

The Connection

Wylie • Sachse • Murphy Community Magazine

September/October 2007

IN THIS ISSUE:

The Pirate Lafitte Returns

Back to School Safety

Plano Symphony

Collin College

Family Talk

Plus more!

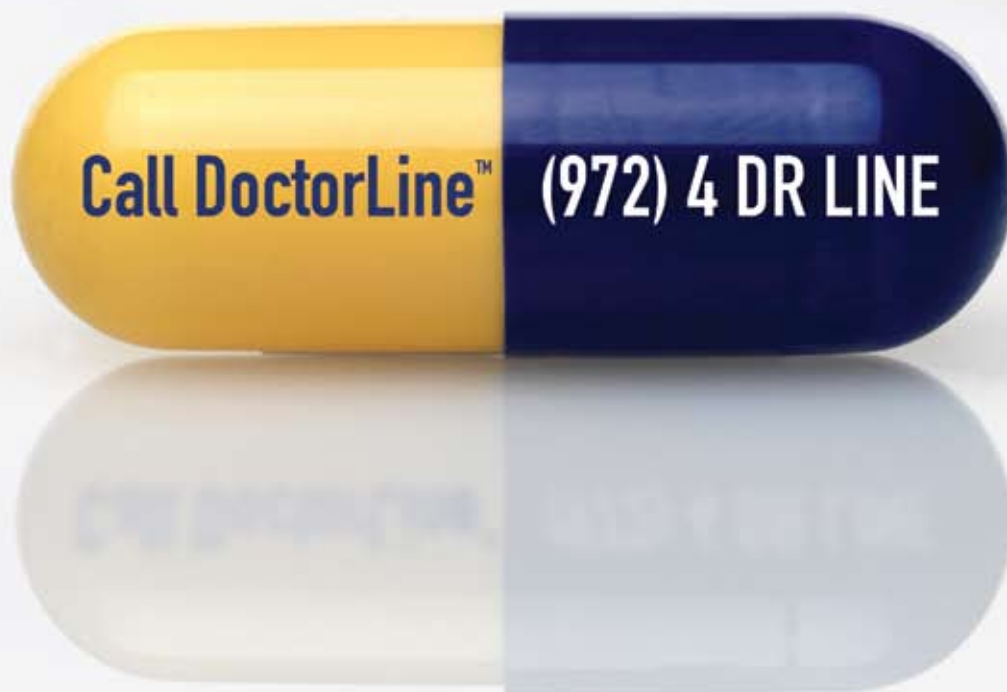
Ride'em Cowboy!

It's Wylie Championship Rodeo Time

**Fall
Into
The
Festival
Season**

*Check the Calendar
for Details*

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FEATURE ARTICLES

10 JEREMIAH BENNETT
This Artist Likes to Trompe-l'œil

12 LAFITTE'S LANDING HAUNTED HOUSE
The Legend Returns to Wylie

COLUMNS

6 CALENDAR
Community Events & Organizations

9 COMMUNITY
Wylie Rodeo, Sachse Fall Fest
& Murphy Fall Celebration

14 KIDS
Back to School Safety Tips

16 SPORTS
Ashleigh McCord

18 ARTS
Plano Symphony

20 PHILANTHROPY
Lions Vision Coach

22 FAMILY
Talk to your Teen

24 HEALTH
An Alternative to Hysterectomy

BUSINESS SPOTLIGHT

5

CHIRO SPA
LIFETIME WELLNESS



ChiroSpa - Dr. Robb Tanella

26 DINING
Lunch at Woodbridge Golf Club

28 EDUCATION
Collin College

30 MONEY
5 Reasons to Invest



Barrett Agnew ridin' the mechanical bull!

Photo by Anna Hiney

Just for fun, find the butterfly! Last issue it was hidden in the health article photo of the man on his hat.



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

A Wylie Chamber of Commerce Publication
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Did we make a mistake? Let us know so we can correct it next issue.

Now your family can be as well-adjusted as ours!

Meet the Tanellas

Robert, Age 15

Loves to do things well, and can, since his Dad keeps him adjusted. With such clear mental focus and sharp attention, no wonder he excels in school and sports.


Gabriel, Age 4

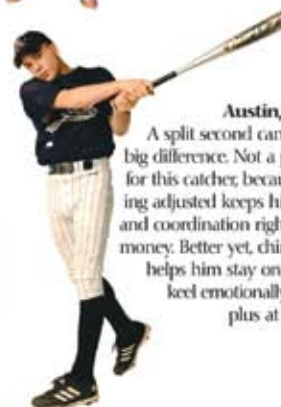
Small but mighty, and doesn't have to worry about those playground falls having a negative effect later in life. Never had an ear infection – same as his siblings – so he's always ready to ride that bike.


Victoria, Age 7

Fun, fun, fun. That's what her home life is all about. Sure she feels great, but she especially appreciates that her Mommy gets adjusted regularly so she's never too tired to play with her.

Alisha, Age 17

Prima ballerina who epitomizes balance and flexibility. Also a pianist with impressive mind to hand coordination. All thanks to chiropractic. Another plus she shares with her brothers and sisters – medication-free from birth.


Austin, Age 15

A split second can make a big difference. Not a problem for this catcher, because staying adjusted keeps his timing and coordination right on the money. Better yet, chiropractic helps him stay on an even keel emotionally – a big plus at this age.

Christa, Age 11

When every 1/10th of a point counts, you want to make sure you're in peak condition. Her Dad checks her every week to do just that, and this gymnast really shines because she's always in line.



Father and husband **Dr. Robb** is the proud owner of ChiroSpa and a firm believer in practicing at home what he preaches at work.


Carla, Ageless

Tireless Mom has more than enough energy to manage seven kids, an active husband and a busy family schedule.


Judah, Age 9

He's strong and he knows it. And he likes it that way. Injuries never hold this kid back from taking his place on the playing field.

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September Events

3rd Labor Day was first celebrated in New York in 1882 under the sponsorship of the Central Labor Union, following the suggestion of Peter J. McGuire, of the Knights of Labor, that the day be set aside in honor of labor.

8th TTPA Trailride at 10:30 a.m., Brockdale Park, Lucas, TX. More info at www.trinitytrailriders.org.

11th Dyslexia Advocates of Wylie Meeting (formerly known as PIRATES – Dyslexia) Parent Support Group for parents of dyslexic children bi-monthly meeting, 7 - 8:00 p.m. at McMillan Jr. High, 1050 Park Blvd., Wylie, www.piratesdyslexia.5u.com 972-461-2542.

11-12th The Laurie Schwenk Senior Activity Center of Sachse offers the "55 Alive" safe driving classes at 9 a.m. - 1 p.m. each day. The fee is \$10, pay at the first class. Call 972-495-6282 for more info.

13th Rosh Hashanah - Celebrating the Jewish New Year 5768.

14-15th Wylie Championship Rodeo - see column on page 9.

14-16th TTPA Collin County Horse Committee Campout and Trailride at Platter Flats, Oklahoma, for more info call Donna Carmickle at 214-882-0833 or babycarm@aol.com.

16th Financial Peace University begins again at Park Lake Baptist Church, Sachse, TX. This is a 13 week program taught via video by national radio talk show host Dave Ramsey. It will give you the tools and info to get out of debt, control your money and change your family tree forever. There is a cost for class materials. Contact Chelsea O'Neal at 972-941-8068 or www.daveramsey.com for more info.

18th Murphy Mayor Bret Baldwin will give a "State of the City" address during the Murphy Chamber luncheon at Woodbridge Golf Pavilion. Doors open at 11:30 a.m., lunch begins at noon. Tickets are \$12 with a reservation, \$15 without a reservation. Reservations are requested. Call Sammie Hampton at 972-881-2342 or email bobruss1@verizon.net with reservation and contact information. See www.murphychamber.org for more details.

21st - 23rd Plano Balloon Fest - www.planoballoonfest.org.

22nd Children's Magic Festival sponsored by the Wylie Evening Lions Club (Branch) at 11 a.m. - 12:30 p.m. in the Wylie High School Auditorium. Tickets are \$9, additional info at www.cjohnson.com. Contact Carl Bodine for tickets at 469-951-4344.

22nd TTPA Fun Show, 9 a.m. For more info, contact Bonnie Guimarin at 972-727-4496 or clancyhollow@sbcglobal.net or check the TTPA website at www.trinitytrailriders.org.

28th The Dallas County nurses will be at the Laurie Schwenk Senior Activity Center of Sachse to screen blood pressures, blood sugars and cholesterol from 9:30 - 11 a.m. This is a free service and you will need to fast for the cholesterol test. For more info call 972-495-6282.

29th TTPA Work Party, call Charlie Gaines at 972-824-3369 for time and place. More info at www.trinitytrailriders.org.

29th México, Magical Richness 2007, is a musical highlighting the music and dance from different regions of México, the hot and

humid climate in the southeast, the traditional northern dances with their Czechoslovak, Polish & French influence. Learn the traditional and authentic dance "La Bamba" and enjoy the excitement and color of a Mexican Fiesta in Jalisco! At 7 p.m., Granville Arts Center, 300 North 5th St. at Austin St. in Downtown Garland. Tickets range from \$9 - \$13. For info and reservations call: 972-429-1082 or email: info@mexico2000.net.

29th City of Murphy Fall Celebration at the Murphy Municipal Complex, 2 - 6 p.m. Bring the family out to enjoy food & drink, bounce houses, live music, face painting, train rides, caricatures, pony rides & more! Visit www.murphytx.org/pn/fall.asp for more info.

October Events

1st Wylie's First Baptist Church 5th Annual Senior Expo at FBC Wylie's Family Life Center at 100 N. First Street 10:00 a.m. to 1:00 p.m. Many health and service vendors will be available to provide services and/or info regarding their services. Free Lunch, Entertainment, Door Prizes, Flu Shots for ages 55+ (Bring Your Medicare Card) For more info, contact Carolyn at 972-442-2261.

6th Dyslexia Advocates of Wylie presents... "Celebration of the Arts". Guest Eric McGehearty, a nationally recognized sculptor, will inspire us on how he overcame his struggle with words through art. An Art Gallery will display art pieces created by Wylie's Alpha Phonics students. Each student will receive an award for their unique art submission and pieces will be auctioned in a silent auction if student elects. Go to www.piratesdyslexia.5u.com for more details about this amazing event and to reserve a boxed lunch. 11:00 a.m. - 2:00 p.m. Location TBD - check the website.

13th Columbus Day commemorates Christopher Columbus's landing in the New World in 1492.

Wylie Downtown Merchants Association
Invite you to their Annual
Trick or Treat and Fall Festival!
Live Music and Carnival Games
in Historic Downtown Wylie
Thursday, October 25th, 6 - 8 PM
Plus Visit
The City of Wylie
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Community Center
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Parking at Wylie First Baptist Church,
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12th ISC Group's 2007 Tiger Golf Tournament benefiting In-Sync Exotics, 8:00 a.m. at The Golf Club Castle Hills, Lewisville, TX, www.thegolfch.com, 972-899-7400. Your \$100 entry fee includes green fees, cart, practice balls, lunch and several chances to win prizes. You will be given a letter for tax purposes at the tournament. A portion of your entry is tax deductible. RSVP by Friday, Sept. 17. After, Sept. 17 contact ISC Group for space availability. For more info and an entry form, visit the events page at www.insyncexotics.com or contact ISC Group at golf@iscgroup.com, 214-520-1115.

13th 22nd Annual Sachse Fallfest presented by the Sachse Chamber of Commerce 10 a.m. - 4 p.m. at Heritage Park, Sachse. For more info go to www.sachsechamber.com or call 972-496-1212.

13th Murphy FD's 3rd Annual Fire Prevention Week Open House, 11 a.m. - 4 p.m. at Murphy Fire Station, 206 N. Murphy Road. We'll have live demonstrations in vehicle extrication, rope repelling, Christmas tree fires, turkey fryer fires, and a PHI helicopter landing. Also, the fire safety house for the kids, free hot dogs and drinks, and various displays from lightning safety to emergency preparedness. For more info and a schedule of activities, citizens should contact Christian Odom, Fire Prevention Division, 972-468-4335.

16th State Representative Jodie Laubenberg will update members on legislative issues during the Murphy Chamber luncheon at Woodbridge Golf Pavilion. Doors open at 11:30 a.m., lunch begins at noon. Tickets are \$12 with a reservation, \$15 without a reservation. Reservations are requested. Call Sammie Hampton at 972-881-2342 or email bobruss1@verizon.net with reservation and contact information. See www.murphychamber.org for more details.

continued...

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18th & 25th Flu vaccines will be offered at the Laurie Schwenk Senior Activity Center of Sachse from 9:30 a.m. to 2:30 p.m. For more information you can call 972-495-6282.

23rd Park Lake Church in Sachse is having a Breast Cancer Awareness night at 7:00 p.m. There will be guest speakers from Baylor present. 3702 Sachse Road. 972-414-0642.

24th Baylor-Garland will present a "Breast Cancer Awareness" health seminar at the Laurie Schwenk Senior Activity Center of Sachse at 11:00 a.m. This is a luncheon meeting and you must register by calling 1-800-4BAYLOR.

25th Wylie Downtown Merchants Trick or Treat & Fall Festival, 6 - 8 p.m. in Historic Downtown Wylie. It's a Safe, Fun & FREE outing.

31st Happy Halloween - Eve of All Saints' Day, formerly called All Hallows and Hallowmass is traditionally associated with customs such as bonfires, masquerading, and the telling of ghost stories. These are old Celtic practices marking the beginning of winter.

Local Organizations

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 second and fourth Tuesday of every month from noon to 1 p.m. at Los Rios Country Club. 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.

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, 11:00 a.m. to 6:00 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 on the first Thursday of each month. Contact Grady Sisco: (972)941-8597 or Kris Sands: (214)236-4037 for info. www.wyliemomsandmore.org.

Sachse Historical Society meets the third Saturday of the month, 9:30 a.m., Sachse Historical Museum, 3033 6th St. in

Sachse. Museum is open for visitors every second and fourth Saturday from 1:00 - 4:00 p.m., every Tuesday from 10:00 a.m. to 1:00 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. They also support the Vision Impaired Olympics summer camp for kids. The Sachse Lion's Club also assists 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 information.

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 information call Betty Van Houten at 214-864-4066, www.trinity-trailriders.org.

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

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



Wylie Lions work during the Wylie Championship Rodeo.

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

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

Got something going on?

To submit your special event to the November/December community calendar send an e-mail to theconnection.anne@mac.com no later than October 15th. Please include contact name, date(s), time(s), location, a publishable phone number, e-mail and/or web site for information. Only events that are open to the public (no "members only" events) are eligible, as space permits. THANKS!

Let's Go Rodeo!

Two days of championship ropin' & ridin'

from your Wylie Chamber of Commerce

The Wylie Chamber of Commerce presents the 15th Annual Wylie Championship Rodeo to be held on Friday & Saturday, September 14th & 15th, 2007 from 6:30 p.m. - 11:30 p.m., at the rodeo arena located adjacent to the Birmingham Agricultural facility off Hensley Ln. This year marks the second annual two-night Professional Rodeo, complete with bull riding, barrel racing and several other exciting events.

The Wylie Rodeo is a community event that offers something for everyone. In addition to the rodeo there will be western themed craft and vendor booths for shopping, food from a variety of concessionaires and a Kiddie Corral for the little buckaroos. You won't want to miss the mechanical bull rides and other surprises for the more adventurous.



2006 Championship Rodeo Participant

The festivities kick off Friday with the preliminary round of Mutton Bustin' for children 55 lbs. & under. In Mutton Bustin', the kids hang on tight to ride some local (and feisty) sheep for an opportunity to compete in the finals during Saturday's Rodeo. For kid's event sign-up information check online at www.wyliechamber.org. Both nights, the Rodeo will begin with the Grand Entry, which is an opportunity for anyone in the community with a horse to participate. (Proof of Negative Coggins Required). Saturday evening will close the Rodeo with a concert featuring the Keith Mitchell Band, brought to you by the City of Wylie. •

WYLIE CHAMPIONSHIP RODEO

TICKETS

Adults: \$10 for one night, \$15 for a two-night ticket
 Children: (12 & under) - \$5 for one night, \$8 for a two-night ticket
 Children 3 & under FREE!
 Family Pack*: \$25 for One Night, \$40 for two-night ticket
 *Family Pack Includes 2 Adult & 2 Children's Tickets, plus 2 Kiddie Corral Passes

SCHEDULE

FRIDAY 9/14

6:30 p.m. Mutton Bustin'
 8 p.m. Grand Entry/
 Rodeo Begins
 10:30 p.m. Post-Rodeo Concert
 (Keith Mitchell Band)

SATURDAY 9/15

6:30 p.m. Team Penning/Cutting Exhibition
 8 p.m. Grand Entry/
 Rodeo Begins
 10:30 p.m. Slack
 (Extra cowboys to compete)

Sachse Fall Fest for All

Arts & crafts, food & fun for the family

from your Sachse Chamber of Commerce

The Sachse Chamber of Commerce with Title Sponsor, Verizon, is proud to present the 22nd Annual Sachse Fallfest on Saturday, October 13, 2007 from 10 a.m. to 4 p.m. at Heritage Park, Sachse.

Sachse's Fallfest has grown through the years and has become a favorite fair for vendors, crafters and fairgoers from all over the area. The event includes a classic car show, and 100+ vendor booths for crafters, business vendors and local organizations. The event is highlighted by the free entertainment, games for kids of all ages and great food. Plan to attend this year's event to see what all the fun is about at the Sachse Fallfest. Admission is free. •



Wylie Antique Machinery Society participates in Sachse Fallfest.



CITY OF MURPHY
Fall Celebration
Sept. 29th, 2-6 p.m.
Murphy
Municipal Complex

For Details See: www.murphytx.org

- Food & Drinks
- Bounce Houses
- Live Music
- Face Painting

- Train Rides
- Caricatures
- Pony Rides
- And More...

JEREMIAH BENNETT



Photo by Anne Hiney

Jeremiah uses a painting technique known as "Trompe-l'œil" to create the illusion of looking into Shoemaker & Hardt. It is a technique involving extremely realistic imagery in order to create the optical illusion that the depicted objects really exist, instead of being mere, two-dimensional paintings. The name is derived from French meaning "trick the eye".

Although you might not be familiar with Jeremiah Bennett, one of Wylie's local residents, you just might recognize his unique paintings in a couple of Wylie's downtown businesses. I recently had the pleasure of watching the creation of the second half of a mural, featuring a snapshot of the inside of Shoemaker & Hardt, which originally began in 2004. As he painted, I spoke with Jeremiah about how he got started. He recalls drawing "since I was old enough to hold a pencil," and more specifically beginning to paint around the age of eight.

Jeremiah was born in McKinney, Texas. When he was in the 3rd grade his family moved to Josephine and he began attending Community ISD schools. Even though no accelerated art classes were offered at Community High School he did not let that discourage his desire to paint. While working as a sacker during summer breaks at the Rockwall Brookshires' grocery store he had the opportunity to begin his apprenticeship with the man he calls his "mentor," Dan Holzschuh. There he developed his hand lettering skills.

After high school he successfully began working for himself. His paintings can be found in many locations including the Razoo's Restaurants, the Spring Creek family of restaurants, Carmona's TexMex & Cantina in Terrell, the Science Place in Fair Park, the Wylie Opry, L'nL's Restaurant and numerous family owned businesses and homes. Jeremiah has also shared his talent with the

children of Wylie by volunteering to paint structures in Pirate Cove Playground in Founders Park.

Jeremiah is not your stereotypical artist. Some might refer to him as a "good 'ol boy" and as I sat and watched him work, the image of Larry the Cable Guy with a paintbrush did come to mind. He makes his living painting works of art, however you can expect to find him on the weekends hunting "anywhere there is a critter." His favorite hunting place is in Northwest Lamar County where there "is a little farm that has been passed down through my family."

Jeremiah has lived in Wylie for the past eight years. He is married and the proud father of two beautiful girls who attend our local Wylie schools. Although he grew up in a family that was lacking in artistic ability he says that his youngest daughter "is pretty artistic". When asked if there was anything else he envisioned doing he replied "I couldn't ask for anything better! I believe I have a God given talent and give thanks to Him for that. I love what I do and I have the freedom I could never have working for someone else. There is nothing like working for yourself."

The downtown area of Wylie holds many treasures. The next time you are there, take a stroll through some of the shops and view the creations Jeremiah has added to our quaint community. His works are truly amazing and if you look close enough you might just find a way to contact him yourself! •

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LAFITTE'S LANDING

The pirate legend continues in Wylie



Capt. Kathryn DeSautell



In an old blue warehouse across from the Albertsons' shopping center, a secret has been hidden since 1821. After escaping capture, Jean Lafitte and his gang of murderous, vengeful pirates traveled up the Sabine River and vanished, along with their treasure—until now.

Today, in 2007, the legend comes alive—well, sort of—at Lafitte's Landing. Lafitte's is a haunted house based on the legend of pirate Jean Lafitte and his mysterious disappearance. But this is *not* your run-of-the-mill haunt. No, Lafitte's is an entire theatrical production—No Jason-masks or chainsaws here. The mastermind of this experience is none other than Ms. Kathryn DeSautell, haunter extraordinaire.

"I started the way many professional haunters do: as an enthusiastic home haunter," said DeSautell. "I tend to decorate for everything, like St. Paddy's day, Mardi Gras, etc., but Halloween was always one of my favorites. In 1996 I started opening my home on Halloween night as a sort of 'mini haunt'."

By 2004 she had over 1,000 people visit her home and decided it was time to go pro. After working at several other houses, including House of Shock in New Orleans, Boo at the Zoo, and Gravely Manor, she decided to open her own.



Lafitte's crew members: Judy Burkhart, Donnie Worthington & Rosa Estep

Her inspirations?

"Gravely Manor is really the only other haunted house that had a 'theme' (an asylum for the criminally insane)," said DeSautell. "That's one of the unique aspects of Lafitte's—there is a period thematic flow to the entire story/haunt. This year the story is 'continuing', but it still retains the period setting."

She also derived some inspiration outside of the haunting world. Although *Pirates of the Caribbean* is her favorite movie, the elements she drew from it were more from the theme park ride and not necessarily from the film. She looked to other, older films like "The Black Pirate" and "Treasure Island" for additional ideas. In the end, DeSautell achieved a vibe much different than anywhere else. Lafitte's is a blend of pure horror, a pinch of coastal Texas, and a dash of Bourbon Street after dark.

"Jean Lafitte was actually a privateer, and was for the most part, given immunity by the President in return for his contribution to the battle of New Orleans. He was known as 'The Gentleman's Pirate' and socialized with the wealthiest, most influential citizens of the day," said DeSautell. "He was also considered a friend of the voodoo queen Marie Laveau. Lafitte was a known slave trader up the Sabine River, where he vanished completely in roughly 1821. Because no one can say for sure where he DID go... they cannot say for sure where he did NOT go," said DeSautell.

Professional haunted houses are more than strobe lights, some dark sheets, and teenagers in skeleton costumes. Haunts like Lafitte's use a variety of technologies: light shows, sound recordings, decorations for the various settings, costume making and even robotics, as paying victims will see this year. In addition to that, there is serious construction involved; not just a few pieces of plywood with support beams. Permits can take a while to acquire, too. The City and the Health Department must approve the site upon inspection, but DeSautell's highest priority is Safety 101.

"The complexities of adhering to all the potential fire standards and emergency scenarios can really only be achieved after years of careful study and ongoing updates from the fire departments, police, etc.," said DeSautell. "You must always be cognizant of anything that could compromise the safety of the guests."

How long does all that preparation take?

"Typically, from conception to opening night you're looking at 7-8 months, plus about two weeks to tear down and put away. That surprises most people—until they participate in building one," said DeSautell. "We broke 'land-speed' records by accomplishing this in about 45 days. Of course, there were more than a few nights our crew saw the sun come up!"

Speaking of crew, the total number of volunteers is roughly 100, give or take a few. There is the “core group,” as she calls them, of about 8-12 people. These people are almost constantly doing something for Lafitte’s. Then, there are about 20 part-time volunteers, who donate time and efforts here and there. The actors themselves number 33, but each needs an understudy. And you can’t forget the eerie “floaters” who follow you around the house—you never know where they might pop out next. New additions to this year’s casting list is the Juniors club for the young actors, Sliders, whom DeSautell describes as a “kind of a skateboarders’ spook, and the “R.A.T. pack” – or, “Random Acts of Terror” pack.

“We also offer community service hours, green cord hours, and those types of things,” said DeSautell, “And we are very appreciative of all our volunteers.”

Great work is being done for great causes. The first year the house was open, 2005, the proceeds benefited the Blackland Prairie Playground Foundation. This year’s efforts will benefit In-Sync Exotics and the Susan G. Komen Foundation. Workers and volunteers are recruited in many ways, namely by flyers, word of mouth, and articles such as this—yes, reader, that means you! DeSautell and her gang of scurvy dogs encourage everyone interested to apply, but you need to be 16 or older in order to be considered. Younger ghouls and boo-ys may apply for the junior groups, with parental approval. The applications are decided on a case by case basis.

“Enthusiasm is the biggest requirement— followed by commitment. Our show, our reputation and the enjoyment of our guests depend on people showing up when they say they will!” said DeSautell. “This is the hardest opportunity you will ever love!”

Anyone with any skill is welcome to work the Landing. Kathryn is the Executive Producer, which means she builds, creates, designs, runs and supervises everything from artists to zombies. Although she typically doesn’t act, occasionally someone else will take care of her duties so she can frighten a few people. There are seamstresses, carpenters, welders, pneumatics workers, media experts, computer/web designers, lighting, stage, sound technicians, electricians, concession, ticket, gift store sales, public relations, flyer distributors, cash flow specialists, advertising coordinators, artists, mold makers, painters, disc jockeys, makeup artists, vocal and acting coaches, hairstylists, and special effects technicians.

“The beauty of a haunted house is that it teaches life skills in every single area of business/arts that you can think of,” said DeSautell. “I’ve yet to find a talent I couldn’t use in a haunted house!”

Lafitte’s Landing opens up to workers at about 3 p.m. After checking, re-checking and checking the systems again, housekeeping and last minute improvements are made, then the crews will start to arrive

between 4 and 5 o’clock when the costuming process begins. The doors officially open at 7 p.m. and the fun really begins.

“Some nights we’ve had groups show up fifteen minutes ‘til close and we may not turn the lights on until 1 a.m.,” said DeSautell. “The actors then change out of their costumes and we have a quick nightly recap, and then they’re done.”



Cindy Edgin was the crew's seamstress.

There wasn’t a haunting last year, but Lafitte’s Landing is coming back strong this year. Plans for the future include finding permanent haunting grounds and staying set up all year. With this comes endless possibilities: corporate events, birthday parties, tours, benefits. . . who says a few skeletons in the closet—or pirate ship—can’t be a good thing?

“A permanent building would allow for the establishment of a real ‘attraction’ for the city. It allows for creation and detailing that transforms a haunted house from ‘simply another haunt’ to an employer that provides real, live entertainment at a level you just can’t duplicate with only a few weeks of build time,” said DeSautell. “The potential of what you can do with a year-round haunt is only limited to the creator’s imagination.”

Kathryn DeSautell has uncovered the legendary landing of Lafitte, and you can too, from September 28 - October 31. The hours are Fridays and Saturdays from 7:00 p.m. – midnight and Sundays from 7:00 p.m. – 11:00 p.m. Plus Wednesday, Halloween night, 7:00 p.m. – midnight. Lafitte’s is located at 902 W. Kirby, Wylie. Visit Lafitte’s website at www.lafitteslanding.com for more information.

“I think that many people have preconceived ideas that haunted houses and Halloween are not positive impacts on our kids or our societies. I believe that this is unfortunate, because Halloween is really an iconic American invention that often teaches kids real-world skills they would otherwise not have the benefit of receiving,” said DeSautell. “People are surprised to see a Bible on my desk, and yet scriptures state ‘the well have no need of a physician.’ If I can show these kids, who sometimes are misfits, how to interact with other people, handle cash, wire light fixtures, build props, handle conflict and how to do it in a kind and charitable fashion -isn’t that a positive impact?”

We think so. •

Photos by Anne Hiney

Paul Mitchell ~ scary in the round!



Back to School Safety

Common sense tips to protect our kids

by Officer Donna Valdepena of Wylie PD

With over 10,000 students attending WISD campuses, there will be plenty of traffic on the streets as students head back to school. The Wylie Police Department will step up its patrols to help ensure that all students reach their destination safely. However, increasing patrol will not eliminate all potential hazards that will be facing students as they begin this exciting new school year. Our Wylie officers rely heavily on the cooperation of the citizens of Wylie to empower themselves to be vigilant by slowing down and using extreme caution especially around the school zones. For the students, the first day of school is one of the most exciting days of the year, seeing old friends, first day at a new school and the anticipation



Back to Schoolers: Jayce Burkbart, David Hiney, Macy Hulsey, Lewi Mengistu, Jordyn Hulsey, Alexandria Schnell, Keliann Hulsey, Adam Mengistu, Braeden Burkbart, Hermion Mengistu.

of what lies ahead. This excitement sometimes leads them to be more concerned with what is going to happen during the day rather than what could happen to them now. Safety has most likely taken a back seat in their minds. It is so very important for parents to talk and instill in their children that practicing safety habits, whether walking, biking, riding or taking the bus, will ensure them the pleasures of enjoying every first day of school for the rest of their lives. Parents, when you are driving, practice what you preach. Lead by example and vocalize any safety concerns in your surroundings you notice to your children. Make them aware of the dangers at every turn. Accidents can happen and often do. Please don't let it happen to one of our children. Here are some safety tips:

Tips for School Bus Riders

- Do not play in the street while waiting for the bus.
- Carry all loose belongings in a bag or backpack and never reach under the school bus to get anything that has rolled or fallen beneath it.
- Line up facing the bus, not along side it.

- Move immediately onto the sidewalk and out of traffic after getting off the bus.
- Wait for a signal from the bus driver before crossing the street and walk at least 10 steps away from the front of the bus so the driver can see you.

Tips for Pedestrians

- Never walk alone – always travel with a buddy. Try and find a friend, or make a new friend, in the neighborhood to walk to school or ride the bus with.
- Wear reflective or bright color clothing to increase visibility.
- Respect traffic lights and street signs.
- Be aware of putting your child's name on anything that is readily visible. This might allow an abductor to get on a "first name" basis with your child and develop a sense of trust.
- Walk the route to and from school with your children, pointing out safe places to go if they are being followed or need help.
- Talk to your children about strangers approaching them and some of the ploys they might use. Stress to them that adults shouldn't need a child's help to find a puppy or get directions; they should ask another adult for that information.
- Teach your children that it is okay to say NO - tell them to trust their instincts.

Tips for Bike Riders

- Always wear a helmet when riding a bicycle.
- Avoid loose fitting clothing that could get caught in spokes or pedals.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.

Tips for Car Drivers and Passengers

- Parents have very busy schedules and time is always a precious commodity. Plan each day ahead of time and leave early enough so that there is no need to rush. Hurried drivers are the cause of many accidents. If you are running late, don't speed in order to make up time. It is better to be late than to be the cause of an accident that results in injury. Set a good example for your children.
- Make sure young children are in safety seats at all times, and that the seats have been properly installed.
- All children under 13 years should ride in the rear seat of vehicles.

- Remember that many crashes occur while novice teen drivers are going to and from school. Do not allow your teen to drive while eating, drinking, or talking on a cell phone.

Tips for Before and After School Child Care

- During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch over them after school until you return home from work.
- Children approaching adolescence (11 and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.
- Remind your children to never give the impression they are home alone if strangers telephone or come to the door. Never open the door for a stranger, and teach them about dialing 911.

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Ashleigh McCord

2004 District Player of the Year bounces back from injury

by Scot Harrison - the Voice of the Wylie Pirates

Hanging in the air, preparing to smash the ball back at her opponent, all she could think about was how poorly her club volleyball team was playing, how if she could just take control with this one play they could turn the match around.

"I was really mad and I went up in anger. When I landed I don't know if my knee was one way or my foot was the other, it was just a bad landing. When I landed, I felt a pop and a jolt."

It was April 27, 2006 and Ashleigh McCord had blown the ACL in her right knee. The 6 foot 2 inch sophomore middle blocker from Wylie was a few months removed from her second varsity season for the Lady Pirates, one that had earned her District 11-4A Offensive Most Valuable Player honors, and the notice of college recruiters from over 20 of the nation's premier volleyball programs. But sprawled on the court, Ashleigh began to worry that she wouldn't get to fulfill the future she had envisioned for herself.

"I couldn't get up and I was, like, 'great'," says Ashleigh. "It hurt for the first couple of minutes, but then I was thinking I wouldn't get to play."

The injury became more painful in other ways soon after trainers told Ashleigh to sit out the rest of the tournament. Still wanting to support her club team, she stayed and watched, devastated as scouts from Stanford University sat court side for the next game.

"(Stanford) was my dream school. There were so many scouts around the court when I went down. I was thinking, 'They're not going to want me.'"

After the diagnosis, surgery followed May 16th. Two days later she was in rehab taking the first steps of a long journey, one that would change her as a player and as a person.



Photos courtesy of B&E Photography.



Before the injury, Ashleigh was a gifted, aggressive player, who relied on pure athletic ability to dominate a game. But rehabilitation required a slow, disciplined approach in order to be successful. Ashleigh would have to change her ways.

Through the surgery and rehab Ashleigh's dream of playing volleyball in college limped along, a few recruiters still staying in touch with text messages and letters. But despite remarkable progress, those colleges began pursuing other players, ones not fighting to return from knee injury.

"I did everything I was supposed to do to the max," says Ashleigh. "I didn't want to be out for a long time."

It took 5 and half months before Ashleigh would return to the court. Doctors encouraged her to wear a heavy brace. But the brace slowed her down, and worse, reminded her that something catastrophic had happened to her knee. Ashleigh wanted it off.

"I fought and I just did whatever it took to get out," she says. "When I started playing without the brace the scar tissue started breaking up. I could feel all of these 'pops'. Even with the 'pops' I could move and I was faster than I was (in the brace)."

Doctors assured her the "pops" were natural, even though some of the larger ones caused Ashleigh discomfort. But since taking those first gutsy steps, Ashleigh's game has come on. She rejoined her club team almost a year to the date of her injury. Over the summer they finished 26th in the open division at nationals.

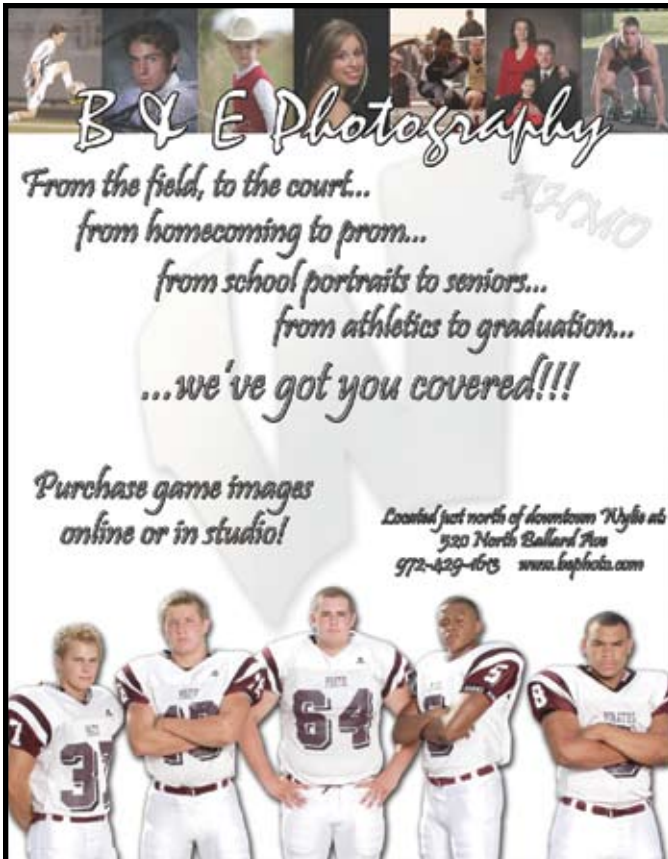
"Now, I can jump higher. I can move faster. I can move laterally," she explains. "I feel like I can do a lot more than I could do before (the injury)."

Ashleigh credits her rehab for forcing her to learn how to train her muscles correctly, and teaching her how to avoid further injury by using techniques such as decelerating at the point of her jump, which emphasizes the use of short quick steps to decelerate and to keep the center of gravity over the knee.

There was also the business of rehabbing her reputation as one of the best volleyball players in the state. With the help of her maternal grandmother, Ashleigh crafted a letter that family members described as "beautiful" and sent it to any college needing a middle blocker. It worked. Ashleigh accepted a full scholarship to Rice University in Houston this August.

Now, in the midst of her senior season at Wylie High School, Ashleigh is looking forward to living her dream of playing college volleyball and putting lessons learned to work in her life.

"If (the knee injury) wouldn't have happened, I wouldn't know what I know today," she says. "You can't be sure that something is going to happen because I took for granted that my knee was going to be fine. Most of it was not fun, but the outcome has been amazing. I am better than I was before. I learned from this. I just made sure that whatever good, whatever bad came from (the injury), I used it to help me later." •



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Plano Symphony

Why drive to Dallas?

by Alice Hobbs of Plano

The arts are thriving in the artistic-rich environment of North Texas. From award-winning visual artists to newly organized theater groups to well-established musical ensembles and orchestras, those of us who live in this area are the beneficiaries of the talented artists and musicians who have chosen to live and work in our midst. One of the pleasant surprises, if you're new to the area, is that you don't have to drive south of LBJ for outstanding performances!

The Plano Symphony, celebrating its 25th season, has eight concerts on its main series which runs Sept. 29 – April 5. Plano Symphony has been 95% sold out the past three seasons. Doug Kinzey, senior marketing advisor, comments, "It's exciting to see that renewals are setting an all-time record. But equally exciting is that our subscribers are choosing all eight (the Super Series) instead of just five concerts (Compose Your Own Series) this season. It shows they are pleased with the programming and can't decide which concerts to skip so they choose all of them!"



The mission of our orchestra is to inspire, educate, entertain and involve the children, youth and adults of our community in the enjoyment of great music.

With an opening "Tchaikovsky Spectacular" on September 29 followed by "Viva España - Bolero!" in October, a celebratory birthday concert in November, it's easy to see why. In December there will be three performances of "Home for the Holidays" – the perfect event to put your family in the holiday spirit. In January, concert-goers will be treated to the amazing Five Browns – "one family, five grand pianos, and 50 fingers adding up to the biggest classical music sensation in years", according to The New York Post. Concert-goers will take a trip down memory lane with the most famous band "on record" when the Glenn Miller Orchestra comes to the Eisemann Center for the "Valentine Gala" concert on February 14. Gustav Holst's "The Planets", will be combined with visuals of our universe to thrill and inspire you in March. Capping off this 25th Anniversary season is the renowned classical guitarist, Christopher Parkening, performing with the symphony on April 5 plus Berlioz' "Symphonie Fantastique". The full schedule can be viewed at www.planosymphony.org.

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But where are the concert halls and large theaters in North Texas? Where do the half million people in Collin County go to experience these outstanding performances if they don't drive to Dallas or Fort Worth? The Eisemann Center, close to Wylie at Central Expressway and just south of the George Bush Tollway, is the venue of choice for many of the Collin County arts organizations. For the past two years, all Wylie ISD fourth graders have experienced a Plano Symphony concert at the Eisemann Center. The 1550 seat Eisemann Center opened five years ago and is so popular for theater, dance and music that Collin County arts groups can't book all of their season performances there. Many of the music organi-



Photo courtesy of the Plano Symphony.

zations look to the acoustically outstanding St. Andrew United Methodist Church to present concerts close to home.

With subscribers from Collin, Dallas and Denton County communities, Plano Symphony is at the forefront of the drive to have a world-class performance venue in Collin County. That dream is well on its way to fruition with the formation of The Arts of Collin County. Allen, Frisco and Plano citizens have voted bonds to build a spectacular 2100 seat performance hall in a large 124 acre park setting. Imagine the Central Park of Collin County – located in the population center of the County. It will be easily accessed from Highway 121 and Custer Road. The actual location is the southeast quadrant of those roads – in the City of Allen, adjacent to Frisco, Plano and McKinney. As other communities hear about this amazing project due for groundbreaking late this year, they are quickly getting on board. Arts of Collin County member cities now include Fairview and Melissa. It's time for fast-growing Wylie to consider joining in this regional effort – view the site and drawings of the new hall and park at www.artsofcollincounty.org.

And this summer and fall, take time to acquaint yourself and your family to the arts close to home. Plano Symphony's 25th Season is also the symphony's Charter Season for the new hall at Arts of Collin County. Be among the first to select your seats in the new Arts of Collin County Hall by joining your symphony family now! Call 972-473-7262 or visit www.planosymphony.org for more information. •

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Lions "Dream Machine" Vision Coach

Local Lions working to achieve Helen Keller's desire for all Lions to become "Knights of the Blind."

by Lion Allen Crenshaw, Voting Director, Lions Sight and Tissue Foundation



The custom Lions Sight & Tissue Foundation's Vision Coach, called appropriately "The Eyes of Texas," poses with the Dallas skyline in the background to symbolize the area covered by this high tech piece of equipment. The coach has the ability to travel throughout north Texas to examine the vision of needy students and adults.

The Lions Sight & Tissue Foundation (LS&TF), the District 2-X1 organization, founded almost 60 years ago to fight blindness, recently took delivery on what they called their "Dream Machine." It's a 40 foot long customized coach that will be used to travel throughout Dallas and the surrounding communities to help fulfill Helen Keller's challenge. The Dallas area district is composed of 65 clubs and is part of this 90-year-old international organization of 1.3 million men and women in 200 countries.

In the past, LS&TF has tested students and adults either at the Dallas Low Vision Clinic or used a trailer packed with their gear to travel from location to location. Obviously, this worked for many years but loading and unloading the equipment slowly began to take its toll on the sensitive apparatus. As the need for testing increased with the growing north Texas population, mixed with the additional work and damage to equipment, LS&TF knew something needed to be done, thus the birth of

the Vision Coach. Now the testing can be done at schools, churches, shopping center parking lots or wherever the need arises. Their mobile clinics are now truly mobile.

This quarter of a million dollar rolling clinic is impressive, not only in equipment and staffing but in appearance. It is large and very professional looking and patients can sense it's a top-notch opera-

When the Lions receive a challenge, they take it seriously. Over 80 years ago Helen Keller challenged them, at their international convention, to become "knights of the blind in the crusade against blindness." From that moment in 1925, Lions have been actively involved around the world in service to the blind and visually impaired. Last month it came closer to home.





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Let's Talk About It

Engage your teen in open communication

By Jamie Williamson, M.D., Family Medicine, Richardson Regional Medical Center

A new school year is beginning and there is a flurry of activity that takes place to get your child ready -- new clothes and shoes, books and backpacks. However, don't overlook the fact that your child is now a year older, and for those children 12 to 17 years of age, going through adolescence can mean physical, behavioral and emotional changes they may not understand. During this busy time sit down with your child and talk about issues that concern you both.

It's important, at an early age, to cultivate a parent/child relationship by engaging in open communication. Spend both family and individual time with your child. Doing things like reading together, playing games, going on outings and vacations and having meals together all provide an opportunity to talk as well as listen to each other about things that make him/her happy, as well as things that are difficult or upsetting. By doing this you will be setting the groundwork to talk openly with him during adolescence when issues and conflicts begin to encroach on your seemingly peaceful



life. It's also a good idea to share your own memories of adolescence with your child. Often it's helpful to the teenager to know Mom or Dad went through it too.

The teen years are a time to help your child grow into the individual he or she will eventually become. He will become increasingly aware of his peers and struggle to fit in. She'll want more independence in both her thinking and her choices. One day a child will seek the guidance and support of her family and the next day want nothing



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The University of Texas Health Science Center at Houston

RESIDENCY:
San Jacinto Methodist Hospital

MEDICAL INTERESTS:
Adolescent and Women's Health, Chronic Diseases and Preventive Medicine

PERSONAL:
Dr. Williamson returns to Texas after serving the health care needs of Navajo, Hopi & San Juan Paiute tribes in Northwestern Arizona.

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ing to do with them. All of this may have parents feeling helpless as they argue over his choice in clothing, curfews and chores.

While parents may feel that their teenager has morphed into someone they don't know, it helps to understand what is driving the adolescent: to know what is "normal" adolescent behavior. Cognitive changes occur as the teen becomes more aware of, and vocal about, his own thoughts and opinions, often challenging family beliefs and morals. While this can have a positive impact on his long-term development, in the heat of the moment, it may cause more family arguments and indecisiveness by the teen. While this behavior should be expected, parents need to respect their teenager's opinions while being willing to offer help and advice to avoid unwanted consequences.

Physical changes occur as the teenager enters puberty. Changing hormones cause teens of both sexes to become more aware of their bodies and become self-conscious of how they look. Parents need to offer their support while also being open and direct when talking about sensitive topics like sex, drugs, smoking and alcohol. During this period, parents should encourage their child to get at least 9 hours of sleep/night, minimize caffeine and get plenty of exercise.

Social and emotional changes may cause what the parent deems to be a small problem to balloon into a huge issue for the teenager. She will become more influenced by her peers and may pull away from her parents. She may focus more on herself and become moody. These tactics will allow her to form her own identity and personal values. Parents should be aware of who their children's friends are and intercede if they determine the teen is involved in dangerous

activities. To create a safe environment for all the children in a peer group parents should work together, communicating with each other on a regular basis.

Even before adolescence begins it's important to be open and honest with your child. During the teen years the powerful physical, moral and intellectual growth that takes place can also cause confusion and upheaval for many families. When you take time to talk with your teen about the changes that are affecting them you'll all come through the seemingly crazy teenage years healthy and happy. •

Below are several links parents may find useful when trying to open the communication lines with their teen.

- *Kids Health, at www.kidshealth.org, has health information about children from before birth through adolescence.*
- *Talking With Kids About Tough Issues, at www.talkingwithkids.org, encourages parents to talk with their children earlier and more often about tough issues like sex, HIV/AIDS, violence, alcohol and drug abuse.*
- *The Cool Spot, www.thecoolspot.gov, is a CDC sponsored Web site for kids with questions about alcohol and peer pressure.*

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Endometrial Ablation

An alternative to hysterectomy

by Charles R. Downey, MD

Abnormal uterine bleeding is a very common reason for reproductive-age women to visit the gynecologist. There are multiple causes for bleeding, including uterine fibroids, polyps, precancerous and cancerous lesions, and hormonal imbalances from the ovary. Hysterectomy remains the most common surgical procedure performed in the United States and is a definitive cure to bleeding problems. There are many reasons that women may opt to avoid a hysterectomy, including the fact that it is a major surgical procedure. Other options to treat this problem include medical therapy as well as minimally invasive surgery that spares the uterus. One such technique that has become quite popular is endometrial ablation.

This procedure has origins in the 1930's and 1960's, but did not become practical until the 1980's when hysteroscopy became a readily available tool for the gynecologist. The original procedures used cameras inserted into the uterus (hysteroscopy) and electrocautery resection devices to treat the uterine lining to prevent bleeding. This procedure was similar to mowing the lawn and was quite tedious, with success rates highly dependent on the skill and patience of the physician. It is still used in rare instances, but has almost entirely been

replaced by newer techniques that do not require direct visualization of the endometrial cavity.

There are many non-resectoscope techniques available for endometrial ablation. These include a thermal balloon, heated free fluid, microwaves, radiofrequency electricity, and cryotherapy. Studies

"Endometrial ablation is a popular procedure because of its high success rates, ease of use, low complication rate, low cost relative to hysterectomy, and quick recovery."

or cryotherapy to achieve the desired effect. All of the methods have similar success and satisfaction rates.

Endometrial ablation is a popular procedure because of its high success rates, ease

of use, low complication rate, low cost relative to hysterectomy, and quick recovery. It is an outpatient surgical procedure and sometimes can be done in the doctor's office instead of a hospital or surgery center, saving on overall costs. Most people will only

need a few days of recovery and non-steroidal medications for pain control following the procedure. Success is measured in rates of amenorrhea (lack of menstrual bleeding) and overall patient satisfaction. Amenorrhea rates are generally greater than 50% at 1 year and overall satisfaction is greater than 95%. These rates tend to decrease over time, especially for amenorrhea, but overall satisfaction

remains about 75% for up to 5 years. A disadvantage of the procedure is the relatively high rates of hysterectomy (up to 25% in most studies) in the years following surgery.

Endometrial ablation is certainly a good alternative to hysterectomy for abnormal uterine bleeding. This procedure is not for everyone, though. Women should have completed childbearing, have a normal size uterine cavity, and not have another indication for hysterectomy, such as pelvic prolapse or precancer. It can be a short term fix for an annoying problem or a way to avoid major surgery for those with multiple medical problems. Each technique has its own benefits. To learn if this procedure is right for you, contact your gynecologist. •





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

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



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Ladies Do Lunch with Mr. Cooper

Woodbridge Golf Club isn't just for golf

By Lori Whitten of Wylie & Poetry



Lori, Stacie, Mr. Cooper, Judy & Anne

When I received the phone call from Judy informing me that Mr. Raymond Cooper was joining us to dine at Woodbridge Golf Club's Neighborhood Grill – I was ecstatic. First, anytime you get the opportunity to enjoy Mr. Cooper's company, you should jump on it and second, I had never been to Woodbridge for lunch; after all, I don't golf. Judy, Anne, Stacie and I were looking forward to excellent conversation, impeccable service and maybe a surprise or two – we were not disappointed.

To begin, Stacie, Judy and I spent a great deal of time chatting with Mr. Cooper before we ordered. As usual, we had to wait on Anne – she was late. However, none of us minded since the conversation was, as always, fascinating with Mr. Cooper. I could listen to stories all day about Wylie from his perspective; they are always rich and relative to today. Strolling down memory lane and catching up on the latest happenings in town is an incredible treat.

If you are a non-golfer like me, you might not have thought of Woodbridge Golf Club as a lunch alternative. Now, since I have eaten there – I realize how silly not to have done it sooner. The service was extremely friendly. It felt like eating at a "neighborhood grill": very welcoming and relaxed. We were comfortable with our surroundings from the second we walked in the door. To add to our delight, we ran into friends, associates and acquaintances while dining. Don't you find it reassuring to arbitrarily run into people you know in a public place? Okay, maybe it's just me.

The Neighborhood Grill's menu is richly diverse, offering appetizers to grill items with salads and deli sandwiches in between. Anne and I, with the help of Mr. Cooper, ordered for us all. We chose a variety of items. The word is out about leafy vegetables and the Cajun Chicken Salad had an abundance of the fresh, crisp greens - that always makes me happy. The salad's spicy

chicken, fresh tomatoes and chipotle ranch dressing came with a dab of guacamole which was a bonus – I would add this to my list of favorites. We also enjoyed the Clubhouse Melt topped with sweet grilled onions, crispy green peppers and cheddar and swiss cheese – we ordered it as a burger, but I bet it is just as good made with chicken. Last but not least was Anne's favorite: a tasty Turkey Club Wrap that was made with a whole wheat tortilla.

Woodbridge Neighborhood Grill also offers a full breakfast menu.

The Neighborhood Grill is located inside the Woodbridge Golf Club at 7400 Country Club Drive in Wylie - off Hwy 78 between Wylie and Sachse. This link will take you to the map on their web-

site: <http://www.visitwoodbridge.com/locationmap.html>.

Tell them "the Lunch Ladies" sent you. They are open for breakfast from 7:00 a.m. until 11:00 a.m. and lunch from 11:00 a.m. to 3:00 p.m. daily. This is a great place to enjoy a leisurely lunch with friends or meet for a power breakfast or lunch and if so inclined

enjoy a glass of wine, bottle of beer or a cocktail. Woodbridge's Neighborhood Grill has been added to one of my top places to drop in for lunch. Time spent with Mr. Cooper is always memorable and cherished. Thank you Judy, for setting-up such a wonderful lunch. •

Note from Anne: Look for Mr. Cooper to be featured in a future issue.



Cajun Chicken Salad with Chipotle Ranch Dressing



One last word from the Lunch Ladies: 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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The upper echelon of higher education

by Mark Robinson of Collin College

As the calendar flipped from July to August, another academic year dawned at Collin College. It is a time full of excitement, wonder and high expectations.

Although Collin College campuses are busy over the summer with classes, there's a certain buzz that reverberates as the fall semester ensues. At Collin College, much ado is being made about the unique academic opportunities, award-winning faculty and new programs that are being innovated and executed to enhance the higher education experience.

Case in point: psychology professor Jennifer O'Loughlin Brooks.

Brooks was named the Texas Professor of the Year by the Council for Advancement and Support of Education (CASE) and the Carnegie Foundation for the Advancement of Teaching. With Brooks' honor, Collin College became the third Texas college or university -- with Rice and The University of Texas at Austin -- to have multiple winners. In 2000, theatre professor Brad Baker was named the U.S. Professor of the Year.

Collin College features the best and brightest faculty and staff with a long list of accomplishments, awards and experience that light up the classroom.

Just as the college's faculty and staff work to make the institution a first-class hub of higher education, the college challenges itself to provide new opportunities for its students. The fall of 2007 is no exception.

The college features three new programs this fall: an associate of applied science (AAS) in Surgical Technology; an AAS in Health Information Technology; and an associate of science in Technical Communication and Knowledge Management.

The new Surgical Technology degree will prepare students to assist in surgical operations, prepare the operating room by setting up surgical instruments and equipment and ensure equipment works properly. Surgical technicians also prepare patients for surgery by washing, shaving and disinfecting incision areas, transport patients to the surgery

area, observe patient vital signs, process charges and generally assist the surgical team. The degree was created to fulfill a local and national need within the health care field, which is expected to grow by almost 34 percent in this area alone.

The Health Information Technology degree will prepare individuals to use a specific body of knowledge and skills in assuring the quality of health informa-

tion records by verifying their completeness, accuracy and proper entry into computer systems. Additionally, students will learn to utilize a number of computer applications in assembling and analyzing patient data to improve care and control costs.

Finally, the Technical Communications and Knowledge Management degree was created to fulfill the workforce need for technical writers. Students will be able to convey complex data to a number of diverse audiences and manage knowledge within and between organizations. The need for techni-



Professor Jennifer Brooks

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Three Farmers Insurance agents (two women and one man) are standing in front of a building. The woman on the left is wearing a purple top, the man in the center is wearing a grey shirt, and the woman on the right is wearing a light blue blazer. A sign in the background mentions 'units and more options'.

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Collin College Honor Students

cal writers is expected to grow by 23 percent through 2014 nationally and by 20 percent in Texas, according to the U.S. Department of Labor.

These degrees were all created for achievement at Collin College and in the workforce. But the college also is concerned with those students who plan to transfer to an university.

Collin College holds pre-admission partnerships with eight Texas universities including Southern Methodist University, Texas A&M University-Commerce, Texas Tech University, Texas Woman's University, the University of North Texas, The University of Texas at Dallas and, most recently, Texas A&M University and Baylor University.

The partnerships vary as to their specific advantages, but students get academic advising to ensure a seamless transfer of credits

from Collin College to the partner university, early enrollment, tickets to sporting events and lectures, access to university amenities and more.

The pre-admissions partnerships are established to create a network toward completing a bachelor's degree in four years.


All this is just the tip of the iceberg. Collin College provides a number of other unique learning opportunities that enhance the student's experience to the highest degree.

Student Leadership Academy, Honors Institute, Learning Communities, Service-Learning and more are available to students who want to make the most out of their college experience and prepare themselves for their futures.



For more information, visit the college's website at www.ccccd.edu. •

Outstanding!

Collin College has been recognized by the Case Foundation as one of 16 institutions across the country to watch for civic endeavors. The Case Foundation is an organization dedicated to finding lasting solutions to complex social problems, including expanding civic engagement and volunteerism. The foundation identified 16 organizations in education, faith and corporate service that produce innovative projects within their field. Only six colleges and universities across the United States were selected.



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Why Should You Invest?

Here are five good reasons

from Jal Dennis of Edward Jones Investment

We love lists. We want to know the 10 best pizza places in town and the 10 worst dressed celebrities at the Oscars. We long to find the top 10 movies of the year and the 10 most popular songs of the century. We want to know about the richest people in the country and the cheapest brunches in our city. In short, the list of lists could go on for a long time, but there's always room for one more - so let's look at the Top Five Reasons to Invest.



1
2
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5

Here they are, in no particular order of importance:

- Investing can help you enjoy a comfortable retirement. Most people need at least 80 percent of their pre-retirement income to maintain a similar lifestyle during retirement. You'll get some of your retirement income from Social Security, but it almost certainly won't be enough. To help meet your retirement income needs, you'll need to invest regularly, both through your employer-sponsored plan, such as a 401(k), and through an IRA and other individual investments.
- Investing can keep you ahead of inflation. Over time, even a low rate of inflation can severely erode your purchasing power. For example, suppose you currently earn \$50,000 per year, and you assume a 4.0 percent inflation rate for the next 30 years. At that point, you would need to earn the equivalent of more than \$162,000 per year just to keep the standard of living you have today. If you want to stay ahead of inflation, you will unquestionably need to invest. And you'll need to keep in mind that, when it comes to battling inflation, not all investments are created equal. Fixed-income vehicles, such as Certificates of Deposit (CDs) and bonds may be excellent choices for providing you with stability of principal and current income, but, over time, only stocks have significantly outperformed inflation. Consequently, you will need at least some stock holdings in your portfolio if you want to protect your long-term purchasing power.
- Investing can help you prepare for emergencies. If need a new car, or you face an unexpected - and large - medical bill, where will you get the money? By setting up an emergency fund of six to 12 months' worth of living expenses, and investing the money in a liquid vehicle with strong protection of principal, you can help prepare yourself for life's bumps in the road.
- Investing can help you realize your dreams. If you want to someday travel the world, own a vacation home or even open your own business, you'll need sufficient financial resources - and that means you have to save and invest throughout your working life. By following a disciplined investment strategy and working with a professional financial advisor, you may be able to someday turn your hopes into reality.
- Investing can help you leave a legacy. You work hard all your life - but you're not doing it all for yourself. If you have a family, you want to be able to leave something behind. You may also want to support a favorite charitable organization. To be able to leave a financial legacy when you're gone, you'll need to invest - while you're here.

So, there you have them - five very good reasons to be a lifetime investor. And the sooner you start, the better. •

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