

# LUCAS *Estate Life*

May 2018

A SOCIAL MAGAZINE EXCLUSIVELY FOR THE RESIDENTS OF LUCAS



## *The Grunins*

### **INSIDE THIS ISSUE:**

Precious Pets: It's A Dog's Life

Young Athlete: With The Wind In His Hair

Plus More!





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# Just a Few of the HIGHLIGHTS...



In this issue of *Estate Life Lucas*, we're featuring the Grunin family as our **Family Spotlight**. Hope you enjoy learning about the Grunins! They're excited to share their story with you and participate in the Lucas community.

We're also including an article on a local Lovejoy athlete, Brady Laboret. Our **Young Athlete** section shines a spotlight on Brady and his passion for running. He does cross-country in the fall and track and field in the spring. You might even see him running past with a group of his friends!

In this issue, we've got another installment of the **History of Lucas** series. Can't wait to hear what's next? Debbie Fisher leads us through a deeper look into the history, but you'll have to just flip through the magazine and see what's next on the historical look at Lucas through the ages.

There's also an article in our **Around Town** section to feature a new book club in Lucas. Lucas residents Cathy Woolsey and Tiffany Lauterbach recently launched two incredible Ladies Book Clubs to get people together to talk, chat, and discuss books. Go check it out!

Those are just a few of the highlights from the May issue! We've got even more in this issue that'll make for great reading. As always, we appreciate the stories that Lucas residents like you submit, and we love to share the stories with the community around us. Enjoy!



*Shelly Brink*



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# 2018 Lovejoy High School AP STUDIO ART SHOW

The Lovejoy High School AP Studio Art Show is a celebration of our AP students' incredible artwork. The AP students exhibit their work from the whole school year at the show, and it's a way for us to celebrate their incredible talent. We are always in awe at the amount of time, effort, and extraordinary quality that they pour into their visual art. The

## save the date

students' work has been amazing this year, setting new records in the Young Masters exhibition at the Dallas Museum of Art, Scholastic Art and Writing, and the Young American Talent exhibit. Year after year, it's unbelievable to see how these students push themselves. This year, the students' work has exceeded all expectations.

The 2018 AP Studio Art Show will be open to the public on May 26th from 5 p.m. to 9 p.m. In the past, we've had incredible attendance with over 500 guests coming to view the exhibit. There's a tie-in to *Estate Life Fairview*, the sister publication of *Estate Life Lucas*, in that Fairview Town Center has graciously agreed to provide a storefront at 341 Town Place in the Fairview Town Center. We're showcasing Lovejoy talent, which includes Lucas students, so be sure to come out and see the talented work! We could also use volunteers. The 2018 AP Studio Art Show promises to be another incredible exhibit.

The students do an amazing job curating and managing this exhibit. However, there are a few areas that we could use our community's help and support.

Our first need is related to the students themselves: Two monetary awards for the "Peoples Choice" winners: one for each AP 2D and AP Drawing Studio class. The awards are decided at the end of the show, after the guests' ballots are counted. 2) All types of donations, gift cards for meals, car washes, movie tickets, etc. are gathered to prepare small gift bags for each of the 20 students, to celebrate them and their amazing achievements.

Our second need is for a small buffet that will be provided for the guests as they browse the exhibit. Donations needed for the buffet are bottled water, canned drinks and any type of platter, such as sandwiches, veggies, crackers/cheese, cookies, and other delicious desserts.

All donations provided are greatly appreciated!

You can contact Debbie Greenwald, a parent volunteer, at [debbie\\_greenwald@hotmail.com](mailto:debbie_greenwald@hotmail.com) or 214-403-6305. You can also contact Brice McCasland, the Lovejoy K-12 Visual Arts Coordinator, at [brice\\_mccasland@lovejoyisd.net](mailto:brice_mccasland@lovejoyisd.net) or 214-551-0867.





The Dale Spurgin family at their home on Country Club Road in Lucas



Picture from the 1970's of Dale Spurgin's farm headquarters and Lucas Baptist Church



The Lewis family with Kenneth Lewis (one of our first council members) standing in the front row, next to the last person on the right. Taken around 1950 before Kenneth had his own farm.

# History of Lucas: *Part 5*

By **Debbie Fisher**, Lucas resident



Barbara and Gerald Lewis jumping in the cotton wagon



Cotton field located in Lucas, Fall 2017

**It is often said of small towns that everyone pitches in to make things happen without being asked to contribute. That is certainly true of the early Lucas community. The families worked hard with most area residents involved in farming. While the major crop in Collin County was wheat, the Lucas area was known for its cotton.**

The 1950s brought many changes to the area. The dam that formed Lake Lavon had been completed, and the North Texas Municipal Water District was formed to provide water to an area that was beginning to see substantial growth. With this growth, cities nearby were beginning to stretch their boundaries to include much of the farmland. New rules were being made about land use. As a way to preserve the lifestyle they treasured and the choice to be governed by local people with common needs, a group of local residents met together to discuss a formal incorporation into becoming a town.

In 1958, this group sought legal advice for the process of incorporation. They had to pass around a petition to take to the Collin County Judge so that an election could be called. All of these costs were paid by this group voluntarily. I do not have records of the persons involved but know that the

incorporation election was held on December 20, 1958 with 49 votes "For" and 25 votes "Against". Lucas was officially incorporated as the Town of Lucas on February 19, 1959.

The next step was to elect a Town council. The election was held in March 1959. Gene Biggs was elected Mayor along with Council Members Joe Siler, Horace E. Mann, Sr., Kenneth Lewis, O.E. Spurgin and Constable Dale Spurgin. At their first meeting on April 9, 1959 at the Lucas School, O.E. Spurgin was elected Town Secretary and Treasurer.

The background of the first elected council reflected the community they represented. Four were farmers, one was an engineer, and one was a postal worker.

The minutes of the first meeting are hand written. They discussed "the telephone situation." And they agreed to pay Mr. Gay, a lawyer, for services connected to the incorporation and the two elections that were held. Again, these costs were shared among those agreeing to be part of the city. Another decision made was to meet on the first Monday of every month at 8 p.m.

The date of this section of minutes is not clear, but included with the April 15, 1959 minutes are the following notes:

"A motion was made by J. Siler that the Secretary of the Council determine the filing procedure and filing cost (if necessary) for the annexation ordinance, ordinance number 1002. The Secretary will then file the ordinance, if necessary, with the court, paying the Cost from City of Lucas funds.

"A motion was made by J. Siler that the Secretary of the Council divide the typing costs (\$17.00) plus the filing fee (if necessary) equally among each farm involved in the annexation. The Secretary will then send a bill to each farm owner for his share of the annexation cost."

The official name remained the Town of Lucas until some later point in the 1970s or 1980s when it was changed to the City of Lucas. There were no taxes collected until the same time period. I will research more minutes to determine exactly when this occurred (or would certainly appreciate information if someone knows it).

Our city has grown from these humble beginnings to a city of over 7,000 residents today. We have our own water system with water supplied by the North Texas Municipal Water District. We remain a family-oriented city with residents valuing a quality education for all our students in all areas of the city.

In 1973, the city was approached about forming a fire department with volunteers providing the manpower. My next article will be about our amazing Fire Department and their history. Stay tuned!

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**Name:** Riley Glover  
**Age:** 15  
**Grade:** Freshman  
**School:** The Dallas Conservatory  
**Brothers or Sisters:** 2 sisters and 1 brother  
**Sports I play:** Dance  
**Musical instrument I play:** None  
**Musical instrument I want to learn:** Guitar  
**Something unique about me:** I'm part of an elite dance company.  
**When I grow up I'm going to be:** A professional dancer and then a pediatrician

**Favorites**  
**Activities/Hobbies:** Hanging out with my friends and family  
**Animal:** Dogs  
**Color:** Blue  
**Food:** Fruit  
**Movie:** Awakenings

**Music:** All  
**Place to play:** I love to be outside – lake, beach, camping, etc.  
**Sports teams:** OU Football  
**Subject in school:** Algebra and Biology  
**TV show:** "The Vampire Diaries"  
**Vacation:** Gulf Shores, Alabama

**Name:** Reagan Glover  
**Age:** 14  
**Grade:** 8th grade  
**School:** Ereckson Middle School  
**Brothers or Sisters:** 2 sisters and 1 brother  
**Sports I play:** Golf, tumbling, and skateboarding  
**Musical instrument I play:** Flute, ukulele  
**Musical instrument I want to learn:** Piano  
**Something unique about me:** I can wiggle my ears.

**When I grow up I'm going to be:** An athletic coach and interior designer

**Favorites**  
**Activities/Hobbies:** Shopping  
**Animal:** Kangaroo  
**Color:** Deep, dark purple  
**Food:** Grimaldi's margherita pizza  
**Movie:** Clueless  
**Music:** Pop  
**Place to play:** My room  
**Sports teams:** Oklahoma University  
**Subject in school:** History  
**TV show:** "The Middle"  
**Vacation:** Disneyland in California

**Name:** Chaseley Glover  
**Age:** 7  
**Grade:** 2nd grade  
**School:** Mary Evans Elementary  
**Brothers or Sisters:** Charlie, Reagan, and Riley  
**Sports I play:** Swimming and trampoline

**Musical instrument I play:** Voice  
**Musical instrument I want to learn:** Piano  
**Something unique about me:** I have a big family.  
**When I grow up I'm going to be:** A stay-at-home mom

**Favorites**  
**Activities/Hobbies:** Playing with my pet guinea pigs  
**Animal:** Butterfly  
**Color:** Rainbow  
**Food:** Italian  
**Movie:** Barbie and the Diamond Castle  
**Music:** Songs I sing at school  
**Place to play:** A friend's house  
**Sports teams:** OU football  
**Subjects in school:** Math and Science  
**TV show:** "Fuller House"  
**Vacation:** Branson, MO

**Name:** Charlie Glover  
**Age:** 2  
**Grade:** Early preschool  
**School:** Cornerstone School of Allen  
**Brothers or Sisters:** 3 sisters  
**Sports I play:** All

**Musical instrument I play:** None  
**Musical instrument I want to learn:** None  
**Something unique about me:** I have guinea pigs.  
**When I grow up I'm going to be:** An astronaut in a rocket ship

**Favorites**  
**Activities/Hobbies:** Puzzles and visiting PetSmart  
**Animal:** Feeding giraffes at the zoo  
**Color:** Red  
**Food:** Granola bars  
**Movie:** Moana  
**Music:** "Let You Down" by NF  
**Place to play:** Rocket Ship Park  
**Sports teams:** Allen Eagles - Fight, Fight, Fight!  
**Subject in school:** Reading books  
**TV show:** "PJ Masks"  
**Vacation:** Mickey Mouse



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# The Gustatory GRUNINS



By Jonathan Price, Lucas resident and publisher | Photos by Candi McGrail, Candidly Captured Portraits

What do bowler hats, bow ties and alpacas all have in common? Nothing...unless of course, you're Steve and Magda Grunin.

Steve Grunin, a true New Yorker, was born and raised in Brooklyn, New York. He has an unmistakable East Coast accent, to prove it. His wife, Magda, is from Poland, and she has an equally distinguishable Eastern European accent to coincide.

The two of them together are a real dynamo of sorts. Steve, like most New Yorkers, is not afraid to tell you how it is. I suppose that's what 35 years of teaching in some of the toughest inner city schools in Bedford-Stuyvesant, East New York and Bushwick, will do to you.

Magda is a real spitfire. Don't let her daintiness fool you. A real go-getter, she doesn't let anything slow her down. She reminds me of the Energizer Bunny...give her a task and she'll knock it out of the park! With that in mind, it makes perfect sense that she's a project manager at Toyota's new headquarters in Frisco. It suits her well.

There are certain people that, when you first meet them, you look at them, and just wonder, *what's their story?* For me, Steve and Magda are one of those couples. How did a Jewish guy from Brooklyn, New York, meet such a beautiful Polish woman from Łódź, Poland? Any guesses? Drumroll, please... (silent drumroll)

Here we go! The survey says...if you guessed a small dude ranch and summer camp in Gilboa, New York, in the Catskill Mountains, you guessed correctly! Just for the record, audience at home, that was actually my first guess, in case you were wondering.

Steve worked at the camp during his summers away from teaching and Magda decided to travel during her summers as a way to see the world. Little did they know, divine destiny was about to intervene by introducing the two during the summer of 1999. Steve was the social director and Magda was a server and dining room manager.

It wasn't until Steve was tasked with putting on a talent show that the two met as disco dance partners. "I only knew two types of dancing, country and disco. I figured disco was the better option," said Steve.

As they shared their story with me, I couldn't help but think of the movie *Dirty Dancing*. No doubt the two can cut a rug, but their entire story sounded as though it was taken right out of Kellerman's Summer Camp (by the way, in case you were wondering, while shot in West Virginia, it was supposed to be based in the Catskill Mountains as well).

And if that isn't enough, I can almost see the resemblance between Frances "Baby" Houseman and Magda. Short, blond hair,



petite, and pretty. Give Jennifer Grey an Eastern European accent, and boom, you've got Magda.

Now, if you're waiting for me to compare Steve to Johnny Castle, aka Patrick Swayze, it's probably not going to happen. Sorry, Steve. I think the only similarity would be the sort of tough guy accent that Patrick tries to personify, but Steve has got him beat and does it without trying so hard.

And when it comes to fashion and style, the undisputed winner is Steve. To know Steve is to know he has a bowler hat and bow tie for just about every occasion or, for that matter, every day of the year. Patrick might have been able to rock the white tee and black leather jacket, but so what, a lot of people can. Not just anyone can pull off a bowler hat and bow tie the way Steve does. We are talking a whole other level of sophistication and class.

It was clear that Steve had a thing for Magda and Magda for Steve. They kept in touch, via the telephone and snail mail, as there was no FaceTime or Skype back in day. LOL...sounds so archaic, doesn't it? *Back in the day* wasn't so long ago.

After their first summer together, Steve decided to fly to Poland later that winter and surprise Magda. He didn't speak any Polish, but with Magda's address in hand, he simply asked for directions from strangers until he finally found her. He knocked on the door

of her home, only to be greeted by her mother, who spoke no English, but started shouting, "STEVE, STEVE, STEVE!" Magda came running downstairs to claim her lost, but now found traveler.

After a couple more summers together, the two finally decided to make it official. Magda moved to Brooklyn where they married in 2001.

Steve has three children from a previous marriage and Magda none. But if you ask them both, they have a very large family, which is comprised of quite the variety. Four Great Pyrenees, five alpacas, one llama (Luigi), four cats, a flock of chickens, a confusion of guineas and a Partridge in a Pear Tree. Just like the song says. 12 days of Chrismukkah.

Steve and Magda moved to Lucas in 2011. They had quite the experience house hunting (ask them about it sometime). They almost became Fort Worth residents, but as luck or fate would have it, it wasn't to be. Instead, one day, while driving the small country back roads of Lucas they came across the perfect house. It was tucked away on a cul-de-sac, on five acres, where animals were permitted and gardening a forgone conclusion.

Fun Fact: When Steve and Magda aren't at home tending to their animals and working on their garden, you're likely to find them out on the town, doing a bit dancing or attending a food festival. These two certainly don't miss a beat.



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precious pets

# It's A DOG'S LIFE!

By Diane Perkins, Lucas resident

When Diane Perkins moved to Lucas, she built her home to center around comfort for her two fur babies, Ginger, age 6 (dachshund) and Chloe, age 2 (Chiweenie).

These two little 10-pound puppies definitely rule the roost. They have their own dog room with a doggie door that opens to a large side yard landscaped just for their canine pleasures.

Ginger likes to dig, so a berm was designed with a sandbox in front to accommodate Ginger's hunting instincts. Diane often hides bones and toys in the sand to entice her to play outside. Ginger is entertained by the wildlife all around the property — birds, squirrels, rabbits, armadillos, frogs, snakes, and the occasional skunk that wanders by.

Chloe is a mama's girl. She is Diane's little shadow, following her everywhere she goes. You can often find Chloe in Diane's lap when she is sitting outside pulling weeds in the flowerbeds or on top of her chair by her shoulder when she is lounging on the back porch.

These precious dogs have a state-of-the-art smart house technology security system that allows Diane to see their every move when she is away. She can even talk to them on camera inside their room and when they are out in the yard.

"Dogs are one of those little blessings from God to show us unconditional love," Diane explains. "Dogs bring so much joy and laughter and are great companions. Their little personalities are so unique."

Ginger often likes to retreat to her dog bed in the office during the day while Diane works. Chloe can be found walking around the house with a toy in her mouth as if it was a pacifier.

"Chloe reminds me of Linus and his blanket—the way she always has a toy with her," Diane remarks. "Chloe often 'talks' to me



when I hold her. She always has a big story to tell and is full of sass and swagger."

Lucas life affords the opportunity to pursue your passions. Most mornings for Diane are spent on the back porch enjoying nature with her pets Ginger and Chloe. Diane also enjoys gardening and looks forward to the summer harvest of her first vegetable garden.

In 2010, Diane completed the Master Gardening course but focused mostly on flowers and trees in her landscape. Since moving to Lucas, she has made room for a 6x24 above ground chop block contained vegetable garden. Diane designed her landscape to accommodate her special bronze statue collection.

The backyard is accented with a natural boulder water feature surrounded by Texas native plants. Diane often refers to the Lucas lifestyle as 'a little slice of heaven' and is comfortable in her backyard sanctuary.

"It's my happy place," Diane says.

Diane's daughter and son-in-law live on the adjacent property to her backyard. The two grandkids have easy access to Nana's house and visit often. Diane boasts that Lucas is well suited for her relaxed lifestyle and is the best-kept secret in the metroplex!



66

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### young athlete

By **Shelby Brooks**, Lucas resident and editor

# With the Wind in His Hair

The phone buzzes with a text. “Hey, I’m going for a run,” it reads. During breaks from school, Lucas resident Brady Laboret, a sophomore at Lovejoy High School, sends a message to his texting circle of friends to see if they want to go run with him.

Brady does cross-country in the fall and track and field in the spring. Even though there aren’t organized practices during breaks, the members of the team still like to keep their muscles warm by going out and running together.

During the school year, most of the runners practice six days out of the week (with the last day of the week as a rest day). They go for organized runs at a local park, Celebration Park, and also run on the track at Lovejoy High School.

They practice throughout the summer as well, so they can keep getting better. Usually, they alternate between hard and easy workouts, including repetition workouts, threshold, and interval training. They also run long distance and do sprints, with the aim of always getting faster.

All the hard work is certainly paying off! The cross-country team won state back-to-back, in 2018

and 2017. Brady enjoyed being a part of the wins for the team. Last year, when he was a freshman, he really looked up to Grant Tiff and Nathan Harter (both seniors at the time). They were basically the “older brothers” on the team, helping and inspiring the younger members.

The cross-country team at LHS is under the direction of Greg Christensen, the district running coordinator, and Logan Kelly, the guys’ head coach for varsity. Brady cites both coaches as continually inspiring him to challenge himself and improve as an athlete.

“This year, I’ve really begun to admire all the dedication that my coaches put in,” says Brady. “I didn’t realize how much time Logan puts in. He does everything! And it’s all so we can get better.”

How did Brady get his passion for running? His brother, Bretton, started doing it two years before Brady

joined. Brady and his brother are very competitive with each other, so, naturally, Brady wanted to take up running and show up his brother. He was running really hard getting into eighth grade.

Unfortunately, Brady sustained an injury and was out for a year. But his passion for running only got stronger. Coming back to it, he began running every day after that and trained his hardest. He truly fell in love with the sport. That was it! There was no going back. It was all about running, period.

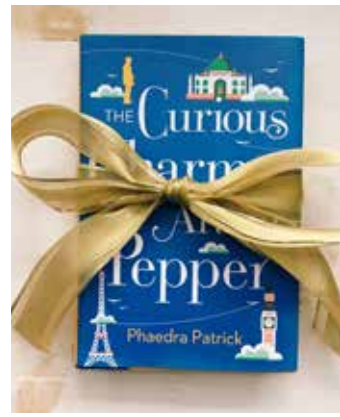
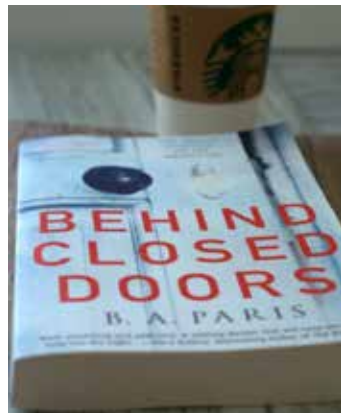
“I like the social aspect a lot,” says Brady. “All my best friends are in cross country. I’ve built a lot of strong relationships with them. But, running in general, I love it. It makes me feel free; it’s a feeling I get from nothing else.”

Both of his parents did sports when they were in high school. His dad, Cameron, did almost every sport that his school (a small high school in Canada) offered. Jodi, his mom, was also athletic and did badminton in high school. They have always been supportive of Brady in choosing whatever sport he wants to do.

Brady came to Lovejoy ISD in 4th grade, and since then, he has grown accustomed to life in Lucas — smaller than a lot of other places, living more spaced out, getting to know people, and having a small town feel. Being a part of the cross-country team at Lovejoy has made for an especially rewarding experience for Brady, too.

He works hard every day to be motivated and focused, setting up good habits that’ll serve him well later in life. “I always have my eye on the end game,” says Brady. “I really wanted to make it to the state championship, and that’s what kind of drove me this year. I wanted to improve my times — run the best, but still have fun. And to drive others to do the same.”





# ESCAPE BOUND

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(of course) true love, there is no escape like the escape provided courtesy of a well-written book.

This spring, Lucas residents Cathy Woolsey and Tiffany Lauterbach decided to share their passion for reading with the launch of a Ladies Book Club for Lucas and surrounding areas. The club has sparked significant interest and has revealed a community full of book lovers representing all walks of life.

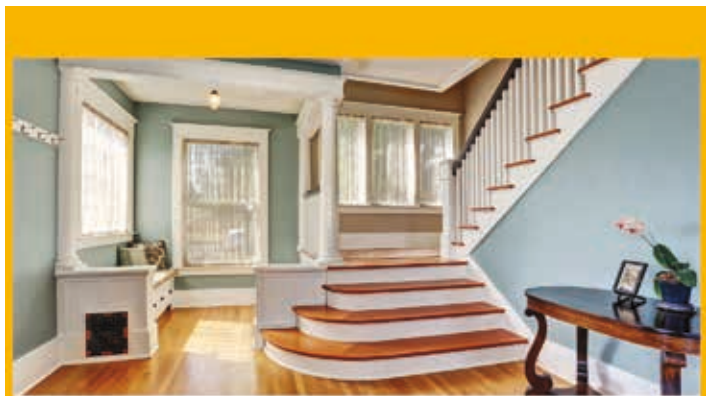
To accommodate schedules, two Clubs were launched. Both meet once a month on Thursdays—one at mid-day, and the other in the evening. The inaugural meeting involved a discussion of two very different reading selections.

The mid-day group (fondly known as Book Buddies) dove into *Behind Closed Doors* by B.A. Paris. This intense psychological thriller captivates the reader with the tale of a newlywed couple who appear to have the perfect marriage when, behind closed doors, this couple's relationship is anything but perfect.

The evening group ventured in a slightly different direction with a whimsical tale by Phaedra Patrick, *The Curious Charms of Arthur Pepper*. This delightful book profiles a lonely, repressed widower as he embarks on a life-changing adventure of discovery and enlightenment.

Whether over coffee at Starbucks, or a nice glass of Pinot in the cozy setting of a member's home, these books provide the basis for friendly conversation, enlightened exploration and good ole' southern fellowship. If you are interested in learning about these two amazing groups, feel free to contact Tiffany Lauterbach at **817-808-6899** or [tifflauterbach@gmail.com](mailto:tifflauterbach@gmail.com).

around town  
By Tiffany Lauterbach,  
Lucas resident



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## Lucas Statistics

Homes Sold in the Past 90 Days\*

Address	Neighborhood	List Price	Beds	Baths	SqFt	Parking	Pool
847 Bristol Park	Bristol Park Phase 2	\$839,000	3	3	4,305	0/0/0	No
805 Bristol Park	Bristol Park Phase 2	\$839,900	5	3.1	4,892	4/0/4	No
830 Kenwood Trail	Lewis Park Estates	\$845,000	5	4.1	4,339	4/0/4	No
2365 hendrix Avenue	Creekside Estates	\$865,000	5	5	5,016	4/0/4	No
805 Kenwood Trail	Lewis Park Estates	\$875,000	4	3.1	3,872	3/0/3	No
402 Terry	Brockdale Estates	\$887,067	4	4.1	4,605	3/0/3	No
830 Bentwater Drive	Bristol Park Phase 1	\$899,000	4	4.1	4,495	4/0/4	No
821 Parchman Place	Bristol	\$899,000	5	4	5,132	3/0/3	No
240 Natalie Court	Lewis Park Estates	\$899,000	4	3.1	3,872	3/0/3	No
2035 Chatfield Lane	Claremont Spgs #2	\$919,000	5	5.1	6,011	10/0/10	Yes
755 Kenwood Trail	Lewis Park Estates	\$935,000	5	4.1	5,577	4/0/4	No

Statistics for the Past 12 Months\*\*





# It's Happened Again

## (FIRST IN A 3-PART SERIES PERTAINING TO MENTAL HEALTH, SUICIDE, INFO, AND RESOURCES)

By **Bobbi Gilbert**, former resident of Lucas

*Bobbi is a grieving mom, published author of two books about losing her teenage son to depression, a guest speaker, and advocate for suicide awareness and prevention.*

On Friday, February 24, the Lovejoy community was once again impacted by mental health. This time, an eighth grader. When are we going to say, "This is one too many — no more!"? When are we, as a community, going to come together and have the difficult conversations about mental health, depression, anxiety, bullying, etc.? If we DO NOT have the difficult conversations, this epidemic will never end.

In the U.S., over the past 15 years, suicide rates have continued to climb at a rate of 15%. In other developed countries, it has dropped. An official with the CDC stated that one of the reasons is the lack of facilities to handle mental health, especially in rural areas. He also cited a study, based in a community of several neighboring cities, that noted that when doctors and ER staff asked every new patient they encountered, "Are you suicidal or suffering from depression, anxiety, or any other mental health issue?", the patient was more likely to share if they were struggling than if they were not asked and it was just left up to the patient to volunteer that info.

We lost our teenage son to suicide three years ago in April, after a toxic relationship with an on-again/off-again ex-girlfriend. We knew that he was struggling with anxiety and depression. After a suicide attempt by OD, we admitted him to a mental

health facility for a week. **He received the last bed available for teens in the DFW area at a facility we did not prefer, but we had no choice. Only 10 facilities currently accept teens in the DFW area.** Our last two weeks with him were great. It was as if we had our son back to his former self before she came along; however, he could not get past it and took his life in her front yard.

### The numbers from 2016 are staggering: (for comparison purposes only)

- 16,238 Murders
- 44,965 Suicides
- 64,000 Over Doses
- 1,124,125 ATTEMPTED SUICIDES (these are just the ones that get reported)

*\*Many ODs are actually suicides, but do not get labeled as such unless a note is left behind.*

The World Health Organization has designated depression as the #1 killer in the world! Depression far surpasses cancer and all other diseases in the cause of death.

### Suicide Facts:

- Every day, 105 Americans die by suicide.
- Over 44k Americans die by suicide each year.
- 79% of all U.S. suicide deaths are male.
- 22 is the average number of active duty/vets we lose per day to suicide.
- Majority of suicides occur on Mondays.
- Most occur during or after holidays.-CDC
- 75% of people who commit suicide are depressed. -University of Texas

### Teen Suicide Stats:

- Suicide is the 2nd leading cause of death for ages 15-24.
- Suicide is the 4th leading cause of death for ages 10-14.
- # per year: 4,600
- # suicides per day: 12
- # attempts per year: 575k

- 19.3% high school students have seriously considered it.
- 14.5% have actually made plans.
- 900k have planned to commit suicide during an episode of major depression.
- Females attempt 3x more often than males.
- Males are 4x more likely to die by suicide than females.
- 81% suicide deaths in teens are male. (NCSL)

### Triggers for Teens:

- Bullying
- Depression/Anxiety Disorder
- Substance Abuse
- Relationship
- Divorce
- Death of Friend/Loved One
- Rejection
- Loss of Friend to Suicide
- Family History
- Impulsive/Aggressive Tendencies
- Trauma or Abuse
- Local Cluster of Suicide -CDC

### Common Misconceptions:

- 'People who talk about it won't really do it.' - NOT TRUE
- 'Anyone who tries to kill themselves must be crazy.' - NOT TRUE
- 'If a person is determined to do it, nothing will stop them.' - NOT TRUE
- 'People who commit suicide are people who are unwilling to seek help.' -NOT TRUE (More than half seek help within 6 months prior to their death.)
- 'Talking about suicide may give someone the idea.' -NOT TRUE

*-Suicide Awareness Voices of Education*

### It's Okay To Say I'm Not Okay

A campaign released last year targeting the stigma attached to mental health was launched nationwide. In each region, local celebrities/popular sports figures participated in the PSA spot. Emmitt Smith and Mark Cuban appeared in the North Texas version. It features different people making statements, such as:

*My wife has cancer. Why is it not okay for me to say my daughter suffers from depression?'*

*My husband died from a brain tumor. Why is it not okay to say I am suffering from anxiety?'*

This campaign is a HUGE step in the right direction to bring mental health out of the darkness and into the light. If we, as parents, can let our children know, "It's okay to say you're not okay," then maybe they will be more willing to open up to us about what they are feeling and struggling with in terms of emotions, relationships, friendships, pressures, etc.

Parents need to be comfortable to ask their kids, "Have you ever considered suicide or are you depressed?" I KNOW! TRUST ME - I KNOW! You're thinking I can't ask that! The first time the ex broke up with Pierce, he came home crying, ran into his room and locked the door. I knocked and he told me to leave him alone. Fifteen minutes later, he texted, asking me to come talk. He was struggling because he was the perfect boyfriend and couldn't understand why she would be doing this when he had done nothing wrong. After our talk, I asked him, "You're not thinking about hurting yourself, are you?" His reply, "No Mom, I would never do that to you or Dad."

Tell your kids, often: SUICIDE IS A PERMANENT SOLUTION TO A TEMPORARY PROBLEM. In my student speeches, I tell them to think back to a time last year when something happened that seemed like the end of the world and they thought they'd never survive it. Well, here you are today. You survived. And guess what, something will happen this year that's horrible, but, remember, you survived last year, so survive this year.

We must teach our kids coping skills. Our generation has raised children where everyone receives a participation trophy. Oh, you didn't pass the test? Here, take it again until you do. You're the best. You're going to get into this college, etc. We all know that is not how real life works. Without coping skills, they will not survive this often cruel world.

NEVER BELIEVE YOU OR YOUR FAMILY IS IMMUNE TO SUICIDE. It is an equal opportunity employer. As my husband said, "It's not if. It's when you or a loved one will be touched by mental health."

*My books "Our Year of First Without You: A journey through suicide and organ donation" and the follow-up "Living Without You" are available on Amazon.com.*

*I am currently booking speaking engagements for PTA/PTO, civic groups, church groups, conferences, youth groups, schools, etc.*

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## in the garden

By Kathleen LoSapio, Lucas resident



# enjoying butterflies

## I N L U C A S

It is April 1st and I saw at least ten butterflies in my garden looking for food today. This is a tough time of the year since flowers are not yet blooming. But as the season progresses, it is very easy to attract butterflies to your yard. All the butterflies need are plants that are needed by the caterpillars for food and flowers that will produce nectar and attract the adult butterflies.

The widespread use of pesticides for both farming and elimination of mosquitoes threaten the very existence of butterflies. A lot of the jungle in Mexico that is used for winter habitats of the monarch, in particular, is being eliminated. McKinney has joined a growing list of cities in the U.S. to stand behind the initiative to support the monarch butterfly and other pollinators by signing the National Wildlife Federation Mayors' Monarch Pledge. If you go to McKinney Monarch Initiative on your computer, there is an informative video about their migration journey and why it needs to be preserved.

We can start in our own backyard by providing a habitat that attracts butterflies. Three plant sales are just around the corner. Texas Discovery Gardens at Fair Park has their annual plant sale on April 7th and 8th with a members' preview on April 6th from 4 to 7 p.m. There will be a "Plant Sale Safari" on April 6th from

3 to 4 p.m. Their website has a list of more than 600 varieties of rare native and adapted plants that will be available.

In our own backyard, the Heard Museum is having their 29th annual plant sale on April 14th through the 15th. They will have native milkweed plants that are magnets for all butterflies and assorted nectar plants for butterflies, hummingbirds, and other endangered pollinators. Admission to the museum is not necessary to attend the plant sale. However, a museum membership gets you into the members-only pre-sale.

On June 2 through September 30, the Butterfly Garden at the Heard is open. You can walk around and see native butterflies and other pollinators in the Native Texas Butterfly House and Garden. The website for the Heard Museum has all the details. Some other interesting events at the Heard also include the following talks (all are from 10 to 11 a.m.):

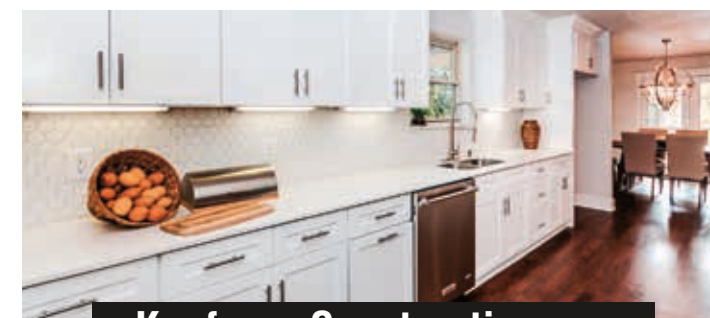
- **Saturday, June 2: Butterflies 101**
- **Saturday, July 7: Butterfly Talk - Creating Your Butterfly Nursery**
- **Saturday, September 29: Amazing Monarchs - Discover more about our state butterfly**



The 15th Annual Plant Sale by the Collin County Master Gardeners will be held at Myers Park and Event Center. At the sale taking place on Saturday, April 21, there will be native and unique plants available. A children's hands-on craft section is new this year.

Another section that will be open is the pollinator and butterfly attracting Earth Kind Gardens. No pesticides or herbicides are used in the garden, and they are watered one to two times a season if needed. These gardens are maintained by the Collin County Master Gardeners, and at their peak, the gardens have a large variety of butterflies. Many garden events and weddings are held in the middle of the garden. Also available for view at the park are the vegetable and herb gardens, Crepe Myrtle gardens, and wine grape gardens. It is a great place to take a picnic lunch and a fishing pole.

All of the sales encourage you to bring your own wagon or cart. Do your homework ahead of the sales to find a sunny location in your yard that will attract butterflies, preferably one you can observe from your home or patio and watch the parade. You will not be disappointed!



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