m. at 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library

10th-11th - "55 Alive" Safe Driving Class, 9 a.m.-1 p.m. each day, at the Laurie Schwenk Senior Center of Sachse. \$10 per person. You'll receive certification for auto insurance discount up to 15% per year. 972-495-6282

11th - Sachse Chamber of Commerce Luncheon at 11:30 a.m. at Northplace Church, 2709 3rd Street, Sachse. Colleen Brinkman of the North Texas Food Bank will be the guest speaker. Reservations can be made online at www.sachsechamber.com or call 972-496-1212. \$12.00 for members and \$15.00 for non-members and those without a reservation.

12th - Celebrate **Dr. Seuss's Birthday Party** at the Sachse Library; at 4 p.m. 3815 Sachse Road, Suite C, 972-530-8966, www.cityofsachse.com

13th - Teen Anime Movie Spirited Away at the Sachse Library at 5:30 p.m. 3815 Sachse Rd., Suite C, 972-530-8966, www.cityofsachse.com

14th - Dallas Area Agency on Aging will be at the Laurie Schwenk Senior Center of Sachse for Medicare counseling and question answering. March 31 is the deadline for changing or updating your supplemental policies. 972-495-6282

15th - Wylie Women's League Community Wide Easter Egg Hunt at Wylie High School at 10 a.m. We will have pictures with the Easter Bunny and a Fire Truck for kids to see. FREE. www.wwltx.org

15th - Sachse's Easter Egg Scramble at 10 a.m. in Heritage Park; Easter bunny will hide candy and special prize eggs for three age categories: 2-4, 5-7 and 8-10 years of age. In case of rain, event will be moved to Sachse Christian Church Family Life Center, 5005 Ben Davis Road; FREE.

15th - Sachse's Doggie Bone Hunt at 7:30 p.m. in Heritage Park; bring your dog for doggie treats, prizes and great fun. Event co-sponsored by DiRty DaVgz in Sachse. Dogs will be divided based on weight and are required to be on leash at all times. FREE.

15th - Sachse's Flashlight Egg Hunt at 8:15 p.m. in Heritage Park; for children ages 5 to 13. Bring your flashlight and help us find eggs stuffed with candy or that special golden egg and win a prize. FREE.

15th - The **Plano Symphony** presents Gustav Holst's The Planets, a multi-media symphonic sensation along with the Grand Prize Winners of the Collin County Young Artist competition. Animated NASA photography from space creates the multi-media effect of this symphonic sensation. 8:15 p.m. at the Charles Eisemann Center for the Performing Arts at 2351 Performance Dr., Richardson. Ticket Office: 972-473-7262. Reserved seating tickets are \$9 - \$75. Add \$2 at the door. www.planosymphony.org.

16th - Wylie United Methodist Church Easter Eggstravaganza. Join us at 12 noon for a family style picnic with hot dogs and potato salad. Easter Egg hunt and bouncy slide. Everyone is invited. Each child needs to bring a dozen filled Easter eggs (no chocolate, please). 1401 FM 1378 Wylie 972-442-5835. Contact Lezlie for more info.

16th - Annual Sachse Historical Society Meeting at 2 p.m. at Smith & Sons Funeral Home Chapel, 2925 5th Street. The Board of Directors will review goals met and set new goals for upcoming year. There will be a guest speaker and light refreshments. www.sachsehistoricalsociety.org

17th - St. Patrick's Day

17th-21st In-Sync Exotics Wildlife Rescue & Educational Center will be open to the public for Spring Break, 11 a.m.-5 p.m., in addition to the normal weekend hours. Admission is donation of \$10/adult (13-64), \$7/child (3-12), \$7/senior (65+), 2 & under free. No strollers please. 3430 Skyview Dr., Wylie. www.insyncexotics.com.

18th - Pajama Story Time at Sachse Library starting at 6:30 p.m. 3815 Sachse Road, Suite C, 972-530-8966, www.cityofsachse.com

19th - Laurie Schwenk Senior Center of Sachse monthly luncheon; fun begins at 10 a.m. 972-495-6282.

20th - Wagging Tales at the Smith Public Library. Brand new readers can practice by reading aloud to Abby the Collie. 6:30 - 7:30 p.m. Tickets are required and limited. They are given out free on a first come first serve basis the evening of the program. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

22nd - Hunt With The Big Cats Of In-Sync Exotics!!! 11 a.m.-6 p.m. Join the Lions, Tigers, Leopards and more for a full day of fun! Egg hunt begins at noon (separate hunt for kids 5 and under) followed by prizes, face painting, games, crafts, concessions and more...stick around to see the Big Cats get their Easter eggs and treats at 3 p.m.! Bring an item from our wish list (see www.insyncexotics.com) to help fill the HUGE Cat Easter Basket! Usual requested donation of \$10.00/adult (13-64), \$7.00/child (3-12), \$7.00/senior (65+), 2 & under are free. No strollers please. 3430 Skyview Dr., Wylie, TX, www.insyncexotics.com.

23rd - Easter Sunday

24th - Fourth Monday Book Club for Adults (ages 18 and up) at the Smith Public Library, 6:30 PM - 8:00 PM Open book discussion from the literary works of Oscar Wilde. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

25th - The **Plano Symphony Orchestra** invites kids, ages preschool - 6 years, and their parents to a spirited, musical story time that's free and open to the public. Both educational and fun, this 20-min. program includes a discussion of stringed instruments, a short performance of Bach and two interactive stories with viola. *There Was an Old Lady Who Swallowed a Fly* and *We're Going on a Bear Hunt* are stories that encourage children to get involved and participate. At 10 a.m. & 11 a.m. - Stonebriar Center Barnes & Nobles at 2601 Preston Road, Suite 1204, Frisco, TX, 75034. 972-668-2820. www.planosymphony.org.

25th - Sachse's Friends of the Library will meet at the Library, 3815 Sachse Road, Suite C, starting at 7 p.m. 972-530-8966

27th - D.R. Saur, Financial Advisor will be at the Laurie Schwenk Senior Center of Sachse at 11 a.m. if you have any questions about retirement or planning or correcting your finances. This is a luncheon meeting so you will need a reservation. Calling 972-495-6282.

27th - BeTween Book & Movie Club, 6 - 7 p.m. This month 4th and 5th graders are invited to discuss A Wrinkle in Time by Madeline L'Engle at the Smith Public Library, 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

28th - Rock Band Contest at Sachse Library starting at 4 p.m. 3815 Sachse Road, Suite C, 972-530-8966, www.cityofsachse.com

29th Boots 'n Barbecue Gala - Don your best cowboy duds for the Wylie ISD Education Foundation's Fifth Annual Boots 'n Barbecue Gala at 6:30 p.m. at Southfork Ranch in Parker, Texas. Dance to the music of the Tejas Brothers, enjoy great food and participate in live and silent auctions. It's a fun-filled evening with proceeds benefiting the Foundation's Grant's for Teachers Program. CBS 11 Television Anchor Maria Arita will emcee. Tickets are \$45 each. Contact Jenna Lawson at 972-429-3025 or jenna.lawson@wylieisd.net for more info.

30th - You are invited to Wylie United Methodist church to see the musical "Godspell" presented by Elation from St. Stephen United Methodist at 7 p.m. Admission is FREE. 1401 FM 1378 Wylie, 972-442-5835. Contact Pastor Donna Sutton for info.

Continued on page 10 ~

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30th Peter and the Wolf & Full Plano Symphony 3 p.m. at Charles W. Eisemann Center, 2351 Performance Dr., Richardson. The Family Symphony Sunday Series treats families with kids ages 3 - 12 to an interactive concert preceded by pre-concert activities. Kids and their families are introduced to musical instruments and concepts through hands-on activities, musical demonstrations, stories, and performances by the symphony's own musicians. Come early and enjoy the interactive music exhibit FasTrack Kids, the Plano Symphony Instrument Petting Zoo - an interactive musical learning experience, and more! To order tickets, call 972-473-7262 or stop by the Box Office. www.planosymphony.org

April Events

1st - The Children's Chorus of Collin County is holding auditions for the '08-'09 Chorus year for boys and girls in grades 3-6. To schedule an audition time, please contact the Chorus at: office@childrenschorusofcollincounty.com or 972-941-9600. www.childrenschorusofcollincounty.com.

3rd - Smith Public Library Teen Library Council Meeting 5 - 6 p.m. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

5th - Donnie Worthington Memorial Golf Tournament benefiting First Baptist Wylie's Youth Ministry. 1 p.m. at Woodbridge Golf Club. For registration info contact Derek Draper at 972-442-2261 or derek@fbcwylie.org.

5th - Keep Murphy Beautiful from 9 a.m. to 1 p.m. Meet at the flag poles at City Hall. After a short presentation on litter prevention, we will caravan to Maxwell Creek Linear Park. Contact Parks Superintendent, David Bottlinger at 972-468-4355 if you plan on attending.

5th - Plano Symphony's last concert of the season, Christopher Parkening "Fantastic Finale". He has performed at the White House, appeared with Plácido Domingo on Live from Lincoln Center, participated in Carnegie Hall's 100th Anniversary celebration and performed twice on the internationally televised Grammy Awards. Acknowledged as "Best Classical Guitarist" in the nationwide readers' poll of Guitar Player Magazine for many consecutive years, he is the recipient of two Grammy nominations. 8:15 p.m. at St. Andrew United Methodist Church, 5801 West Plano Parkway, Plano. Call the PSO Ticket Office at 972-473-7262. Reserved seating tickets are \$9-75. Add \$2 at the door

5th - Wylie High School Job Fair - Companies interested in participating should contact Mike Agnew at the Wylie Chamber, 972-442-2804 or magnew@wyliechamber.org.

7th - Murphy Spring and Summer Recreation Classes Start. This includes Youth and Adult programs, as well as Summer Camps! Register Now! www.murphytx.org

8th - Sachse Chamber of Commerce Luncheon - 11:30 a.m. at Northplace Church, 2709 3rd Street, Sachse. Reservations can be made online at www.sachsechamber.com or call 972-496-1212. Lunch is \$12.00 for members and \$15.00 for non-members and those without a reservation. Check the chamber website for speaker info.

11-13th - Heard Museum Spring Native & Heirloom Plant Sales April 11, 4-7 p.m. (members only; memberships available) April 12 & 13 (open to the public, regular business hours: Mon-Sat, 9 a.m. - 5 p.m. and Sun, 1-5 p.m.) Regular admission: \$8 adults, \$5 kids 3-12 and seniors, members are free. www.heardmuseum.org

12th - Garland Quilt Guild Shop Hop - meet in the parking lot of First Presbyterian Church, 930 W. Ave. B, in Garland at 8 a.m., then carpool from there. Spend the day shopping at quilt shops and enjoy lunch together. For more info call Allison Ray (PR Garland Quilt Guild) 972-941-0860 or allisonray@gmail.com or visit www.garlandquiltguild.org.

12th-13th - Barnes & Noble Book Sale -The Smith Public Library FRIENDS invite you to visit the library, pick up a book sale voucher and a list of activities for the Barnes & Noble event! If you make a purchase at the Barnes & Noble in Firewheel on April 12th or April 13th, a percentage of the net sale will be donated to the FRIENDS of the Smith Public Library. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

14th - The Taste of Wylie benefiting the Wylie Christian Care Center at the First Baptist Church, 100 N. First Street, Wylie, 11 a.m. - 2 p.m. Contact Sandy Nelson at 972-475-4402 for more info.

14th - Family Fun Night at the Smith Public Library. Celebrate National Library Week with us! 6:30 - 7:30 p.m. Enjoy percussionist Mark Shelton who blends influences from classical, jazz, folk, and pop. His high energy/fast paced performance style is sure to entertain the whole family. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

17th - The Sachse Sampler & Expo features great food, booths featuring local businesses and services, and entertainment for the whole family. This year's event will be at Sachse Christian Church located at 5005 Ben Davis Road, Sachse from 5:30 - 8 p.m. Contact the Sachse Chamber for more info at www.sachsechamber.com or call 972-496-1212.

17th - Wagging Tales at the Smith Public Library. Brand new readers can practice by reading aloud to Abby the Collie. 6:30 -7:30 p.m. Tickets are required and limited. They are given out free on a first come first serve basis the evening of the program. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

18th - Sachse Mother/Son Roundup; 7 - 9 p.m.; Salmon Park; games, hayrides, dancing, refreshments under the stars, and a commemorative photo; cost is \$10 per couple.

19th - 2nd Annual Muddy Creek 5K and 1 mile run/walk sponsored by Sage Creek HOA. 1 mile begins at 9 a.m. and 5K begins when all 1 mile participants finish. Begins at the Sage Creek Clubhouse, 813 Preston Rd. in Wylie. The run is FREE with 1 food donation item for the North Texas Food Bank. Registration form and details at www.sagecreekhoa.com under the public page link.

22nd - Earth Day - The first Earth Day in 1970 led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species acts. www.earthday.net

22nd - Wylie Chamber of Commerce Luncheon featuring the WISD State of the Schools address by superintendent Dr. H. John Fuller. 11:30 a.m. at Woodbridge Golf Club. Make your reservation online at www.wyliechamber.org or call 972-442-2804.

23rd - Health Seminar presented by Baylor-Garland at Sachse Senior Center at 11:30 a.m.; 3815 Sachse Road; call 972-495-6282 for more info.

25th - Wylie Chamber Golf Tournament at 8 a.m. at Woodbridge Golf Club. All are welcome to participate and sponsor. Please check the Chamber web site (www.wyliechamber.org) or contact the Chamber 972-442-2804 for details on how you can participate.

25-26th - The American Cancer Society's Relay For Life of Wylie/Sachse at Shaffer Stadium in Wylie from 7 p.m. - 7 a.m. If you have been touched by cancer, please join us to Celebrate, Remember, and Fight Back against this horrible disease that affects so many. At this family friendly event, we will be honoring cancer survivors and caregivers, remembering those we have lost and raising money to find a cure. Please visit www.WylieRFL.com. Contact Meredith Pickering at meredith.pickering@cancer.org for more info.

26-27th - Heard Museum Green Living Family Festival. A WFAA Family First Event! Meet some Channel 8 news personalities, browse dozens of green-friendly vendors, enjoy treats from The Great Outdoors, Ben & Jerry's Ice Cream, and Smoothie King and take part in many children's activities including a petting zoo, art projects and inflatables. Sat 9-5 and Sun 1-5. Special discount admission: \$5 adult tickets and children 12 and under get in free. www.heardmuseum.org

28th - Family Fun Night at the Smith Public Library. Join us in celebration of El Día de los Niños/El Día de los Libros (Day of the Child/Day of the Book! 6:30 p.m. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library.

28th - Fourth Monday Book Club for Adults (ages 18 and up) 6:30 - 8:00 p.m. Join us for a book discussion on O Pioneers! by Willa Cather. 800 Thomas Street, Wylie, 972-442-7566, www.wylietexas.gov/library. •

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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 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 & 4th Tuesday of every month from noon to 1 p.m., Los Rios Country Club, Plano. Join us for lunch and see what you can do for your community. Contact Nathan Nakamura 972-424-0005.

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. Come have breakfast with us the first three Fridays of each month at Woodbridge Golf Club from 7:30 - 8:30 a.m. For info, call Vicki Franzen, President, at 972-495-1764 or 214-914-4433.

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 or contact Allison Ray at 972-941-0860 or 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, e-mail: 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 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 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, Maya: 469-361-6848 for info. 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

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from 9 a.m. - 12 noon. Childcare is provided. To reserve your spot in childcare or for more info please contact Laverne Hernandez at 972-575-8222 or 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 raisers 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.

Wylie Evening Lions Club 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 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 Don Ables for more info at 972-755-5959.

Wylie Rotary Club meets weekly on Thursday at 12 noon at Woodbridge Country Club. Contact Joe Helmberger at joehelmberger@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 or contact Katie Shockley at 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 for more info. •

Got something going on?

To submit your special event to the May/June community calendar send an e-mail to theconnection.anne@mac.com no later than April 4th. 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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Pat McMillan

by Janet Doleh of Sachse

Part of the Foundation of Sachse/Wylie/Murphy



"I get from the soil and spirit of Texas the feeling that I, as an individual, can accomplish whatever I want to, and that there are no limits, that you can just keep going." Barbara Jordan

When she was a young girl, Pat McMillan's mother gave her this advice: "You can be whatever you want to be. If you want to do it, do it."

Armed with the strong values and support of her family, Pat embarked on a remarkable career path that led from education to entrepreneurship to law enforcement. Along the way, she continued her family's legacy of giving back to the community through public service. Today, she is not only a member of the Sachse City Council, she is also involved in the Sachse Planning and Zoning Commission, the Fleur de Lis Garden Club, the Sachse Historical Society, and the Murphy Cemetery Association.

McMillen Family Establishes Murphy, Texas

Pat's heritage is filled with strong, colorful ancestors who helped shape Murphy and Wylie into thriving frontier towns. Her connection to this area began in 1845, when Peter's Colony pioneers Comfort Allen (C.A.) McMillen, his wife Lydia, and her family, the Maxwells, arrived. They had traveled from Kentucky and North Carolina to settle in the South. They came in ox-wagons and brought their "McMillen" sheep, a strain that has since disappeared.

With the land grant C. A. McMillen received, he founded the town of Old Decatur in 1846. As the fledgling community formed, larger events were shaping Texas history. Between 1846 and 1848, the United States and Mexico went to war. By the end of the war, Mexico had ceded the vast territory that became the American Southwest. The McMillens had arrived at a pivotal moment.

Their small village was renamed Maxwell's Branch. Then, in 1888, it received its third name, Murphy, in honor of William Murphy, whose family donated the land for the St. Louis and Southwestern Railroad.

The McMillens were part of a group of Christians who founded the Corinth Presbyterian Church in Parker, Texas. Before the church

was built, the congregation often met in the McMillen home. Today, the 160-year-old Corinth Presbyterian Church thrives as the oldest continuing congregation of any denomination in Collin County. The McMillen family donated land for the church and a school near the Decatur Maxwell Murphy Cemetery.

In the early years, the McMillens settled in several communities around Murphy, including Allen, Wylie, and Culleoka (near McKinney), where Pat's great-great-great grandfather, Hugh McMillen (C.A.'s brother), chose to live. Some of the family land was near William Sachse's acreage. Family landmarks in Collin County include McMillen Road and McMillen Cemetery.

"The family had significant influence in Collin County," Pat said. "The branch of McMillens that married the Murphys included James L. Moulden, sheriff from 1893 to 1921; Robert Moulden, an attorney and county judge from 1917 to 1921, and J. Pat Moulden, county clerk from 1988 to 1903." (Note the McMillen surname spelling changes to McMillan, which commonly occurred during this time.)

Growing up in the McMillan family

Born in 1944 to William Franklin and Kathryn Drake McMillan, Pat's memory of her childhood is that it was 'full of love, laughter, pranksters, and people.' The family was tight-knit and large. Between them, her father and mother had twenty siblings, so the McMillan house in Wylie was often filled with grandparents, aunts, uncles and cousins. They were a diverse group.

"One of my uncles was a bit of a wheeler/dealer con man," Pat said. "At one time, he lived in California and ran a circus sideshow with midgets. Another uncle was a hobo. When he was coming home, I'd watch for him and see him jump off the train carrying his 'grip.'"

With her mother, grandmother, and aunts to teach her, Pat acquired many skills. "I learned how to garden, sew, knit, make patterns for clothes, make soap, can vegetables, crochet – they taught me every craft!"

Her mother was "a go-getter who excelled at many things," Pat said. "For awhile, she had her own business – Kay's Dress Shop in Wylie.

Continued on page 14 ~

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The pizza was delicious, the company "delight"ful and the moment priceless! Stop by Mo's and order a Mr. Cooper's Delight. It's the special this month. •



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She also worked in a number of businesses, including Johnson Manufacturing Company, Wylie Locker Plant, and McKinney Cotton Mills.”

Childhood lessons learned

“My parents never sheltered us, but they did show us how to handle life,” Pat said. “We had total support. My father was an honest, fair-minded, caring man who believed there were no bad kids,”

“Mr. Mac” taught in the Wylie ISD from 1938 until 1965. Frank McMillan Junior High School is named for him.

Frank and Kathryn McMillan knew how to instill good values in their children. Once when Pat had worked hard on a school project but was not the student selected for recognition, she was bitterly disappointed. Frank told her, “You can’t win all the time. When it’s someone else’s turn, support them.”

Growing up, Pat learned to stand up for herself the hard way. “One lesson that stuck occurred when I went out in our front yard to show off my new white pinafore. The girl who lived next door threw mud at me, so I went inside and complained to my mother. She said if I didn’t go out and take care of her, Mother would take care of ME when I came back in. So I went out and we threw some punches. I took care of her.”

Despite this incident, neighbor Rita Smith remembers Pat as “a pretty, sweet little girl. She came from a lovely family. Her father taught at the Baptist Church and they were all an asset to our community and the schools.”

Pat graduated valedictorian of Wylie High School. Her father was the principal and her brother taught science at the school.

An unexpected career path

Pat attended East Texas State College on a scholarship and expected to follow the family tradition of becoming an educator. For awhile, she did.

In 1965, she started teaching at Bryan Adams High School in Dallas. Many times, facing rebellious students, she remembered her father’s lesson: There are no bad kids. She found innovative ways to bring out the best in her students and some of those kids went on to win State Fair awards.

In 1965, Pat married and when her husband was drafted, they moved first to El Paso and then to Germany. She became the principal of a private school for military children while overseas and later taught in North Carolina.

After coming back to Dallas in 1971, Pat taught arts and crafts and concentrated on her own freelance art. “My media are water color and pen and ink,” she said. “I sold many works at Dallas street fairs.”

Perhaps her most unusual career venture occurred after her dog developed temporary paralysis. She designed protective clothing for him. When her dog’s veterinarian happened to see it, he asked if

she would do the same for other pets who had injuries. “Each one was a unique design,” she said. “I worked with vets for two years and then branched into dog clothing – sweaters and t-shirts. I called my business Pat’s Pet Duds. Business was booming, but I got disgusted – I was throwing my life away on poodle pajamas!”

After stints doing pet photography and antique photo restoration, Pat found the right career in 1976. Unexpectedly, it was in law enforcement with the Dallas Sheriff’s Department.

“Early on, I knew I loved crime scene forensics,” she said. “I went through the Civil Service ranks: sergeant, lieutenant, captain, and then appointments as deputy chief and finally assistant chief.”

She met her current husband, James Cron, while in law enforcement. He was Commander of the Crime Scene Search Section of the Sheriff’s Department.

Among other awards, Pat received three Certificates of Merit, two Commendation Awards, and one Meritorious Service Award during her 26-year law enforcement career. She was the first female to become a Certified Latent Print Examiner in Texas, and to be appointed Assistant Chief Deputy at the Dallas Sheriff’s Department.

Life today in Sachse

Pat and James retired from the Dallas Sheriff’s Department and built a home in Sachse in 1993. They have two children, four grandchildren, and one cat.

Today, she and her husband are Forensic Identification Consultants. They teach and assist law enforcement agencies and district attorney offices and often speak to civic groups.

Pat is Mayor pro tem of the Sachse City Council. Mayor Mike Felix noted that “Pat McMillan has been a positive influence on the City Council. She has demonstrated the honesty and integrity necessary for success. She has the educational background to achieve her lofty goals. The City of Sachse is very fortunate to have her as a leader.”

Mayor Felix also recognized the contributions of Pat’s husband, James, a previous City Council member; and of Howard McMillan, Pat’s late brother. “Howard was a positive influence on the young people of Sachse,” he said.

Joe Stone also remembered Howard as a good friend. “We were close,” he said. “He built and ran the Sachse Hardware Store for many years. Curves is located there now.”

Looking forward, Pat noted that Sachse is in a growth spurt. “We’ve had a lot of residential growth,” she said. “In the next few years, we’ll see more commercial and infrastructure growth to match the number of people we have.” •

Photos provided by Pat McMillan.

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by Charlene Rowell - Director of Gardens, Heard Natural Science Museum & Wildlife Sanctuary



Swallowtail on Mountain Laurel



Red Bud Trees in bloom at the Heard



Heuchera



Texas Sage Bush 'silverado'

Spring beckons us to leave the endless succession of electronic drivel or lay down that last novel of winter and step out into the soft warmth of the sun. Instinctively we yearn to reconnect with nature and even to get our hands dirty.

Gardening is a great way to fulfill those urges while helping the earth create its magical spring and summer show.

If approached logically, gardening is a laborious task, but not a difficult one. Take a cue from your surroundings and notice what grows in natural areas. These plants survive on regional annual rainfall amounts and need no soil amendments, synthetic fertilizer or chemical sprays such as fungicides or pesticides to survive. These are native and adapted plants that make great additions to the garden and with cultivation become beautiful garden specimens. Purple coneflower, winecups and sunflowers are just a few native plants that have been taken from the wild and cultivated in urban gardens for many years.

Plant selection is a major factor in successful gardening. Choosing plants that are a part of the ecosystem and plants that adapt well to that ecosystem will ensure easy cultivation with better flowering and fruiting. The wrong choices, for example, picking plants that prefer sandy acidic soils

and lots of annual rainfall like azaleas, lead to struggling with sick nutrient deprived or insect ridden plants that will never be healthy and free flowering.

The Heard Native Plant Garden is a showcase for many of our states native plants; it is dedicated to increasing knowledge, preservation and utilization of Texas native plants. It is also a place to see how they respond to cultivation. A stroll through the garden provides a view of many Texas trees, shrubs, vines, grasses, perennials and succulents. It is easy to see how they can be used in an urban setting. After twelve years of testing, some plants have been eliminated while others remain becoming testaments to the beauty and versatility of these plants.

Along with selecting native plants for the garden there are a great number of well adapted plants that should be considered. A plant that is well adapted can survive in an environment much like the native populations do. Plants like antique roses, crape myrtles, and perennials like daylilies, cannas, verbena and naturalizing bulbs such as crinum, narcissus and spider lilies will survive with little care yet thrive with cultivation. More importantly, these are plants that do not escape cultivation and become invasive. Common privet, wax-leaf ligustrum, scabiosa, Japanese honeysuckle and chinaberry are just a few introduced plants that have proven themselves to be so well adapted that they become invasive. In many situations these plants have taken over natural areas and are out competing with native vegetation. Common sense tells us that if they can be such bullies in the wild imagine what they will do to your garden.

This year we will be introducing some well adapted plants into the Heard Garden. We hope to demonstrate how native gardens can be enhanced by these plants and how together they can create beautiful habitat gardens that everyone can enjoy. We will choose plants that can survive on minimal irrigation and only natural soil amendments such as organic fertilizer, composted leaf litter and mulch. No harsh chemical pesticides are used in the garden. We must protect our resident populations of birds, reptiles, butterflies, amphibians and insects as well as our plants! When the occasional unbalance of insects becomes a problem, such as the redbud leaf roller, BT is applied to reduce their numbers.

Good cultivation practices such as proper spacing, pruning and plant placement will also ensure successful gardens. Prevent overcrowding by spacing plants according to recommendations and allow them time to grow into the space. Place plants in situations optimum for them and group different plants with like requirements for light, soil and water together. A good example is to plant drought tolerant shade loving perennials such as turkscap or ground covers like horse herb under mature native trees. These will both thrive with limited or no irrigation as excessive irrigation may harm the mature trees.

Find a good nursery with experienced nursery personnel that can help you with your gardening concerns. A good nurseryman/woman will be able to answer your questions about spacing and placement of plants as well as recommending the right plants



Photos provided by the Heard Museum

for your garden. They will recognize pest problems and help you work out an organic solution. Best of all they can help you save dollars by recommending the best products for your particular needs.

Each spring the Heard Museum has a large Spring Plant Sale where we sell many of the best plants for north central Texas gardens. This year we are offering a huge selection of natives, herbs and well adapted plants. Many hard to find trees like Eve's necklace, rocky mountain juniper and Texas persimmon will be available along with cold hardy agave's, heirloom bulbs and antique roses. We offer native grasses, perennial vines and a large selection of herbs. Our sale opens at 4 p.m. on the evening of April 11 for our special members only sale and we open again on Saturday April 12 from 9 a.m. to 5 p.m. Sunday hours are from 1 to 5 p.m. All sales are tax free.

As the sun draws you outdoors, let spring's warm, fuzzy breezes entice you with its hint of flowery sweetness. Visit us at the Heard gardens and let us introduce you to some really great natives. We will be conducting garden tours, wildflower walks and we will also offer gardening classes starting in March. Check www.heardmuseum.org or call 972-562-5566 for details. •



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Plano East Soccer Star

Murphy's Marissa Holden overcomes adversity

by Scot Harrison - the Voice of the Wylie Pirates

Athletes at all levels face distractions that can throw them off of their game. Sometimes it is an injury, others the weather or a nasty crowd while playing on the road. But few can block out those distractions and rise above them to excel in the most difficult of situations and perhaps learn something along the way. For Marissa Holden, a junior midfielder/forward for the Plano East Lady Panthers soccer team, it was the loss of her home.

On the afternoon of February 4th the Holden's Murphy home burned to the ground after being struck by lightning. Marissa's father was at work. Her mom, Shurandia was in the house at the time but escaped unhurt, carrying Marissa's 2 year old Jack Russell terrier, Sneakers, to safety as well.

"We actually had a game that night against Richardson High School after the fire and I needed to go," says Marissa who was at school on that Monday afternoon. "I just tried to get my mind off of (the fire). I didn't want to just sit and think about it and cry some more."

Once the whistle blew at Kimbrough Stadium and the game was on Holden played well scoring a goal. But with 10 minutes to go reality set in for Marissa.

"I knew I didn't have a house to go home to. I was just unsure what was going to happen next. My house was right across the street from Kimbrough and that was really hard because I knew I couldn't just go across the street and go home."

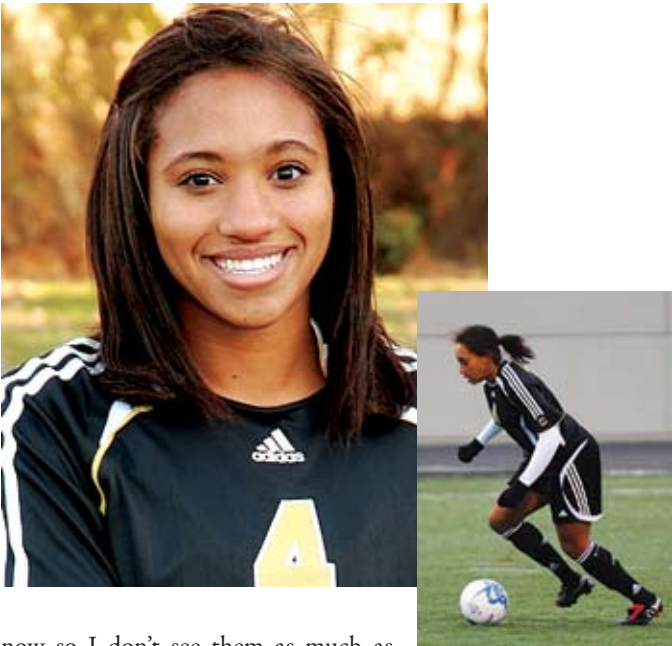
For Holden it was the second time in the last 6 months that she had to overcome adversity. Marissa was out of action three months last fall because of an ankle injury sustained playing for her club soccer team, Dallas Texans Red '91. The injury happened after the Texans finished second at nationals last summer. The keepsake for that achievement is one of the things lost in the fire she'll miss most.

"My national finalist medal was hanging on my bedpost. It was destroyed. I worked really hard for that one."

The family plans to seek a replacement for the medal but like so much of what was destroyed in the blaze, it may be lost in the ashes forever.

Teammates from both her club team and the Lady Panthers were a constant source of support and assistance in the days and weeks following the fire.

"Everyone was so helpful. They brought me stuff to wear. My Texans teammates were really helpful. We're not in season right



now so I don't see them as much as I used to but they called, emailed, brought over stuff. They dropped off stuff for my dog. They helped replace some of my soccer equipment," says Marissa.

But through it all Holden, a three year starter at Plano East, has stayed focused on her goals. Committing early to the University of Illinois where she plans to study finance, was very important to Marissa who continues to look to the future both as an athlete and a student.

"It gives me a chance to focus on other goals Plano East and my club team. (Committing early) allows me to focus as opposed to coaches wanting to see me or college visits. I know where I'm going and I don't have to think about it until my official (visit) next October."

Marissa's talent has drawn the attention of the U.S. National Team. She was two days into the last Olympic Development Program Recruiting Camp in Boston when she sprained an ankle. Yet her hunger to play at the Olympic level remains.

"I would love to go to the National Team if I could make it that far," she says.

The Holden's are apparently believers in the adage that lightning does not strike twice in the same spot. They are rebuilding on the same lot. For Marissa, the experience of the fire and now the rebuilding has become a reminder of the kindness of friends and the strength of family.

"Everything is gone but that doesn't really matter because the family is OK," she says. "You think those items mean so much to you but they really don't. And everyone has been so helpful. I can't even begin to thank them all. It's overwhelming to see how nice people are and that they really do care." •

Photos courtesy of the Holden family.

The City of Murphy is celebrating our 50th birthday this year! As part of the yearlong celebration, the City will be sponsoring several events/activities throughout the year. The City is requesting individuals who have pictures or memorabilia about the City of Murphy, or people interested in scheduling "Remembering Murphy" interviews to contact the City Secretary at 972/468-4011. This information will be compiled for display at Murphy City Hall throughout the year and will also be used for a time capsule to be buried on September 27, 2008.



The City is also having a drawing and essay contest to depict the history of Murphy. The contest is open to all students living in Murphy.

Essays may be emailed to hmcgee@murphytx.org.

Drawings and essays may be mailed to:

City of Murphy
206 N. Murphy Rd.
Murphy, TX 75094
Attn. Heather McGee

Drawing & Essay Contest Rules:

All drawings and essays must depict the history of Murphy and must be submitted by May 1, 2008. Winners will be announced/recognized at the September 15, 2008 City Council Meeting and in the City of Murphy Newsletter. Essays can be typed or handwritten as long as they are legible. Please include your name, address, phone number and school you attend with your entry. There will be three winners from each category listed below:

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Grades 4th – 5th: Essay Only (minimum of 100 words)

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Special Olympics Spring Games

Volunteers make it all possible

by Susan Dacus and Marcia Coker of WISD

More than 1,600 incredibly dedicated athletes will descend on Wylie on May 2 and 3 to compete in the Area 10 Greater Dallas Special Olympics Spring Games. They will bring families, friends, coaches and volunteers with them to assure an exciting and fun filled event for participants and spectators alike.

For the second year in a row, Wylie ISD will host the event at Pirate Stadium which will feature events in track and field, tennis and soccer. “We are excited to return to Wylie High School, Pirate Stadium and the City of Wylie for the Area 10 Special Olympics Spring Games,” said Program Director for Greater Dallas Jesse McNeill. “We had a tremendous experience in 2007. Our program has grown exponentially the past several years, and the Wylie ISD location afforded us wonderful facilities to meet the needs of our athletes.”

The Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and a sense of participation.

The greater Dallas area is comprised of 90 delegations encompassing Ellis, Dallas, Collin, Grayson, Fannin, Hunt, Kaufman, Rockwall, Lamar, Delta, Hopkins, Franklin, Red River, Titus, Morris, Camp, Bowie and parts of Denton counties.

Kathy Hoes, WISD Special Services Director will coordinate the school district’s involvement and participation in the event. “We anticipate approximately 3,000 people in attendance including the athletes. Just like last year, we’ll need large numbers of volunteers to assure a wonderful Special Olympics experience for the athletes and their families. Because of the size of Area 10, many of these teams and families will have traveled a long distance to participate.”

Volunteers serve a wide range of needs at the games. Score runners, individuals to escort each athlete to the event site, food serv-

ers, timers, people to handle medals and many other opportunities. Mrs. Hoes said that approximately 1,000 volunteers will be needed at the Spring Games Competitions.

“We are looking to the community and school district again to help fill these important volunteer slots,” she said.

Last year’s call for volunteers was overwhelmingly answered by not only adults but students of Wylie High School. Athletes, National Honor Society leaders, band members, P.A.L.S. (Peer Assisted Learning Students) and trainers filled many of the positions including serving as escorts during the march at the opening ceremony. The AFJROTC cadets even organized a carnival-style area called the Olympic Village, giving competitors and their family members a place to relax and play between events.

“Helping at the Olympic Village was one of the most amazing things I have ever done,” said WHS junior and Cadet Captain Britney Thompson. “I went away feeling as much joy as those I helped.”

All athletes will leave the competition having received awards based on their results. Medals are given for places 1-3 and ribbons for places 4-8. Some events are heated according to age and ability. Top placers will continue on to the state competition that will be held at UT-Arlington over the Memorial Day Weekend.


Volunteers are the lifeline of the Special Olympics program, not only for the Dallas Area Spring Games, but for many activities. More than 50,000 Texans volunteer their time serving as coaches, mentors, officials, committee members, competition assistants and chaperones.


The time to process volunteers takes several weeks, so interested persons should apply as soon as possible. To find out how to become a coach, official or registered volunteer, call 800-876-JOIN or visit www.specialolympicstexas.org.

Photos courtesy of WISD.



2007 Special Olympics Spring Games





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Shifting Your Job Search into High Gear

Part 3 - Going on the first interview

by Jodi R. Hulsey, CPC of Wylie

As we discussed in the first articles, presenting yourself as the best candidate is key to landing the job. Your ability to communicate why you are the most qualified candidate will make or break the deal.

Here are a few tips for going on your interview. Wear a suit. Be conservative in your appearance from head to toe. Spit out your gum, turn off your cell phone/Bluetooth, etc. You do not want to do anything aesthetically or otherwise that will distract the interviewer. Arrive 10-15 minutes early. Bring a "brag book" if you have one (i.e. letters of recommendation, performance reviews, etc). Bring a business plan if applicable. Greet your interviewer with a firm handshake, make and maintain eye contact and positive body language. Mentally prepare answers to questions you would expect to be asked such as walking through your background, the moves you have made and why, scenario type questions, etc. Avoid saying anything negative about previous or current employers. Always share something you gained from each experience and have a reasonable explanation as to why you moved on. Be aware of excessive talking. Review the job description and be prepared to discuss why your skills are a match. It is not enough to say "I can do that" or "I am good at that." Those are answers they expect. Be unique; give them more than the typical answer they would expect. Why do you want this job? Have solid reasons as to why this position is desirable to you. Research the company. Why do you want to work there?

Topics to avoid are: salary, benefits, and personal information. It's like bringing up religion or politics. It can be the kiss of death. If you've done your research you should know what the position pays (same with benefits). It is absolutely inappropriate to broach this subject. It will not matter what the pay or benefits are if you are not being considered for the job. If asked, try to keep your answers open. The immediate response should always be that you are interested in the opportunity, right fit, potential with the company, etc. Give them a salary range you are seeking. Be realistic, employers will pass if your salary expectations are unrealistic.

Personal information is not appropriate and should not be mentioned. Only go there if the interviewer takes you there and be care-

ful even then. This is not the time to discuss your Aunt Sally's ailing cat that you care for every Wednesday night, divorce, bad credit, hard luck, ailing people you know, current, past or future wives, husbands, boyfriends, girlfriends, lovers, friends or otherwise.



Stock photo

When your time is up, close the deal. Do not leave without doing these 3 things:

- *Let them know you are interested in the position and ask questions to find out where you rank in the candidate selection and what you need to do to get this job.*
- *Ask them about next steps and time frame.*
- *Get business cards from everyone you meet.*

You will want to send a follow up note reiterating your interest in the position. This should be done within 24 hours. Spell check it and make sure it is grammatically correct. Email is perfectly acceptable for your follow-up letter and I highly recommend it. Time is of the essence. The hardest part is waiting to find out if you landed the job. During this time be patient and allow them the time to complete the interview process. If you completed your final 3 steps hopefully you know what their time line is. Follow up again if it

extends beyond the time line but keep in mind that persistence is a virtue and stalking is a crime.

Last but not least, keep your fingers crossed and hope for the best! If you do not get the job, do not give up hope. Ask for specific feedback and be willing to accept constructive criticism. We are not always aware of how we come across and what we mean to project and what is perceived are not always the same. Having an open mind to the interviewer's feedback can help you greatly in your next interview.

Finally, Good Luck! •

Jodi is a Senior Recruiter with QuestPro Consultants, a national consulting firm based in north Dallas that does specialized recruiting within the insurance industry. She received her CPC (Certified Personnel Consultant) designation in 2005 and has been awarded as a Top 20 Producer in the Technical/Professional sector by MAPC (Metropolitan Area Personnel Consultants) of DFW in 2004, 2005, and 2006.



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Kicking the Habit

What Smokers Can Do to Quit for Good

by Sam Bibawi, M.D.

Despite the statistics, warning labels, and first-hand accounts of the dangers of tobacco use, more than 45 million men and women in this country are smokers. Many don't realize that nicotine is as addictive as heroin or cocaine.

Understanding the health effects of smoking can be a strong motivator for quitting. Cigarette smoking causes nine out of 10 cases of lung cancer, the leading cause of cancer death in the nation. But that's not the only health concern. Smoking also causes other types of cancer – bladder cancer and head and neck cancers, among others. Other health risks include heart attack, stroke and chronic lung diseases such as emphysema. Quitting smoking reduces all of those health risks and leads to immediate health benefits – regardless of how old you are or how long you've smoked.

Kicking the habit takes a huge amount of motivation and a positive attitude. You also need to develop a plan that works for you. Here are a few keys to success.

- **Develop a Support System** – Your family and friends can offer you the emotional support you'll need during this difficult process. Your co-workers and family doctor also can provide help and encouragement. In addition, you should consider joining a support group such as Nicotine Anonymous or take part in one-on-one counseling. Contact the American Cancer Society or American Lung Association for recommended smoking cessation programs.
- **Use Stop-Smoking Products** – To increase your chances of quitting, consider using nicotine replacement products such as gum, patches, sprays, inhalers or lozenges to help control your cravings. They do not have all the tars and poisonous gases found in cigarettes and they also have less nicotine. Your doctor also may recommend a prescription medicine that can reduce withdrawal symptoms.
- **Set a Quit Date** – Pick a date and mark it on your calendar. Tell your family and friends so they can help you stay on track. Also, get rid of all the cigarettes, lighters and ashtrays in your home, car, and workplace. Stock up on oral substitutes such as sugarless gum, carrot sticks, and hard candy.



Stock photo

Coping with withdrawal symptoms can be the most challenging part of the process. Withdrawal symptoms include dizziness, irritability, depression, anxiety, and an increased appetite. You'll also have to fight off the intense craving for nicotine. The key is to take your mind off it so you are not obsessing over the craving. Activities such as exercise can be a good distraction and also can relieve stress. Avoiding "triggers" – anything your brain associates with smoking – is also important. The first four to six weeks are the most difficult. Once you pass that mark, quitting becomes significantly easier.

Most smokers fail several times before they are able to quit for good. However, with each failed attempt, you'll learn from your mistakes. Don't get discouraged. Don't give up. Your health depends on it. •

MORE RESOURCES

American Lung Association

www.lungusa.org

American Cancer Society

www.cancer.org

Nicotine Anonymous

www.nicotine-anonymous.org

Sam Bibawi, M.D., completed his internal medicine residency at the University of Virginia School of Medicine and his hematology-oncology fellowship at the University of Vermont College of Medicine. Prior to joining the staff at Richardson Regional Cancer Center, he served on staff at M.D. Anderson Cancer Center and spent several years in private practice. Dr. Bibawi is Board Certified in Medical Oncology, Hematology and Internal Medicine. To schedule an appointment with Dr. Bibawi, call (972) 498-7610.



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MEDICAL INTERESTS:

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PERSONAL:

Dr. Kim is a football fanatic and enjoys snowboarding, surfing and weight training.

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



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Dudes Do Dinner

Kelly's East Side

By Craig, Jeff, Mike & Scott of Wylie

Many publications offer their readers standard fare when it comes to restaurant reviews. Much is made of the chef's pedigree, the delicate texture of this, and the smoky complexity of that. "Dudes Do Dinner", not so much. Your foursome of intrepid purveyors for guys' guidance is here to offer enlightenment to your culinary horizons using time honored gender based criteria like hearty (though not always heart-healthy) food, relaxed atmosphere (unless there's a close game on the plasma), and cold drinks that only a man of legal age (and responsible consumption) can enjoy. To that end "Dudes Do Dinner" presents Kelly's East Side in Downtown Plano.

Getting Started

Mike: The Dudes need three things: beer, sports, and food. Kelly's East Side in Downtown Plano fit the bill with TV's offering everything from the Mavs to English League Soccer. Read on for the beer and food part.

Craig: The most challenging part of Dude's Do Dinner was trying to convince my wife not to be suspicious that four men were getting together after work to review a restaurant...yea right... and how do you sample each others plates and still look cool doing it?

Jeff: Kelly's East Side was an experience in expectations and Kelly's crushed those expectations at every turn. I continued to be pleasantly surprised throughout the evening.

Scot: Kelly's transitions smoothly from after work Happy Hour to early evening family dining. On our visit the recently indentured enjoyed free appetizers and Happy Hour drinks in the cozy front lounge, while families enjoyed dinner in the main dining room. Happy hour is from 5-7 PM and most nights there is live acoustic music on the front patio or in the lounge.



Appetizers

C: Kelly's features a free appetizer buffet with wings and quesadillas during happy hour so I thought about being the "freeloader dude" but then the waitress said that she hates when guys come in and eat the free buffet, drink a beer, and leave.

J: As is my custom, the first inquiry was the beer selection on tap. I was impressed by the breadth of selections, from the typical American Lager, to

Shiner, to an enjoyable Hefeweizen, my choice.

S: The barbeque pork quesadillas on the Happy Hour buffet were a hit. A welcome departure from the standard cheese and bell pepper fare, Kelly's featured flavorful barbeque pork, cheddar and pepper jack cheeses and the spicy kick of poblano peppers; great taste at the start with a nice kick on the backside.

J: With beer in hand, I made my way over to the free happy hour buffet and found the quesadillas as well as chips and salsa. No real

surprises in the selection but back at the table digging in, my experience was a dramatic departure from what I expected (again). The quesadillas were extremely good, getting unexpected flavor from wood fire roasted poblanos. The Salsa, made fresh, was a great treat and left me anticipating what was to come

S: Of course guys can't get together without an appetizer of cheese fries. Too often it's your standard restaurant French fries with grated cheddar melted on top.

J: These were hot and fresh with some surprises. Waffle fries (ingenious) covered, but not saturated, with queso, pepper jack cheese, cheddar cheese and fire roasted poblano peppers. The very best I've encountered.

Main Course:

M: So far we have most of the bases covered; beer, sports, a nice patio, and live music. What more would you need? Oh yea, the food. One of the Dudes took advantage of the all-you-can-eat catfish special (another ordered a "club sandwich!?!"). In true Texas fashion, I went with the Chicken Fried Steak. Kelly's version of this classic was served with T.K.'s Homemade Queso Mashed Potatoes, and fresh asparagus. It made for the perfect meal in the perfect place. The batter had an awesome light texture that left no hint of greasiness found in most CFS offerings.

S: OK, so I ordered the club (to much ridicule). I went with a hoagie roll instead of toast and while it takes some of the traditional club texture out of play, it added freshness. The shaved ham and smoked turkey were tasty but not spectacular, lean and light. The bacon wowed me; thick and peppery and cooked to perfection.



C: I asked the waitress what she recommended which led me to the Grilled Hawaiian Chicken sandwich on multi-grain Ciabatta bread with lettuce, tomato, guacamole and a side of potato salad. The generous sandwich was grilled to perfection and tasted just right. The waitress made the right choice.

J: I ordered (and conquered) the all-you-can-eat catfish special of the day which was coated in a very flavorful batter and what appeared to be homemade tartar sauce. Served with queso mashed potatoes (a new favorite) and asparagus, it made for a great main course. With three varieties of catfish available, I felt it my duty to try the blackened catfish as well and was a surprised by the spiciness, but not so much that flavor was sacrificed. Also offered is baked catfish, but stuffed, I was unable to answer the call of duty and had to decline.

In Conclusion:

S: Service was very solid. Our waitress was knowledgeable and spunky, making for an enjoyable interaction, especially if you're into English Premier League soccer or an Obama rally!"

J: In all, we were pleasantly surprised by Kelly's and greatly enjoyed our evening. Kelly's takes great pride in their recipes and they have earned a place on our favorite restaurants list, which is not an easy list to make. •

Photos taken by the Dudes

One last word from the Dudes: Our restaurant visits are unannounced and restaurant selection is at our whim. The restaurant featured may or may not be an advertiser.

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Don't Let Market Volatility Derail Your Investment Strategy

Bad times don't last - but smart investors do

from Jal Dennis of Edward Jones Investment

If you're an investor, you probably haven't enjoyed opening your account statements the past few months. In January alone, the Dow Jones Industrial Average fell 4.6 percent. And since the Dow hit its all-time high of over 14,000 in early October 2007, the index has dropped more than 11 percent. So, at this point, you probably have at least two big questions: What's causing this market instability? And how should you respond?

Let's start with the first question. What forces have caused the market drop? Here are the chief culprits:

Looming recession - Leading economic indicators suggest a significant slowdown in growth. For example, the unemployment rate has risen to 4.9 percent, up from 4.4 percent last March. Since 1949, we haven't seen such a big rise in unemployment without a recession.

Subprime loan crisis - As you know, the subprime loan crisis has been in the news for months. First, the problems with subprime loans hit the real estate industry and the financial services industry. But now, the subprime crisis may have spread to the extent that consumers are being forced to pull back from spending.



Decline in international stocks - As a huge part of the global economy, the United States is far from immune to what's happening in foreign stock markets - and many of these markets are down between 20 and 30 percent over the past several months.

So, in a nutshell, these factors have helped lead to the stock market decline. Yet, as an investor, you may have opportunities right now, because many stocks have already fallen 25 or 30 percent. And the decline in stock prices has also meant a drop in the ratio of share prices to company earnings ("P/E"). In fact, right now, the price-to-earnings ratio is pretty low, by recent historical standards.

In plain English, this means that stocks are now relatively "cheap." And yet, strangely enough, investors often stay away from the market when stocks are valued attractively, and only jump in when it's more expensive to buy.

Consider this quote from Warren Buffet, perhaps the world's most famous investor: "Most people get interested in stocks when everyone else is. The time to get interested is when no one else is. You can't buy what is popular and do well. The dumbest reason in the world to buy a stock is because it's going up."

So, if you have room in your portfolio to add appropriate investments, look for those opportunities now - but don't buy investments today that you would not want to own in a recession tomorrow. If you are already fully invested, with a diversified mix of quality investments, have the courage to be patient and do nothing. (Keep in mind, though, that diversification does not guarantee a profit or protect against a loss.)

If you've created a long-term strategy - one that is suitable for your needs, goals, risk tolerance and time horizon - stick with it. Bad times don't last - but smart investors do. •

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