

Summer 2009

June

July

August

The Colony Connection

Your Community Magazine

Summertime In The Colony

Liberty By The Lake

Trails Update

City Announcements

Community Highlights

Chamber News



A Complimentary Quarterly Magazine Publication of The Colony Chamber of Commerce and City of The Colony

Liberty By The Lake is back!

Mark your calendar!
July 4th

is just around the corner!



Fireworks, 5K and tons of family fun.
Don't miss the biggest party in town!

www.libertybythelake.com

or call Parks & Recreation at (972)625-1106

Support Your Local
Community Theatre

2009-2010 Schedule Now Available!

Lakeside Community Theatre



because
the ARTS
benefits
everyone
in your
community.



TEXAS NONPROFIT THEATRES

www.lctthecolony.org

Lakeside Arts Center • 6301 Main Street • The Colony, TX



Call today
and ask about
Texas-Sized
discounts
up to 40%.

Receive a \$10 gift card for every referral.

- Auto rate reduction ▪ Multi-line discounts
- Boat insurance ▪ Home, Life, Health and more



LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.®

Jeff Cain
5000 Main Street
Suite 228
The Colony
Ph: 469-362-2282
www.sjjeff.com

Providing Insurance and
Financial Services

statefarm.com®
State Farm
Bloomington, IL

D&R FLOORS

We bring the showroom
directly to you.



FREE In-Home Estimates

DIRECT
INSURANCE
BILLING



PH: 972-625-4100
www.drfloorsdfw.com



On The Cover



Experience The Colony this summer with lakeside events and summertime attractions and activities. We hope you enjoy this patriotic summertime issue.

Cover designed by: C-Media Services, LLC.

The Colony Connection Your Community Magazine!

The Colony Connection is a complimentary quarterly magazine published by C-Media Services, LLC with over 15,000 copies distributed to residents and businesses within The Colony. Also available online at www.thecolonychamber.com and through city e-mail subscribers. The Colony Connection is the #1 resource for community news.

While every effort has been made to avoid errors, neither C-Media Services, LLC., The Colony Chamber of Commerce, or the City of The Colony assumes any responsibility for errors or omissions. If you discover an error, please contact The Colony Chamber of Commerce or email us at info@c-mediaservices.com. Advertisers and advertising agencies assume liability for content of all advertisements.

Published By:



Our Next Issue covers Sept. -Nov. 2009 with a submittal deadline of August 1, 2009. Advertising rates as low as \$50. Ask about our frequency discounts.

Visit www.thecolonychamber.com for rates, advertising information, or to download previous issues. You may also subscribe to receive an electronic copy of *The Colony Connection* by visiting the City's website at www.thecolonytx.gov.

For advertising opportunities or to submit community news and information in *The Colony Connection* call 972.624.8335 or e-mail us at info@c-mediaservices.com.

Chamber of Commerce

Improving Your Community

Are you a HOME-BASED business? We want you to join us!

Currently 20 % of our chamber business members are home-based businesses. Joining The Colony Chamber of Commerce **NOW** is a smart marketing strategy for you.

Business Expert and Author Rita Klingenberg cites just a few of the many ways "your chamber can give you access to a valuable networking and marketing system".

- If you make it known that your product or service makes a great client or employee gift you could wind up with a very nice flow of business from your fellow chamber members.

-You can find out about local events where you can set up your booth and promote your business.

-You'll meet good reliable sources for products and services like accounting, printing, computer support, etc.

-You'll be referred to other chamber member contacts.

-You have a good chance of meeting local retailers who may wish to carry your product.

-You'll have an opportunity to do joint ventures with other local businesses, such as cooperative advertising or trunk shows.

-Your may have access to mentors who can help you develop your business; or you may be able to serve as a mentor to someone else.

- Your business name can be associated with improving your community, since the chamber often works on civic improvement, local legislation favoring local business and encourages economic development.

Whether you are a brand new home-based business or have been in our community for many years, we are happy to count you as an active member with full benefits.

Check out our website to download the membership application or contact the chamber office 972-625-8027. Our networking meetings are open to anyone interested in membership so join us for one and discover how we can help your business thrive.

The Colony Chamber of Commerce
www.thecolonychamber.com
Ph: 972-625-8027



The Chamber works for you!

2009 Chamber Board of Directors

Chairman

Brant Bomar

Treasurer

Jason Gonzales

Secretary

Christi VerMilyea-Burns

Membership

Jeff Cain

Ambassador President

Rick Wilson

Business Development

Beverly Jones

Education Director

Tamika David

Outgoing Chairman

Melissa Shaw

At Large

Rebecca Rohwer

Chamber Staff:

Executive Director

Allison Mihavics

cool treats make fun summer projects



Make Your Own Popsicles

Juicy, sweet, cool, and fun—popsicles are a summertime tradition. If you love to eat popsicles, you may enjoy making some of your own concoctions. Doesn't everybody love the refreshing sweetness of a popsicle, whatever the size, shape or flavor?

For making your popsicles, you'll need molds. Plastic molds with sticks and lids are the easiest, but you can use any narrow plastic container and popsicle sticks. The craft departments of many stores carry boxes or popsicle sticks. Plastic drinking cups, empty yogurt cups and ice cream paddle stick spoons can also be used.

Prepare a nice flat place in the freezer where the popsicle molds can sit to freeze. A sheet of waxed paper or tin foil will help keep the spot clean of spills.

Decide on your recipe. You can use real fruit

juice, Kool-aid, or any combination in between. After you have chosen a recipe, set out all the ingredients.

For fruit pops, place fruit in a blender and puree it. You can try peaches, bananas, lemons, oranges, or berries. Add about 1 cup of water to each two cups of fruit puree or mashed fruit. For cream pops add one cup of yogurt, sweet cream, melted ice cream, or milk to sugar and fruit. You can try adding Sprite™ or other soda to your pops in place of the water. This makes the pops fizzy and special.

A package of Kool-aid mix or a box of Jello dissolved in hot water can add color and flavoring to your pops. Juices to try are grape juice, cherry, berry flavors, orange-pineapple, pineapple/banana, peach/white grape or fruit punch. Many of these are plenty sweet already so they don't need sugar. One tablespoon of corn syrup sweetens a whole batch.

Use your imagination when it comes to ingredients; just remember too much water makes the popsicles too icy and too hard to eat.

Freeze Time: Place your popsicles in the freezer on a level spot and leave them alone for at least three hours for small ones and four hours for larger pops. Over night is best. To remove the pops, run a trickle of warm water over the molds until they release. Waiting for your homemade popsicles to freeze may be the hardest part!

Making Fruit Smoothies & Shakes

A wonderful way to enjoy warm-weather fruits -- great for cooling off on a hot summer day or welcoming guests during a gathering. These cool favorites are a perfect way to get any kid to eat their fruit while also participating in entertaining fun. Similar in consistency to milk shakes, smoothies are quick, nutritious and amazingly rich at the same time.

Tropical Banana Smoothie

Ingredients:

- 1 cup orange juice
- 1 cup cranberry/raspberry juice
- 3 ripe bananas
- 1 cup ice cubes



Combine juices and ice in a blender, and process until the ice is crushed. Add the bananas to the blender, and process until smooth. Pour into a glass and enjoy.

These tropical shakes are proof that you do not have to sacrifice taste when eating lower fat, healthy recipes. In fact, these good-for-you shakes are so rich and delicious that even your most discerning 6-year-old would never guess how healthy they are.

Mango Peach Shake

Ingredients:

- 1 cup diced mango
- 1 small peach
- 1 cup vanilla sorbet
- 1/2 cup low fat milk



Serves 1-2

Put mango and peach in a blender and process till smooth. Add sorbet and milk and blend until ingredients are thoroughly mixed and serve.

STAR Insurance Services of Texas, Inc.
Providing quality coverage at the best prices for over 10 years.

★ Home ★ Auto ★ Life ★ Commercial
972.625.9777
Visit us online at www.StarInsur.com

• Over 50 years experience • Located in The Colony
• Representing more than 20 affiliates, including:

PROGRESSIVE TRAVELERS Safeco Insurance
THE HARTFORD MERCURY INSURANCE GROUP AIG
UNITRIN FOREMOST

TWO TIME AWARD WINNING BUSINESS OF THE YEAR!

Now available in The Colony...

Decompression Therapy

Finally, a solution to back pain and sciatica that doesn't involve drugs or surgery, is totally natural, and is over 80% effective.

Is back or neck pain resulting in lost work, limiting leisure activities or causing you to consider surgery? Have you tried different treatments and nothing has worked yet? Have you been told to learn to live with it or been forced to rely on drugs to relieve your pain?

If you answered yes to any of these questions, it's time you asked about Spinal Decompression Therapy. Traction based spinal decompression is a non-drug, non-surgical, FDA approved treatment that helps reduce or eliminate painful herniated, degenerated and bulging discs in the lower back and neck.

The non-invasive, automated system has the capability of decompressing the discs by creating a "vacuum" effect which actually sucks the disc material back into the disc, allowing it to heal. The result is relief of pressure on the spinal nerves, without the risks and side effects that are often associated with pain medication, injections or surgery.

All you have to do is lie down on the table, and the advanced computer system does the rest. You feel a gentle, painless, rhythmic pulling and then release. Treatments usually last about 15 minutes. Traction based spinal decompression therapy can reduce or eliminate pain completely, improve joint mobility, and reduce muscle spasms.

Decompression works, even when other therapies have failed.



Dr. Kelly D. Smith is a graduate of Palmer College of Chiropractic and has been practicing chiropractic since 1993. Dr. Smith and her staff take pride in their commitment to exceptional quality, outstanding service and sincere care in a warm, relaxing environment.

Trigger Point Workshop

Please join us at our next Trigger Point Workshop. You'll learn ...

- How to reduce "knots" in muscles, also known as trigger points
- Precaution and maintenance ideas to reduce health care costs
- Trigger point therapy you can do at home to speed recovery
- How to check family members for spinal problems
- Cause and prevention of arthritis, disc degeneration, and numerous stress-caused illnesses

Workshops are held on the 1st and 3rd Tuesday of each month at 6:15 pm. Seating is limited. Please call 972.625.4800 to reserve your seat.



5000 Main Street, Suite 203
The Colony, Texas 75056

972.625.4800

www.colonychiro.com

New Patient Special

Only \$47 in May!

Orthopedic and neurological exam of the spine, health history & consultation, initial x-rays (if needed), and report of findings. \$450 value.

The Massage Club

Now with 3 massage therapists on staff!

CHARTER MEMBER

(Special Price for First 100 Members)

Initiation Fee	none
2 Half-Hour Massages	\$39.95/month
2 One-Hour Massages	\$79.95/month
4 One-Hour Massages	\$159.95/month

All memberships based on monthly checking autodebit. All memberships are non-transferable. All services must be used within 60 days. ABSOLUTELY NO REFUNDS. Massage is for wellness care (non-symptomatic) and is not applicable for injuries, auto accidents, or work-related conditions.



City of The Colony UPDATES & ANNOUNCEMENTS

The Colony Trails Update

A grand opening ceremony for The Colony Shoreline Trail is planned from 3pm - 5pm on June 6, 2009, National Trails Day. We hope all you trail groupies will come join us as we celebrate this wonderful addition to our city. The Colony Shoreline Trail is a 10' wide natural

points. The trail is designed to blend in and compliment the natural setting in accordance with USACE regulations. Accessibility is also a high priority and current standards will be followed to enhance use of the trail and trail facilities for all users

The majority of the trail is located in the flood plain of Lewisville Lake and subject to flooding in severe weather. Trail design has taken this into account and when severe floods occur, the trail will close as needed to

Shoreline Trail Enhancement



surface trail that starts at Stewart Creek Park, winds through City park land as well as US Army Corps of Engineers (USACE) Wildlife Management Area along the perimeter of Lewisville Lake, then terminates at Ridgepointe Park (at least for now). The trail is just less than four miles long and made mostly of decomposed granite. A material from Presto Products called Geoweb will provide additional structural support and to help reduce maintenance costs. A new concrete parking lot at Stewart Creek Park will serve as the primary trail head. Additional parking is located at Ridgepointe Park to serve the neighborhood. Each trail head will provide maps, signage and an entry feature to the trail. Benches, litter receptacles, and pet stations will be located along the trail and several interpretive (educational) signs will be posted at key

protect the public and allow for repair/maintenance.

Being in a USACE wildlife management area, visitors can expect to see a variety of native flora and fauna. Interpretive signage will also be posted to provide educational opportunities and to enhance awareness of the natural systems and how human development interacts with these natural systems.

After almost eight months of construction, two years of design work, three years of saving money and nearly seven years of waiting for the trail after the initial idea; we are very excited to make this quality of life enhancement available to the residents of The Colony.

Your Fire Department

The men and women of The Colony Fire Department are proud to serve the citizens and the visitors of The Colony. Thanks to the support of the City Council and City Administration, the fire department stands ready to respond to fire, rescue and medical emergencies. Often, our firefighters are approached by citizens with various questions about the fire department. Over the next couple of issues, we will try and answer some of those questions so that you, our citizens, will have a better understanding of how your fire department operates.

Why does a fire truck always respond with an ambulance on medical emergencies? There are several reasons why we send a fire truck with an ambulance to medical calls. First, all of our firefighters are certified paramedics. There are many instances when the fire truck arrives on-scene before the ambulance and is able to start emergency medical treatment. Second, often a patient's condition deteriorates rapidly and having multiple paramedics on scene assures that there is sufficient help to deal with a variety of medical conditions. Third, only two firefighter/paramedics staff an ambulance. Many times the patient is located on an upper floor, wedged between a bed and a wall, or the patient may be difficult to move. Having the extra help on scene assures that the patient can be treated and transported safely without harm to the patient or the paramedics.

Why do so many fire trucks respond to a fire call? In order to safely and effectively fight a structural fire, many tasks must be accomplished at once. Fire hoses must be manned, search and ventilation performed, firefighters must operate pumps to make sure firefighters on hose lines have water, etc. To assure all tasks can be addressed safely, all of The Colony fire apparatus and commonly units from neighboring departments are called to assist with the firefighting effort.

What does the 343 stand for on the front of fire station 3 and on the department's patch? 343 is the number of New York City firefighters that were killed on 9/11. Firefighters around the country have vowed to never forget the sacrifices that were made that day. Therefore, The Colony Fire Department has made the number 343 part of the department's identity and their commitment to never forget.

If you have a question that you would like to see answered in The Colony Connection please email your question to Fire Chief Scott Thompson at sthompson@thecolonytx.gov.

Recycling in The Colony



Residents of The Colony have completed almost two years of recycling under the current program where rebates are being paid by the City's contractor for every ton of material collected by our residents. Looking at the numbers over the last 24 months, residents have collected approximately 7,000 tons of materials which in turn generated almost \$250,000.00 in recycling rebates back to the residents of The Colony!

To put these numbers in perspective, 7,000 tons of recycling would completely bury all of North Colony Boulevard, curb to curb, from Stewart Creek Park to the railroad, 8 feet deep in paper, cardboard, aluminum, plastics, and glass. \$250,000.00 in recycling rebates has given back \$24.00 to each solid waste customer during this same time period, resulting in an offset of 46 percent of the total amount charged for the collection and hauling of recycling materials over the last 24 months.

Currently, 60% of our residents are recycling at least once per month with an average setout of 26 pounds of materials per resident. Based on the total tons of residential trash that are disposed of in The Colony (on the average 10,800 ton per year), we are diverting approximately 32% of our overall garbage from the waste stream. This puts The Colony at the top of the national average of all cities who have curbside single stream collection. Give yourself a big hand for doing a tremendous job!

There are however, going to be challenges in the coming months in receiving a recycling rebate based on the current state of world economies. As everyone knows markets across the world are struggling; people are buying less, which requires fewer materials to make the products and the packaging that the products go in. The demand for the materials generated from recycling programs has dropped to the lowest levels since the majority of recycling programs were started in the 70's and 80's. The Colony continues to get some recycling rebates due to our contract language with our Contractor, but not at the levels we have had in the last 24 months.

That does not mean we should not continue to do our best job in recycling materials here

in The Colony. Markets will come back, rebates will continue to grow over the long haul and the demand for materials from recycling programs will increase. It will always take less energy to utilize recycled materials, producing fewer environmentally damaging by-products and is always the right thing to do.

If anyone has any questions, concerning the City's recycling program, please call 972-624-3132 or 972-624-3130.

Tips on Watering Your Lawn



DO...

- Water in dry weather.
- Water early in the morning.
- Water every 5-6 days in hot weather.
- Use sprinklers that are close to the ground rather than high in the air, because larger drops are better than fine mist.

DONT...

- Water from mid-morning to late afternoon. You will lose 1/3 of your water to evaporation. Try watering before 10AM.
- Over water because it causes valuable nutrients to wash away.
- Water too frequently because it causes shallow root system to develop.
- Water at night because the grass stays wet and encourages the development of disease.

THE TEST:

HOW LONG TO WATER

Let sprinkler soak an area for about 30 minutes. Dig a spade into the ground and see for yourself whether the water is getting down deep enough; if not water for another 30 minutes.

IF YOU WATERED ENOUGH

Step on a patch of grass. If the blades spring up, then no watering is necessary. If they don't, then you need to water.

Did You Know . . .



WATER WASTE AT 40 LBS. PRESSURE

A 1/32" LEAK WASTES 180 GALLONS IN 24 HOURS
A 1/16" LEAK WASTES 690 GALLONS IN 24 HOURS
A 1/8" LEAK WASTES 2,760 GALLONS IN 24 HOURS
A 1/4" LEAK WASTES 11,030 GALLONS IN 24 HOURS

SO TO BE SAFE:

Check every faucet and toilet for leaks. A leak will waste a lot of water every day, so repair leaks immediately.

To check for toilet leaks: open the tank of the toilet and put a few drops of food coloring into it. If the coloring is going into the bowl, you have a leak.

Water Usage Facts

TOILET FLUSH = 5 TO 7 GALLONS
SHOWER = 25 TO 50 GALLONS
HANDWASHING = 2 GALLONS WITH RUNNING TAP
TOOTHBRUSHING = 2 GALLONS WITH RUNNING TAP
OUTDOOR WATERING = 5 TO 10 GALLONS PER MINUTE
AUTOMATIC DISHWASHER = 10 GALLONS
DISHWASHING BY HAND = 20 GALLONS
TUB BATH = 36 GALLONS

To save on some of these water uses everyday:

- Use brooms to sweep the sidewalk, not a water hose.
- Position sprinklers so they only water the lawn, not the sidewalk.
- Toilets are the biggest water-wasters. Low-flush or air-assisted toilets cut toilet water up to 90%, or put a brick in your tank!
- Turn off water while you are brushing your teeth, washing your hands or even scraping dishes.

Visit

www.thecolonytx.gov

for online services,
departments, and
city information.

ECONOMIC DEVELOPMENT NEWS

The Colony Economic Development Corporation:

Recent events attended by The Colony Economic Development Corporation representatives:

April 26-28- CORENET Global Summit:

CoreNet Global is a world association for corporate real estate and related professionals. The Southwest Chapter is focused on advancing knowledge, connecting people and promoting personal excellence. Fully funded by its members, the chapter area includes the Northern half of Texas, Arkansas,

Oklahoma and Louisiana. Director of Economic Development Tom Terrall and Economic Development Specialist Cindi Lane attended the international real estate conference hosted in Dallas located at the Hilton Anatole. The event provided an opportunity for Tom and Cindi to meet and greet corporate real estate executives and site consultants. They participated with members of Team Texas, The Dallas Fort Worth Marketing Team and TexasOne to host a barbeque dinner complete with a live band to entertain these visitors and give them a true taste of Texas food and hospitality.

May 7,- NTCAR Commercial Real Estate Hall of Fame Dinner and Award: The North Texas Commercial Association of Realtors (NTCAR) hosts this prestigious event annually at the Dallas Country Club. Inductees are recognized for their outstanding contributions to the North Texas brokerage community and the commercial real estate industry as a whole. Tom Terrall, Cindi Lane, Tom Tvardzik, David Smith, and Femi Omonije attended to promote The Colony through networking with the other attendees.

May 17-20 - International Council of Shopping Centers (ICSC) RECON Conference:

The Colony city council members Allen Harris and Joel Marks attended this ICSC retail convention and trade expo in Las Vegas along with Tom Terrall and Cindi Lane to promote The Colony as a prime location to retailers and developers. This is the largest retail meeting held annually and has historically attracted more than 50,000 attendees and features over two million square feet of exhibit space.

Update of Cascades at The Colony Hotels:

The Cascades at the Colony is a 100-acre master-planned commercial and residential area. The hotels anchor an area that is developing into a modern lifestyle community including residential, retail, dining as well as 200,000 square feet of prime office space. At the center of the Cascades at The Colony is a two-acre scenic park including a cascading water feature as the pinnacle of the entire Cascades development.

Opening May 2009, the Residence Inn by Marriott hotel located at 6900 Cascades Court features 102 full suite-styled accommodations with full-size kitchens, complimentary High Speed Internet and daily breakfast, a guest business center, evening hospitality hours, a fitness suite, Outdoor Sport Court and swimming pool, and a tiered rate system for guests needing stays for longer durations. The select-service "plus" Fairfield Inn & Suites, located next door at 5909 Stone Creek Drive, features 104 guest rooms including several well appointed King Suites, a fitness suite, complimentary breakfast daily, complimentary High Speed Internet, another outdoor pool, and both offer the high level of service known as "Marriott Hospitality"!

Adjacent to the Fairfield Inn & Suites is the Cascades Events Center which houses over 6,400 square feet of meeting space, including the 3,100 square foot Cascades Ballroom, two 700+ square feet additional meetings suites, a large pre-function area, as well as the Garden Pavilion directly outside the Ballroom for those needing a breath of Texas air! These meeting rooms will enable The Colony residents to have a place for wedding receptions, formal dinners and dances, reunions, anniversary dinners, corporate celebrations as well as corporate conferences, workshops, seminars, speaking engagements, and strategy meetings!

City of The Colony

Certificate of Occupancy

The following table lists Certificates of Occupancy issued in January, February, and March:

Name	Location	Description
Sonny's Donuts	3751 Main Street #800	Restaurant
David Hubbell DDS	3805 Main Street # 114	Dentist Office
Charlotte's Resale Shop	7561 Main Street	Retail
Corbins Creole Cuisine	4300 Main Street	Restaurant
Wells Fargo	5014 Main Street	Bank
Colony Car Care	7319 Main Street	Auto Repair Shop
Little Cesar Pizza	3751 Main Street #150A	Restaurant
KO Sushi & Grill	4904 Main Street	Restaurant
Main Medical Clinic	3805 Main Street # 112	Medical Office
The Colony Appliance Guru	7512 Main Street #205	Appliance Repair Shop
Lewis Jue Insurance	7228 Main Street	Insurance Office
A Cut Above Custom Wood Working	4716 E. Lake Highlands #107	Wood Working Manufacturing

Development Activity

The below listing shows plat, site plan, and zoning case applications that were submitted during November, December, and January months. Below is the name, type of project, and the location of each project. Please contact Wes Morrison, City Planner at 972-624-3164 with questions.

Project Name	Type of Project	Location
4520 Carr	Variance Request	4520 Carr
Legacy Day School	Final Plat	NWQ 121 & Morning Star
Legacy Day School	Site Plan	NWQ 121 & Morning Star
Legacy Day School	Specific Use Permit	NWQ 121 & Morning Star
Tribute - Height Amendment	Zoning Amendment	Lebanon Road
Evergreen at The Colony	Site Plan	6245 Morningstar

Summer Calendar

City of The Colony

June

June 1 & 15	City Council Meetings	7:00pm
June 2	Technologies Board*	6:30 pm
June 9 & 23	Planning & Zoning Meeting	6:30 pm
June 10	4A (EDC) Board Meeting	7:00 pm
June 11	4B (CDC) Board Meeting (Community Center)	7:00 pm
June 16	Cultural Arts Board Mtg.	7:00 pm
June 17	Board of Adjustments*	7:00 pm
June 25	Code Enforcement Board Mtg.*	6:30 pm
June 25	Library Board Meeting	7:00 pm

July

July 6 & 20	City Council Meetings	7:00pm
July 7	Technologies Board*	6:30 pm
July 8	4A (EDC) Board Meeting	7:00 pm
July 9	4B (CDC) Board Meeting (Community Center)	7:00 pm
July 14 & 28	Planning & Zoning Meetings	6:30 pm
July 15	Board of Adjustments*	7:00 pm
July 21	Cultural Arts Board Mtg.	7:00 pm
July 23	Library Board Meeting	7:00 pm
July 30	Code Enforcement Board Mtg.*	6:30 pm

August

August 3 & 17	City Council Meetings	7:00pm
August 4	Technologies Board*	6:30 pm
August 11 & 25	Planning & Zoning Meetings	6:30 pm
August 12	4A (EDC) Board Meeting	7:00 pm
August 13	4B (CDC) Board Meeting (Community Center)	7:00 pm
August 18	Cultural Arts Board Mtg.	7:00 pm
August 19	Board of Adjustments*	7:00 pm
August 27	Code Enforcement Board Mtg.*	6:30 pm
August 27	Library Board Meeting	7:00 pm

*Please note that the Code Enforcement, BOA & Technologies Board meet only if there is a case or issue before them.

City offices are closed July 3rd for Independence Day Holiday. The night drop box on the north side of city hall is available for utility bill payments.

The Library will be closed on July 4th and for In-Service Training closed on August 7th.

City of The Colony - Phone: 972-625-1756

The Colony Chamber of Commerce

June

June 4	After Hours Mixer/Member Recruitment at Stan's Lakeview Taphouse and Grill
June 26	21st Annual Golf Classic

July

July 16	General Membership Dinner
July 30	After Hours Networking Mixer

August

August 15	Teacher Appreciation Business Expo at Staples
August 20	After Hours Networking Mixer

coming soon

October 17&18	Pirate Days of The Colony @ Stewart Creek Park www.piratedays.org
---------------	--

Come **Network** and **Get Motivated** every Friday!

"Friday Focus Networking"
every Friday from 8-9am
at IHOP - the Colony
Located at 4801 Highway 121

Grab your business planner and take note of the monthly networking opportunities designed to help your business grow.

Or, join us during one of our many events to find out what's going on in your community.

Incredible Sponsorship Opportunities are going **FAST!**
Find out how to promote your business during the next chamber event.

Visit www.thecolonychamber.com for events, information, and activities.

The Colony Chamber of Commerce

Phone: 972-625-8027

Summertime Events

Liberty By The Lake



Events ★ Activities ★ Entertainment ★ Water Fun ★ Summer Ideas ★ Resources

Saturday, July 4th - Liberty By The Lake festival is the biggest party in town to celebrate America's freedom. Bring out the whole family to celebrate The Colony - Texas style! Numerous events throughout the day include the city parade, 5K and 1 Mile Fun Run, Live Concert, a Family Fun Zone with bounce houses and more, a business expo, and to end the evening the ever popular fireworks extravaganza. Be sure to visit www.libertybythelake.com for a full schedule.

June 8 - Aug. 14 - Kids Kamp - through PARD. For ages 6-11. Offered in ten one-week sessions through the summer. (Weekly fees starting at \$105 to \$115 based on activities) Includes arts, crafts, sports, athletics, games, and group activities. Call 972-625-1106 or email play@tcpard.com for details.

Thursday, June 18, 7pm - "Three Billy Goats Gruff" featuring Puppeteer Sandy Shroud. Presented by Friends Of The Colony Public Library. Free fun for the entire family.

June 22-26 6:30-9 PM - LakeWay's Vacation Bible School - Come see Gorillaman and Tigerman! This is a free Bible camp for kids K thru 5th grade register online: www.lakewayonline.org or call 972-370-7722 or come by office at 4000 N Colony Blvd.

Sunday, June 28 LakeWay's Family Day Celebration- at Hawaiian Falls. Following 10:30 worship, then spend the day having fun at the water park! Special guest Critterman and His Furry Friends! Get your Half price tickets by joining us for worship any Sunday between now and June 28th! Fun for all ages! Go to www.lakewayonline.org for more information. 4000 N Colony Blvd.

Tuesday, Aug. 18, 5-8pm - Back 2 School Bash - PreK thru 8th Grade. Free school supplies and Child ID Kits. Program demonstrations, Door Prizes and Giveaways. At The Colony Recreation Center. 5151 N. Colony Blvd. Call 972-625-1106 for more info.

Friday, June 26th - The Colony Chamber of Commerce 21st Annual Golf Classic held at Coyote Ridge Golf Club. This chamber fundraiser hosts a variety of excitement, fun and sponsorship opportunities. \$150 per player with a shotgun start. Includes lunch, prizes, raffles, dinner & awards. Visit www.thecolonychamber.com or call 972-625-8027. Date subject to change.

The Colony Aquatic Park: There's something for every level of swimmer this summer! Facilities include a heated indoor pool, outdoor leisure lagoon, children's wading pool, and an interactive Splash Zone. Summer swim programs such as water workouts, kayak programs, scuba

certifications, party tables and more. Public and private summer swim classes. Call for Information: (972) 624-2225 or visit www.thecolonytx.gov.

Infant Swimming Resource: for ages 6 months to 6 years with certified ISR Instructor. Survival Swimming Lessons at The Colony Aquatic Park. Call Tammy Borunda at 214-864-2430. Visit www.MyBabyCanSwim.com for schedule and details.

Hawaiian Falls, The Colony: Now open with Season Passes available. Visit www.hawaiianfalls.com for calendar, times, pricing and events.

THE COLONY PUBLIC LIBRARY:

Reading Clubs for Preschool, Grade School, Teens and Adults. Sign up begins June 4th.

Toddler Time: free story time for 2 year olds. Registration required. Tues. 10-10:20am; June 9-July 28, Sept. 8-285.

Preschool Storytimes: Free, ages 3-5, must be accompanied by an adult. Thurs. & Fri. 10-10:30am; June 11 - July 31; Sept 10-25.

Home Buyer's Seminar: Up-to-date information on benefits and strategies. Free seminar; 1st Wed. of each month, 7pm.

Community Announcements

Lakeside Community Theatre presents "Clue". Based on the film by John Landis & Jonathan Lynn, on the Parker Brothers Game and adapted for the stage by Benjamin Keegan Arnold & David J.Wallis. Auditions are June 21 & 22 from 7:30 p.m. to p.m. at LCT.

Show Dates: August 7, 8, 14, 15, 21, 22, 28, 29. Located at Lakeside Arts Center, 6301 Main Street. Tickets: \$12 for adults and \$10 for Students and Seniors. Group rates available. For reservations or questions call 972-727-4098 or 214-616-4289. Reserve your tickets today by visiting www.lctthecolony.org.

The Colony Playhouse presents: "The 3 Little Pigs Out West," which runs weekends July 23 to August 1. Performances will be at Lakeway Family Church, 4000 North Colony Boulevard. For tickets or more information, visit TCP's website: www.tcplayhouse.org or call 972- 746-9716.

Free trigger point workshop. Colony Chiropractic will be hosting a free workshop on the 1st and 3rd Tuesday of each month at 6:15 pm. These workshops teach you how to reduce "knots" in your muscles through in-home therapy to reduce injury and illness. Located at 5000 Main Street, Suite 203. Seating is limited so please call 972-625-4800 to reserve your seat.



The Colony Photo Group

For amateur and professional photographers. We meet every other Thursday at 7:00 p.m. If you are interested in learning more about this group, please contact Casey at 972-624-1605 or email at kidwellphoto@sbcglobal.net

Amateur Media Event in conjunction with Pirate Days

Cultural Arts Board will be hosting an Amateur Media Event in conjunction with Pirate Days Event in October for trophies, awards, and surprises! Applications may be picked up at The Colony Public Library located at 6800 Main Street, The Colony, Texas beginning April 16th through September 4, 2009.

The application includes: Photography Contest, Computer Art Contest, Original Music Exposition (with a compilation CD) and a Film Festival Contest. Please read the directions carefully before submitting your works and fees. If you have any questions, please call Joan Lux -972-370-4810 or Tim Martin at 972-625-1726.

TCHS Cheerleaders Introduces 2009-2010 Cheer Squads

TCHS held their tryouts in March for the upcoming school year. Each candidate had to perform a variety of techniques to make the squad, earning required points. Varsity has 19 members including two yell leaders and a mascot, JV has 13 members including a mascot, and Freshman has 14 members including a mascot making it a total of 46 members. Heather Jones is the Head VS Cheer Coach and Tiffany Babb is the Assistant VS Cheer Coach, the JV cheer coach is Robin Moody and the Freshman cheer coach is Erin Heggy. The VS Captains are Emily Pitt (Senior) and Lindsey Ellard (Senior) and the JV Captains are Synclair Donaldson (Sophomore) and Taylor Fagan (Sophomore). The VS and JV Cheerleaders, mascots and yell leaders have been busy preparing for cheer camp which is being held at SMU in June as well as cheering for home baseball games and preparing for fundraisers. "All of the coaches are very excited about their new teams this year," Jones said. "We are really looking forward to pushing these kids towards their goals. We have a very talented group and expect a very exciting year with them."



JV Cheerleaders

Back Row/Left to Right: K. Upchurch, J. Taufest, T. Valdez, K. Knox, M. Blackwell, S. Shelton, and A. Hardage **Middle Row/Left to Right:** R. Thomas, S. Donaldson, R. Street (Mascot), T. Fagan, and H. Foster **Front Row:** K. Sanders

Varsity Cheerleaders



Back Row/Left to Right: T. Truss, L. Cone, B. Whitener, H. Wilkinson, V. Norris, C. Ward, and C. Norment **Front Row/Left to Right:** B. Alonzo (Yell Leader), H. Hobbs, T. Shimek, M. Tarrant, L. Ellard, Coach Heather Jones, E. Pitt, S. Perez, S. Garrett, N. Dominguez, T. Chmielewski (Yell Leader), Not pictured: Katrina LaFara and Melissa Nassauer (Mascot)

Freshman Cheerleaders



Back Row/Left to Right: L. Garcia, A. Blackstock, L. Rodriguez, O. Wandtke, T. Poorte, K. Clark, I. Anderson, C. Hall, and S. Belken **Middle Row/Left to Right:** D. Post, M. Olivarez, J. Gann (Mascot), O. Romo and M. Montgomery

Home-Based Businesses

Discover how joining The Colony Chamber of Commerce will help you grow your business. Incredible networking opportunities with other local business owners, business referrals, and exclusive exposure for your business - your chamber works hard for you. What are you waiting for? For information call 972.625.8027, visit www.thecolonychamber.com or attend any of our numerous events to try the chamber on for size.



Find local businesses and services **FAST!**

www.thecolonychamber.com

click on Membership Roster for a quick category or company name search.

Our Chamber Success... Your community resource . . .

Chamber Member Ribbon Cuttings



Casino Central TX - John Gregson
972-757-0434 - Garland



Lakeview Restaurant - Eli Grajevci
214-469-1991 - The Colony



Foundational Wellness - Dr. Jeff Zwierstra
214-469-1858 - The Colony



Green-Go Lawn Service - Brandon Ingram
972-377-4727 - Frisco

THE COLONY TEXAS CHAMBER OF COMMERCE

In Coordination with

The proud to announce the 2009 Chamber Golf Classic

Exclusive Sponsorship Opportunities Available.

COVOTE RIDGE GOLF CLUB

\$150 per player
shotgun start
lunch, prizes, raffles,
dinner & awards.

Visit www.thecolonychamber.com
or call 972-625-8027

Friday, June 26th

Date subject to change.

Your Chamber Success . . .

and community resource . . .

Chamber Member Anniversaries

Happy Anniversary to these recently reinvested members:

21-30 years

The Colony Animal Clinic	'79
First United Methodist Church	'86
The Professionals	'87
Angelina's	'89
Lakeway Family Church	'89
Master Juan's Karate	'89

16-20 years

Richard Seidler Family Dentistry	'91
Colony Vision Center	'94

11-15 years

Friendship Baptist Church	'96
Centennial Express Mart 121	'97
Marine Quest at Hidden Cove	'97
Comfort Suites	'98
Denton County MHMR	'98

6-10 years

Chik fil A	'99
Chearon	'00
Denton Co. Friends of the Family	'01
Kids N' Caregivers	'01
Lakeside Community Theater	'01
TCHS Football Boosters	'01
Legacy Liquor	'01
All Turf Technology	'02
Lock Doctors	'03
Mi Casa Tex Mex	'03

1-5 years

Cartridge World	'04
Goody-Goody	'04
Matt Courtney Allstate Insurance	'04
My Onsite Geek (formerly 1905GEEK)	'04
Community In Schools of North Texas	'05
Colony Wash & Dry	'06
Constable Mike Truitt	'06
Horizons Church	'06
Judge James DePiazza	'06
Stonebriar Vision Center	'06
Staples	'07
Nick's Bar and Grill	'08
Mattress Etc.	'08
Colony Lakeside Florist	'08

New Chamber Members

Foundational Wellness
Dr. Jeff Zwierstra
214-469-1858
Acupuncture & Chiropractic

Stained Glass Unlimited
Denise Feeney
972-625-3416
Stained Glass Studio-The Colony

Lakeview Restaurant
Eli Grajcevci
214-469-1991
Restaurants & Cafes-The Colony

The Colony Playhouse
Lynda LaClair
972-746-9716
Children's Theatre

Ci Ci's Pizza
Chris Faith
214-469-1770
Restaurants & Cafes-The Colony

Loving Care Manors-Caring Manor I
Nan Love, R.N., B.S.N
469-362-1359
Assisted Living Home-The Colony

Green-Go Lawn Service
Brandon Ingram
972-377-4727
Lawn Care-Frisco

Tanya Dodd Photography
Tanya Dodd
972-207-1551
Photographer-The Colony

The Colony Dentist
Dr. David Hubbell, DDS
972-624-0068
Dentists-The Colony

David's Automotive Repair
Sharon Nix
972-625-1836
Automobile Maintenance and Repair-The Colony

JT's "See Breeze"
Joe & Toni Watson
972-292-1001
Party Boat Rental

Curves for Women
Lori Collier
972-625-2700
Fitness Center

Recognizing

The Chamber's
Major Investors
for their generosity
and participation.

Gold Sponsors



Silver Sponsors



6900 Main Street • The Colony, TX 75056
Ph: (972) 625-8027
www.thecolonychamber.com

Find local businesses and services
online by visiting:
www.thecolonychamber.com

Your Resource Listing

Beauty Products

AVON

Need a SUPER fundraiser for your club, school or organization? Try AVON!

CATHERINE M. URSPRUNG
The Colony's Hometown
AVON Representative
(214) 454-1350

Catering

Flat Iron Grill

Outdoor Festivals
Large Scale Caterings
Apartment Parties
Corporate Events

Catering

Call the Party Boss!
Jason 214-237-2753
www.FlatIronGrillTexas.com

Childcare

The Colony Family Childcare Association

Home Daycare
Information Coordinator
ANNETTE JONES
972-370-3479
www.childcarethecolony.com

Chimney Services

The English Sweep
Chimney Service

- Chimney Cleaning • Repairs
- Chimney Caps • Mortar Work
- Glass Doors • Gas Logs
- Dryer Vent Cleaning

"For All Your Fireplace Needs"
(972) 416-2418

Electricians

POWER PLUS ELECTRIC
Dale Brewer, Master Electrician

- Full Electrical Services and Repair
- Panel Upgrades
- 24 Hr. Emergency Service
- Located in The Colony

Call: 469-362-1177
www.powerpluselectricalservice.com

Foreign Exchange Student Hosting

Learn to laugh in another language.
Looking for host families for the Spring of '09

Call Larisa Waloski at 972-625-0391
Also looking for area reps.
www.asainternational.com

Fitness

Introducing CurvesSmart™

A whole new workout that motivates you with moment-by-moment feedback and detailed progress reports, so you stay challenged to get more of the results you want.

JOIN NOW
50% OFF & 30 DAYS FREE*

PERSONAL COACHING SYSTEM
DETAILED PROGRESS REPORT

Curves
curves.com
972-625-2700 • 5201 S Colony #765

Garage Doors & Openers

AAA ALL PRO
Door Repair

Garage Door Repair Specialist

- ★ Springs ★ Cables ★ Rollers
- ★ Openers ★ Garage Doors

Call: 972-624-1515 • www.allprodoor.com
• Insured • Open Weekends • Free Estimates

Green Waste Management

PICK UP STICKS
green waste management service

- TREE SERVICES • TREE TRIMMING REMOVAL
- STORM DEBRIS REMOVAL • MULCHING
- STUMP GRINDING

469-952-8231
GREENWASTE@LIVE.COM WE RECYCLE

Infant Swimming

INFANT SWIMMING RESOURCE
Ages 6mos. to 6yrs. with Certified ISR Instructor
Survival Swimming Lessons at The Colony Aquatics Park

Call Tummy Buns at 214-664-2490
www.tummybuns.com

Insurance

Life changes. Your insurance should keep up. That's our stand.

I can help you with your changing insurance or financial needs.
(972) 624-0239

Matt Courtney
The Colony

Allstate
You're in good hands.

Subject to availability and qualification. © Allstate Life Insurance Company, Northbrook, Illinois © 2004 Allstate Insurance Company.

Support Groups

New Life Group
Alcoholics Anonymous
6404 Paige Road
The Colony, TX 75056

Meeting Schedule:
Monday 6:30PM - Newcomers - Closed
Tuesday 6:30PM - Big Book Study - Closed
Wednesday 6:30PM - As Bill Sees It - Open
Thursday 6:30PM - Twelve & Twelve - Closed
Friday 12:00 PM - As Bill Sees It - Open
Friday 6:30PM - Step Study - Closed
Saturday 11:00 AM - Big Book Study - Closed
Saturday 6:30PM - Specialty - Closed
Sunday 7:30 PM - Discussion - Open

Phone: (469) 424-9230
We meet in the church, NW corner of the foyer.

Travel Consultant

Westway Travel rovia

Build your perfect trip.

Great escapes, vacation packages, access to the best deals.
www.westwaytravel.com
Ph: 972-625-2776

Going Green . . . B.Y.O.B

B.Y.O.B. (bring your own bag) is the latest trend that seems to be catching on. But not everyone is comfortable with toting their own reusable grocery bag every time they shop. Across the world more than 13 billion bags are issued every year to shoppers -- that's about 220 per person. On average they are used for 12 minutes before being discarded, but then they remain in the environment for thousands of years. Not only are improperly discarded plastic bags an eye sore when found decorating our streets and fields, but this non-biodegradable convenience disintegrates into smaller polymer pieces of pollution as they migrate into the food chain.

Everyone can play a role by consciously making an effort to either reuse, recycle, or dispose of plastic shopping bags. One of the most recent efforts is the option to purchase reusable shopping bags to help cut back on plastic waste. To further this effort, Walmart and other stores offer a plastic bag recycling option. In The Colony, you can recycle your plastic bags at the service desk at Walmart. This is part of Walmart's developing a bag reduction strategy in partnership with Environmental Defense Fund, committed globally to cut plastic bag waste by one-third by 2013.



And here are more creative efforts that can also save you money by reusing plastic bags before recycling:

1. Use plastic bags as trash can liners.
2. Don't buy expensive mailing fillers. Save plastic bags to protect and keep items from moving around when mailing or use plastic bags to protect Christmas decorations while storing.
3. Use them to pick up animal waste. Simply stick your hand in the bag, pick up the waste and then turn the bag inside-out.
3. Place disposable diapers in a bag before tossing in the diaper pail, instead of purchasing expensive disposable bags.
4. Crochet bags into door mats: easy to hose off and you can design oval or circular rugs for entry's, porches, and patios.
5. Our all time favorite is fusing plastic bags to create a variety of new products such as a tote, beach bag, and messenger bags. All you need is an iron, parchment paper, plastic bags and a creative imagination. You can find resources on how to fuse your bags by searching the web using search words "fusing plastic bags".



Fused Plastic Bag Examples

Sources: walmart.com, cnn.com, FCUSA

COUPON SAVERS

Local Coupons, Great Savings

Curves

50% off & 30 Days FREE*

(*Based on first visit enrollment, min. 12 mo. program. Discount applies to initial service fee. Limited time offer. New members only. Not valid with any other offer.)

972-625-2700 • 5201 S Colony #765
www.curves.com

The Colony Family Childcare Association

Over 13 Local, Registered & Licensed Home Facility providers.

Free Registration With New Enrollment

(Valid thru August 31 2009)

www.childcarethecolony.com
PH: 972-370-3479

AAA All Pro Door Repair

Located in The Colony

\$20.00 Off Any Service

Not valid with any other offer

(Valid thru August 31, 2009)

www.allprodoor.com
PH: 972-624-1515

Catherine M. Ursprung

Your hometown Avon Representative

10% off your 1st order of \$25 or more.

(Valid until August 31, 2009.)

Call: 214-454-1350
Email: Catie6of6@aol.com

Power Plus Electric

Dale Brewer, Master Electrician

10% Off

(Valid thru August 31, 2009)

Mention this ad and receive 10% off your next service or repair.

Ask about our Panel Upgrades.

Call: 469-362-1177

Jeff Cain State Farm Agency

5000 Main St, Suite 228 - The Colony

\$10 Gift Card with every referral

(Valid thru August 31, 2009)

Call today and ask about our **Auto** discounts up to 40%.

PH: 469.362.2282

COUPON SAVERS COUPON SAVERS



**HEY KIDS ...
COME JOIN THE FUN
AT LAKEWAY'S**

**VACATION BIBLE SCHOOL
JUNE 22-26 6:30-9 PM**

COME SEE GORILLAMAN AND TIGERMAN!

**THIS IS A FREE BIBLE CAMP
FOR KIDS K THRU 5TH GRADE.**

REGISTER ONLINE: WWW.LAKEWAYONLINE.ORG

OR CALL 972-370-7722

OR COME BY OFFICE AT 4000 N COLONY BLVD



LaWay / Kids

**And ... Join us for Fun in the Sun
at LakeWay's Family Day
Celebration at**



**FUN
FOR ALL
AGES!**

**Worship with us there
Sunday June 28 at 10:30 AM with
the LakeWay Praise Team and special
guest Critterman and His Furry Friends!
Then spend the day having fun at the water park!
Get your Half price tickets by joining us for
worship any Sunday between now and June 28th!
Go to www.lakewayonline.org for more information.**

www.lakewayonline.org • 4000 N Colony Blvd.

PIRATE DAYS OF THE COLONY

WWW.PIRATEDAYS.ORG

**Ahoy! Pirate Days '09 is in the midst
and preparing the sails for this year's voyage!
Join the crew and be our mateys!
Volunteer, Sponsor or Vendor applications
now available at www.piratedays.org.**

**Coming: October 17 & 18, 2009
Stewart Creek Park - The Colony, Texas**

Low-Cost Pet Vaccination Clinic



**Saturday, June 27, 2009
10 a.m. - Noon**

**The Colony Animal Control Shelter
4720 E Lake Highlands
Rabies Vaccines Only \$5!
All vaccines available
at discounted rates.
Heartworm Tests and Preventative
Also Available.**

**For more information contact The Colony
Animal Control Shelter at 972-370-9250.
City Pet Licenses Also Available - \$10.**