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Stylish Shaker



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Faculty art



PLANO *insider*

SUNDAY, SEPTEMBER 10, 2006

DON'T BE LEFT OUTSIDE

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Making 'Great Strides' in Cystic Fibrosis battle

By Liz McGathey
Staff writer

A young Maria Diosdado was only in high school when she received the news that her son Anthony, then just four months old son, had cystic fibrosis. Unsure about her future and her baby, she chose to continue her education and graduated from high school. Her decision paid off; Diosdado is now attending the Central Park campus of the Collin County Community College District where she is now pursuing her nursing career with the help of a scholarship.

Diosdado, a McKinney resident, decided on nurs-

ing because she saw her sister, who also has cystic fibrosis, benefit from the care of nurses through her plight with the disease.

Anthony has blossomed into an active two-year-old who loves to play soccer. Like his aunt, his two hours a day breathing treatment has become a routine for the family.

In his life thus far, Anthony has endured five hospitalizations due to CF complications such as lung infections, which sometimes can last up to five weeks.

Diosdado said her son has an idea of what afflicts him because of his daily routines and he has become accustomed to taking his medications.

In honor of Anthony, Diosdado signed up to walk in the Great Strides walk, a fundraising event that benefits the Cystic Fibrosis Foundation.

"I want Anthony to be able to grow up and become whomever he would like to be, as long as he thanks God everyday for his countless blessing," said Diosdado. "We are doing something to combat this disease, all of us are walking at the Great Strides walk to raise the much needed funds for research."

The Collin County Great Strides walk will be from 8:30 to 11 a.m. on Sept. 16 at the Shops at Legacy. It will be a 5K walk where participants raise money and awareness for CF by asking their friends and families for pledges to support the walk.

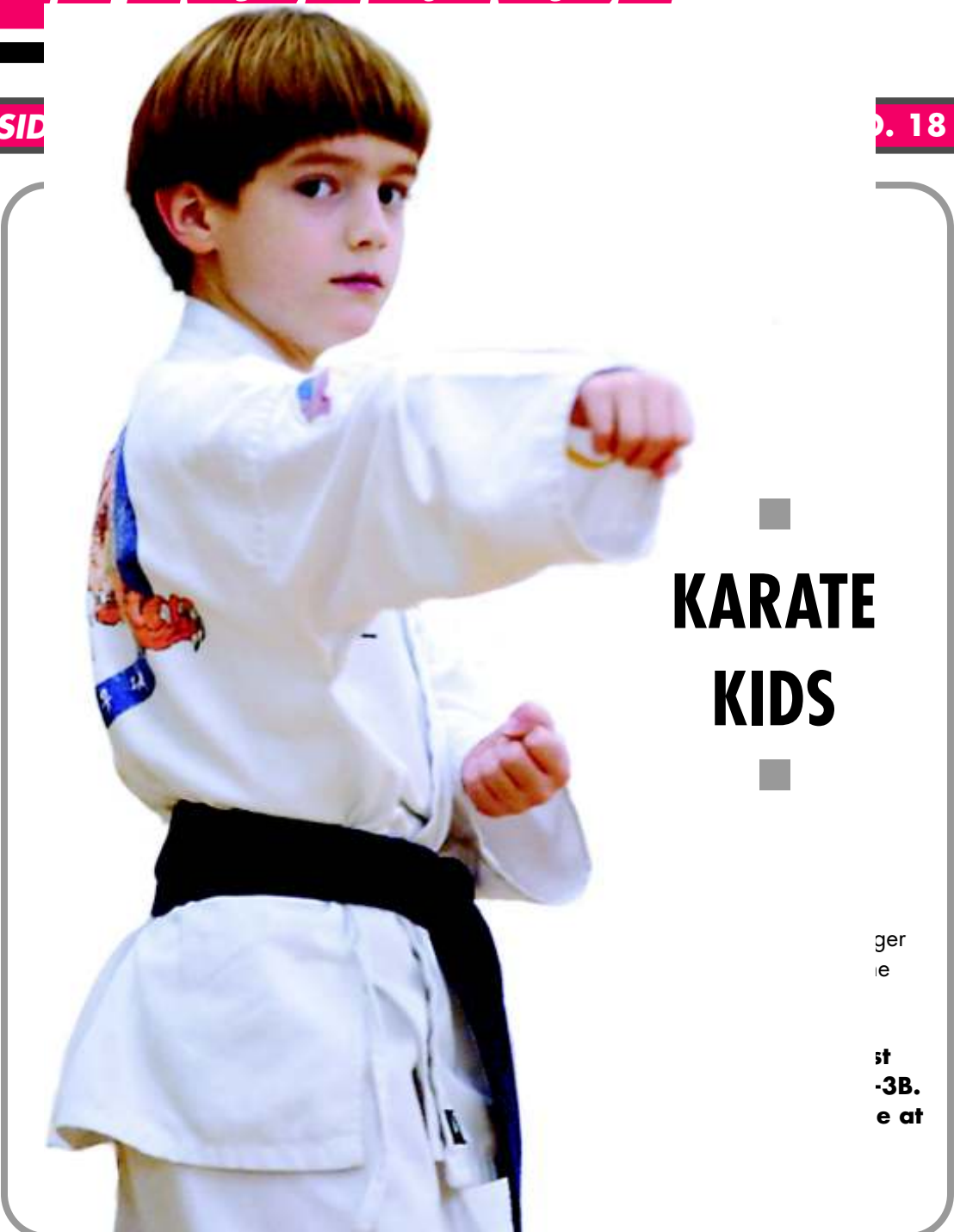
"I am very thankful for the progress that the foundation has made possible in the



SUBMITTED PHOTO

Maria Diosdado and her son, Anthony.

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The Board Meeting on the dance floor

By Liz McGathey
Staff writer

When someone mentions a singles group, the first thing that comes to mind is a dance floor full of hip 20-somethings just beginning adulthood.

When it comes to "The Board Meeting," the picture is a little bit different. At a Board Meeting dance, onlookers can expect to see 50-somethings, 60-somethings and even the occasional 70-something cutting a rug and enjoying their lives as single mature adults.

In 1986, a group of church friends, mostly divorcees, began meeting together outside of church for safe, carefree fun.

Elouise "Eli" Plain, president of the group's committee, said the group started with about eight members in their 30s and 40s.

"Before we knew it, we had 70 to 80; it just grew so fast," she said. "The premise was to have a safe place for single women to see friends, have a drink or two

and dance."

In the early years, there wasn't an official name for the group and meetings were casual. That's when Bob Pyron took over.

"[Pyron] decided to organize it," Plain said. "Then we had a couple hundred meeting together."

When members began getting older, their needs changed and members drifted away. Two years ago, Pyron passed away on his way to a dance and, in January, remaining members decided to organize a committee to keep the group going and continue to build in his honor.

"People kept calling saying 'we need it,'" Plain said. "We're trying to keep it going since Bob passed away."

Since the reorganization, The Board Meeting has once again grown to as many as 60 people at a dance which Plain says is enough to pay for an event. Earlier on, she was paying venues and deejays from her own pocket.

"People just come and dance and they have the best time," she said.

And, although the group is billed as a singles group, there are a few couples who like

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Living strong:

Training, teaching helps family cope

By Liz McGathey
Staff writer

Plano residents Steve and Lee Nagel have become the picture of optimism.

During her battle with cancer, Lee Nagel possessed an inner strength that she shares with others — those with and without cancer.

Nagel was diagnosed November 1, 2001 with a rare form of anal cancer that affects only one out of 100,000 each year.

"For about three to six months prior, she wasn't feeling herself," said Steve Nagel. "The doctor just thought she had irritable bowels."

However, when a colonoscopy detected a tumor, the Nagels found out things weren't going to be that simple.

"That's when our world changed," Steve said.

Once Lee was given a clean bill of health, it wasn't long

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The Nagel family

now you're cooking!

solar-powered demonstration on the menu at Haggard

By Liz McGathey
Staff writer

Today the Asian American Democratic Network, a non-profit community organization, will present a free workshop that may be a welcome course for Plano residents looking to reduce energy costs in their home.

The workshop, scheduled for 2 p.m. today at Haggard Library, is designed to demonstrate how to use solar energy at home, especially during hot summer months when utility bills are at an all-time high.

This "do-it-yourself" workshop will lead the audience through a step by step process on making solar cookers at

home with materials that are very easy to find. Several different "building plans" will be shown.

"Protecting the environment, cutting energy bills and having fun are the focus of this public workshop," said organizer and presenter Jack Sun. "The Texas sun is brutal in the summer months. We can take advantage of this powerful energy source to save electricity and gas. Making a solar cooker at home is very easy and does not cost much. Everybody can do it in a few short hours!"

In addition to instructions for making a solar cooker including safety precautions, a few suggestions on water heating with the sun will also be shared.

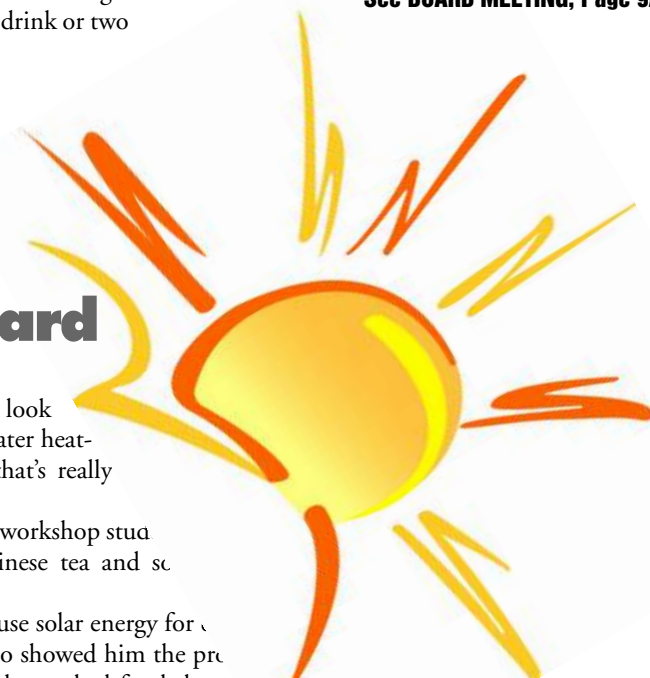
"The next step will be to look into water heating to reduce water heating bills," he said. "I figure that's really substantial."

Sun said if weather permits, workshop stua be treated to sun-brewed Chinese tea and so food.

Sun said he learned how to use solar energy for from a friend at his church who showed him the pr

"When he went to picnics, he cooked food that w so delicious, I wanted to make one," he said. "It's really

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Black Plate