



MELODY OF HOPE

INVITES YOU TO ATTEND OUR 1ST ANNUAL MUSIC FESTIVAL

# ENCORE

PRESENTED BY  VARIOHEALTH

NOVEMBER 6TH || 5 - 11PM

VERONA VILLA | FRISCO, TEXAS

- LIVE MUSIC • SILENT AUCTION • LIVE STREAM
  - **ABBY ANDERSON** • **RON BULTONGEZ** • **GRACE TYLER**
- PLUS 16 MORE ARTISTS!

[MELODYOFHOPE.ORG/MUSICFEST](https://MELODYOFHOPE.ORG/MUSICFEST) | [#MOHMUSICFEST](https://twitter.com/MOHMUSICFEST)

**\*PLEASE JOIN US FOR A  
COVID SAFE, DRIVE-IN MUSIC  
EXPERIENCE!**



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**COVID UPDATE!**

**IN ORDER TO BE COVID COMPLIANT, WE ARE INTRODUCING  
A NEW DRIVE-IN CONCERT EXPERIENCE!**

**FEATURING:**

- CONTACTLESS ENTRY**
- DESIGNATED PARKING SPOTS AND GENERAL ADMISSION  
TICKETS WITH 6 FOOT BUFFERS**
- SANITIZATION STATIONS**
- PROVIDED MASKS**
- SOCIALY DISTANCED DESIGNATED TAILGATE AREAS**

**\*SIGNED WAIVERS REQUIRED FOR ATTENDANCE**



# MELODY OF HOPE'S MISSION

*"Let the music bring Hope"*



## A NOTE FROM MELODY OF HOPE'S FOUNDER AND EXECUTIVE DIRECTOR

MELODY OF HOPE (MOH) IS A GRASSROOTS COMMUNITY ORGANIZATION THAT EXISTS TO STRENGTHEN, SUPPORT, AND BECOME AN ADVOCATE FOR NONPROFIT ORGANIZATIONS THROUGH THE POWER OF MUSIC. MOH HOSTS CONCERTS AND SHOWCASES THAT FEATURE UP-AND-COMING ARTISTS WHILE FOCUSING ON A GREATER CAUSE. MOH USES THESE EVENTS TO EDUCATE AND MOBILIZE DONORS TO EXTEND THE HOPE OF JESUS TO MANY IN TANGIBLE WAYS BY LEVERAGING CONCERT REVENUES

FOR LOCAL NONPROFIT ORGANIZATIONS ALREADY SERVING THOSE IN NEED. THROUGH THESE EVENTS, WHICH COME AT NO COST TO OUR PARTNER CHARITIES, WE ARE ABLE TO BECOME AN AMBASSADOR FOR EACH NONPROFIT'S CAUSE AND PROVIDE ARTISTS WITH A STAGE TO DISPLAY THEIR TALENTS. OUR HOPE FOR THE FUTURE IS THAT MUSICIANS ACROSS THE COUNTRY WILL GET ON BOARD WITH OUR CAUSE, AND FOR MELODY OF HOPE TO BECOME A HOUSEHOLD NAME SO THAT WE CAN OFFER AN ATTRACTIVE PLATFORM THAT ASSURES ARTISTS AND FANS THAT BY PERFORMING AT OR ATTENDING A MELODY OF HOPE SHOW, THEY ARE MAKING A DIFFERENCE IN OUR WORLD.

I WANT TO EXTEND MY GRATITUDE TO ALL OF OUR SPONSORS, COMMITTEES, VOLUNTEERS, DONORS AND BOARD MEMBERS WHO DONATE THEIR TIME AND RESOURCES UNSELFISHLY TO SUPPORT WHAT WE ARE DOING IN THE COMMUNITY. WE COULDN'T DO IT WITHOUT YOU!

CHARLIE WENDELL

# ABOUT THE EVENT!

## TICKETS

\$75 - GENERAL ADMISSION CAR PASS

\$30 - GENERAL ADMISSION TICKET

FREE - VIRTUAL E-TICKET

DATE & TIME - NOVEMBER 6TH | 5 - 11PM

LOCATION - VERONA VILLA | FRISCO, TX

## WHY SUPPORT MOH MUSIC FESTIVAL?

WHEN YOU ATTEND OUR MUSIC FESTIVAL YOU LEVERAGE YOUR CURRENT PHILANTHROPY AS MELODY OF HOPE (MOH) SUPPORTS 12 - 18 NONPROFITS PER YEAR FURTHERING YOUR INVESTMENT IN THE COMMUNITY.

MOH MUSIC FESTIVAL IS OUR LARGEST FUNDRAISER, AND YOUR GENEROSITY DIRECTLY SUPPORTS OUR MISSION TO "LET THE MUSIC BRING HOPE". DFW IS HOME TO SO MANY CARING NONPROFITS THAT RELY ON MOH FOR OUR VOLUNTEER, CONSULTING, AND FISCAL SPONSORSHIP SERVICES USING THE POWER OF MUSIC. YOUR GIFT HELPS MOH TO BE A "ONE-STOP-SHOP" TO HELP IMPACT MULTIPLE NONPROFITS UNDER ONE UMBRELLA.

## SPECIAL THANKS!

**2020 PARTNERSHIPS**

<b>ARTS &amp; CULTURE</b> Tabitha's Tea Party	<b>PHYSICALLY DISABLED ADULTS, CHILDREN, &amp; VETERANS</b> Camp Craig Allen Brain Injury Network of Dallas
<b>HEALTH SERVICES</b> fearlessHOPE Hope Clinic of McKinney The Willow Field Foundation	<b>AT-RISK WOMEN &amp; CHILDREN</b> Treasured Vessels Foundation National Breast Cancer Foundation Boys & Girls Clubs of Collin County Frisco Fastpacs Heels on the Move to Heal
<b>EDUCATION</b> Tomorrow's Leaders Today	

WWW.MELODYOFHOPE.ORG



CORPORATE SPONSORSHIP MONIES HELP MOH PROVIDE OUR SERVICES TO OUR PARTNER NONPROFITS AT NO COST TO THEM!

SPECIAL THANKS TO THE CITY OF FRISCO FOR PROVIDING THE FUNDING FOR THE TALENT FOR "ENCORE" MUSIC FESTIVAL AND FRISCO ARTS FOR AWARDING US THE GRANT!



# THE LINEUP!



## KELVIN THOMAS

COMING FROM ARLINGTON, TX, KELVIN THOMAS BLENDS FOLK, JAZZ AND R&B TO BRING A NEW ACOUSTIC SOUND! BIG THINGS ARE ON THE HORIZON FOR KELVIN. HIS SINGLE, "HOLD ME" WAS RELEASE THIS YEAR ON APPLE MUSIC AND SPOTIFY. CHECK OUT HIS INSTAGRAM FOR UPCOMING SHOWS IN DFW.

## TYLER HOOK

SINGER/SONG WRITER FROM DALLAS, TX RELEASED HIS SINGLE "SIGNS AND WONDERS" AND A 5 SONG ACOUSTIC ALBUM CALLED *LETS GO*. TYLER'S LATEST PROJECT IS A 3 SONG EP TITLED *SLEEP WHEN I'M DEAD*. LISTEN FOR THESE TUNES ON THE DALLAS LOCAL STATION 91.7



## SAVANNAH LOW

DALLAS-BASED SINGER/SONGWRITER SAVANNAH LOW HAS ROOTS IN SOUTHERN BLUES, WHICH SHOW IN HER TORCHY TONES AND LONGING LYRICS. WITH SOARING VOCALS AND RAW, EMOTIONAL ENERGY, HER MUSIC CARRIES AN UNDERLYING MESSAGE OF RELENTLESS HOPE AFTER TROUBLES ENDURED.

## JAIME SASO

JAIME SASO IS A GUITARIST, SINGER/SONGWRITER, PRODUCER, AND MULTI-INSTRUMENTALIST. SASO BUILDS UPON A FOUNDATION OF AMERICANA, BLUES, ROCK, AND POP, WITH CUES FROM CLASSIC SONGWRITERS, BUT INFLUENCED BY A DIVERSE GAMUT OF COMPOSERS AND INSTRUMENTALISTS.



## LORYNN THE REDHEAD

DEEMED THE ANGST-RIDDEN FOLK SINGER. HER SONGS ARE A MIXTURE OF HEARTACHE AND RELATIONSHIP ANGST, BUT SHE'S BEEN KNOWN TO SURPRISE HER AUDIENCES WITH A FEW LOVE BALLADS HERE AND THERE.



## AUSTIN CHATFIELD

AUSTIN CHATFIELD IS A 16 YEAR OLD MUSIC ARTIST, SINGER, SONGWRITER, GUITARIST, AND PIANIST FROM FRISCO TX. AUSTIN LOVES BEING ON STAGE AND SHARING HIS LOVE OF MUSIC WITH THE WORLD.





## ADRIAN LYLES

15 YEAR OLD SINGER/SONGWRITER/PRODUCER. ADRIAN LYLES, HAS BEEN PLAYING THE PIANO SINCE THE AGE OF THREE. ADRIAN ASPIRES TO BE A POP ARTIST AND PRODUCER IN THE MUSIC INDUSTRY. ADRIAN HAS PERFORMED IN A VARIETY OF SETTINGS FROM LAVA CANTINA, THE RUSTIC AND MANY MORE.

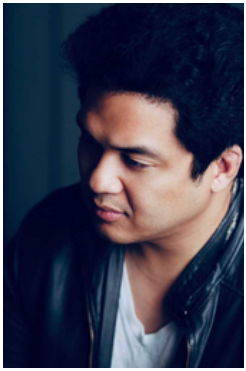
## JAHMAOL CLARK

JAHMAOL CLARK IS A 28 YEAR OLD CHRISTIAN HIP HOP ARTIST WHO SEEKS TO USE HIS MUSIC TO INSPIRE THE NEXT GENERATION TO LOVE AND FOLLOW JESUS. HE RECENTLY RELEASED HIS NEW ALBUM "AUTHOR OF LIFE" AND IS AVAILABLE ON ALL STREAMING PLATFORMS.



## ANDREW PLAN

ANDREW PLAN IS A DALLAS-BASED, FILIPINO-AMERICAN AWARD-WINNING INDEPENDENT ARTIST AND SONGWRITER. WITH HIS SMOKY-SMOOTH VOICE, SHARP POP MELODIES AND LIFE-AFFIRMING LYRICS, ANDREW IS WINNING LISTENERS OVER AND CARVING OUT HIS OWN PLACE IN THE DALLAS MUSIC SCENE AND BEYOND.



## APRIL SAPP

APRIL HAS BEEN SINGING SINCE SHE WAS 7 YEARS OLD. HER GOAL IS TO WRITE SONGS THAT ENCOURAGE THOSE WHO HAVE HAD IT ROUGH AND ARE STRUGGLING. SHE HOPES HER MUSIC WILL ENCOURAGE YOU TO LOOK UP AND SEE GOD IS WITH YOU.



## MICAH MENDOZA

MICAH MENDOZA IS CURRENTLY A JUNIOR AT FRISCO HIGH SCHOOL HE HAS PLAYED GUITAR AND DRUMS SINCE AGE 9 AND THROUGHOUT THE YEARS HAS TAKEN UP PIANO, BASS, AND A LITTLE TRUMPET AS WELL.



## ELEISE RENEA

ELEISE IS AN 18 YEAR OLD SINGER/SONGWRITER AND WAS BORN AND RAISED IN THE PACIFIC NORTHWEST. ELEISE IS PASSIONATE ABOUT HER FAITH AND LOVE FOR JESUS, AND WANTS TO EMPOWER OTHERS IN THEIR IDENTITY AND BE AN EXAMPLE OF HOPE IN THE MIDST OF STRUGGLE. ALTHOUGH SHE HAS NOT RELEASED ANY MUSIC YET, IT IS A PRIORITY AND HOPES TO HAVE MUSIC OUT SOON.







## SATHVIKA

SATHVIKA IS A 17 YEAR OLD ACOUSTIC POP SINGER-SONGWRITER WHOSE PASSION FOR MUSIC IS QUITE EVIDENT THROUGH THE SONGS SHE SINGS. SATHVIKA HAS JUST RELEASED HER ORIGINAL SONG, "NOW OR NEVER", WHICH IS AVAILABLE ON ALL STREAMING PLATFORMS.

## WARREN WEITNER

WARREN WRITES SONGS THAT FEEL FAMILIAR. SOMEWHERE IN THE FOLK-ROCK, YOU REALIZE HE'S SINGING ABOUT YOUR STUFF TOO, A DALLAS NATIVE WITH A PHILOSOPHICAL PREDISPOSITION, MARKED BY HIS QUICK WIT AND CHESHIRE GRIN.



## LINNEA SKOLD

LINNEA INCORPORATES ELEMENTS OF POP, ROCK, JAZZ, R&B, AND COUNTRY MUSIC INTO HER ARRANGEMENTS OF COVER TUNES. LINNEA ALSO WRITES HER OWN LYRICS AND COMPOSES HER OWN ARRANGEMENTS.

## GRACE TYLER

AN AWARD WINNING 19 YEAR OLD BMI ARTIST AND SINGER/SONGWRITER FROM FRISCO, TX WHO HAS MADE HER MARK ON THE TEXAS MUSIC SCENE AT AN EARLY AGE. GRACE IS CURRENTLY ATTENDING THE PRESTIGIOUS BELMONT UNIVERSITY IN NASHVILLE.



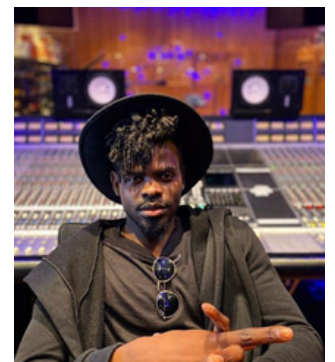
## PRI

PRI IS A 19 YEAR OLD SINGER/SONGWRITER FROM PLANO, TX. SHE HAS BEEN WORKING DILIGENTLY IN BECOMING AN ARTIST OVER THE YEARS, AND IS CURRENTLY ATTENDING BERKLEY COLLEGE OF MUSIC. SHE RELEASED HER FIRST SINGLE, "FANTASY", IN APRIL 2020.



## RON BULTONGEZ

FROM GROWING UP IN THE DEMOCRATIC REPUBLIC OF CONGO TO BEING NAMED THE "HOMETOWN HERO" OF PLANO, TX AND BECOMING A TOP 24 FINALIST ON AMERICAN IDOL 2018. HIS JOURNEY, DEPTH, AND SPIRIT ARE EVIDENT IN HIS SMOOTH YET RASPY VOCALS AND HIS BLUESY, SOULFUL SONGWRITING.



# HEADLINER:

**"COUNTRY ARTIST TO WATCH" ABBY ANDERSON!**



RECORDING ARTIST ABBY ANDERSON HAS BEEN NAMED TO THE BOBBY BONES SHOW 'CLASS OF 2019' AND MUSICROW'S 'NEXT BIG THING FOR 2019' AMONG OTHERS. AFTER RELEASING HER DEBUT EP IN 2018, AND HIT SINGLE "MAKE HIM WAIT" ANDERSON EARNED OVER 80 MILLION STREAMS COLLECTIVELY AND HAS CAUGHT THE ATTENTION OF FANS NATIONWIDE.

SHE HAS OPENED FOR ARTISTS LIKE KELSEA BALLERINI, BILLY CURRINGTON, RUSSELL DICKERSON, BRETT ELDREDGE, AND ROB THOMAS AS WELL AS BEEN BOOKED FOR COUNTRY'S LARGEST MUSIC FESTIVALS LIKE STAGECOACH, TORTUGA, AND COUNTRY THUNDER. IN 2020, SHE PLANS TO RELEASE HER NEXT, MOST AUTHENTIC, PROJECT YET.

WE ARE SO HONORED TO HAVE HER JOIN US!

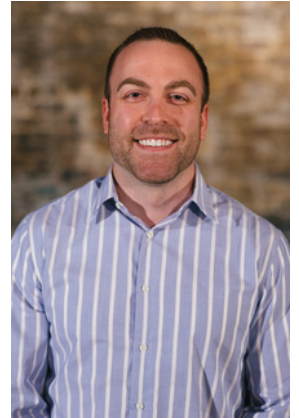


## ASHLEY MILLER TO EMCEE

ASHLEY MILLER WAS RAISED IN WEST MONROE, LOUISIANA WHERE SHE GRADUATED FROM THE UNIVERSITY OF LOUISIANA AT MONROE WITH A BACHELORS IN MASS COMMUNICATION WITH A CONCENTRATION IN PUBLIC RELATIONS AND SPANISH. UPON GRADUATION, ASHLEY MOVED TO FRISCO, TEXAS WHERE SHE STILL LIVES WITH HER HUSBAND JUSTIN, DAUGHTER FINLEY LANE, AND SON OAKLEY. ASHLEY IS AN AVID SPORTS FAN AND ENJOYS ROOTING ON HER LSU TIGERS AND NEW ORLEANS SAINTS. ASHLEY ENJOYS BRIDGING GAPS IN THE COMMUNITY AND GIVING BACK. SHE CURRENTLY SERVES ON THE BOARD OF DIRECTORS FOR MELODY OF HOPE, THE NORTH TEXAS COMMUNITY GIVING FOUNDATION AND FOR THE FRISCO CHAMBER OF COMMERCE. ASHLEY IS A GRADUATE OF LEADERSHIP FRISCO AND WAS AWARDED THE 2018 FRISCO NUMBER ONES AWARD. ON THE WEEKENDS YOU WILL FIND ASHLEY AND HER FAMILY AT HOPE FELLOWSHIP CHURCH AND ENJOYING LOCAL COFFEE SHOPS. ASHLEY'S PROUDEST MOMENT TO DATE? DONATING BONE MARROW TO SAVE A LIFE IN 2012. JOIN HER BY REGISTERING TO SAVE A LIFE AT DKMS.ORG

## COREY HOLMES TO EMCEE

COREY HOLMES HAS MORE THAN 14 YEARS OF EXPERIENCE IN LEADERSHIP AND MANAGEMENT. COREY IS A FOUNDING MELODY OF HOPE BOARD MEMBER AND SERVES AS THE ORGANIZATIONS BOARD PRESIDENT. COREY IS ALSO AN AVID COFFEE FAN AND ENJOYS ANYTHING OUTDOORS RELATED AND OFTEN WISHES HE WAS OUT ON A MOUNTAIN SOMEWHERE. AND MOST IMPORTANTLY HE IS VERY FUNNY IF YOU DIDN'T KNOW!



## SPIN DJ



SPIN DJ ENTERTAINMENT IS THE UNRIVALED LEADER IN WEDDING AND EVENT DJ ENTERTAINMENT SERVICING DALLAS, NORTH TEXAS AND SURROUNDING AREAS. SPIN DJS HAVE REINVENTED TRADITIONAL EVENT ENTERTAINMENT BY NOT ONLY PACKING DANCE FLOORS, BUT ALSO CREATING AN ENERGY THAT WILL LEAVE YOUR GUESTS WITH AN UNFORGETTABLE EXPERIENCE. JOSH MEEK, SPIN DJ FOUNDER AND MELODY OF HOPE COMMITTEE MEMBER HAS BEEN SPINNING AT OUR EVENTS 6 YEARS NOW!



## VIRTUAL STREAMING PROVIDED BY STREAM4.US

## SILENT AUCTION PROVIDED BY



FOR THE SEVENTH YEAR IN A ROW, TYSON FUNDRAISING IS PROVIDING OUR SILENT AUCTION. TYSON GIVES CUSTOMIZED SILENT AND LIVE AUCTION PRODUCTS AND SERVICES FOR NUMEROUS CHARITY EVENTS IN DFW. PROVIDE CHARITABLE ORGANIZATIONS IN CENTRAL TEXAS WITH AUTHENTIC AUTOGRAPHED MEMORABILIA WITH OTHER AUCTION PRODUCTS AND AUCTION SERVICES TO ASSIST IN ACHIEVING THEIR FUNDRAISING GOALS. AUTOGRAPHED MEMORABILIA (SPORTS, MUSIC, ENTERTAINMENT), FASHION DESIGNER ITEMS, JEWELRY AND VACATION PACKAGES ADD AN EXTRA LEVEL OF EXCITEMENT TO YOUR EVENT THAT YOUR GUEST WILL ENJOY AND APPRECIATE.





# THANK YOU!

## TO ALL OF OUR SPONSORS



VENUE SPONSOR : VERONA VILLA



### PRESENTING

VARIOHEALTH

### PLATINUM

LIFESTYLE FRISCO

### PHOTOGRAPHY

INVISION LIGHT PHOTO

BRAD SHARP PHOTO

SUAD BEJTOVIC PHOTO

### SOUND PRODUCTION

SPIN DJ ENTERTAINMENT

### SILENT AUCTION

TYSON FUNDRAISING

### LIVE STREAM BROADCAST

STREAM4.US

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MELODY OF HOPE

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COREY HOLMES - BOARD PRESIDENT  
BRETT LARSON - BOARD TREASURER  
LAUREN EICHLER - BOARD SECRETARY  
ASHLEY MILLER  
EARNEST MORGAN  
EBONY KING  
JEFF BANKSTON

## MEMBERS, EMPLOYEES AND INTERNS

ASHLEY CHOW  
ASHLEY TLUCHAK  
AUSTIN WENDELL  
BRAD SHARP  
BREELYN WRIGHT  
CHELSEA WHITTLE

CHRISTINA HAWKES  
ERIN FLAVIN  
JESSICA ORMSTON  
JOSH MEEK  
KELSEY VIGILANTE

KELVIN THOMAS  
KEVIN MCKITTERICK  
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PRIYANKA JAISINGHANI  
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# VENUE SPONSOR



## Verona VILLA

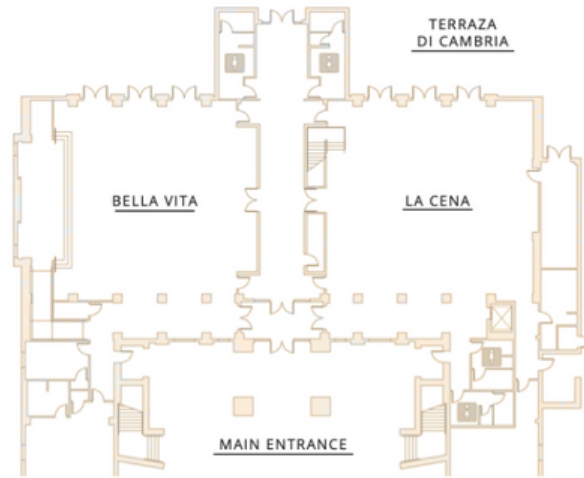
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## — Bella Vita —

**Stage** 31 ft. x 11 ft. | **Floor** 48 ft. x 62 ft.

**Classroom style seating**  
175 max.

**Theater style seating**  
280 max.

**Seating at 60" rounds**  
250 max.

## — La Cena —

**Floor** 55 ft. x 62 ft.

**Classroom style seating**  
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**Theater style seating**  
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**Seating at 60" rounds**  
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**Suite 1:** Floor 1 • Private bathroom with shower • Flat Screen TV

**Suite 2:** Floor 2 • Private bathroom

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VarioHealth aims to provide exceptional care to a wide array of patient conditions and complications by working along side the highest quality providers in their respected fields of specialty. We believe that each patient has a unique and special treatment direction to restore quality of life and health. We are confident that if we can blend practices in a system of integrative medicine, healing and health will really begin to happen.



Dr. Austin Wendell,  
Founder



Dr. Sameer Syed,  
Partner



Dr. Jeffery Bullard,  
Partner



Dominique Young,  
APRN, FNP-C



Nick Smith, LMT



Claire Mountcastle,  
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Keith Kimberlin,  
Movement Specialists



Sarah Heermans,  
Office Manager

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**We're financial** – We help members plan for life with personalized advice and quality financial solutions. Let's talk.



Modern Woodmen of America

**Tim Smith, FIC, CFFM**

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303 N. Carroll Blvd.

Denton, TX 76201

B 940-382-5676

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timothy.p.smith@mwarep.org

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~ Modest Mouse

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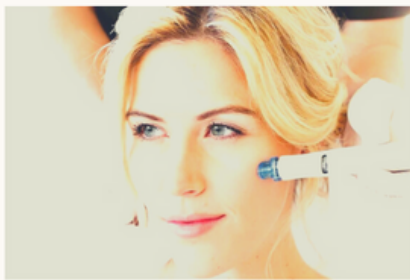


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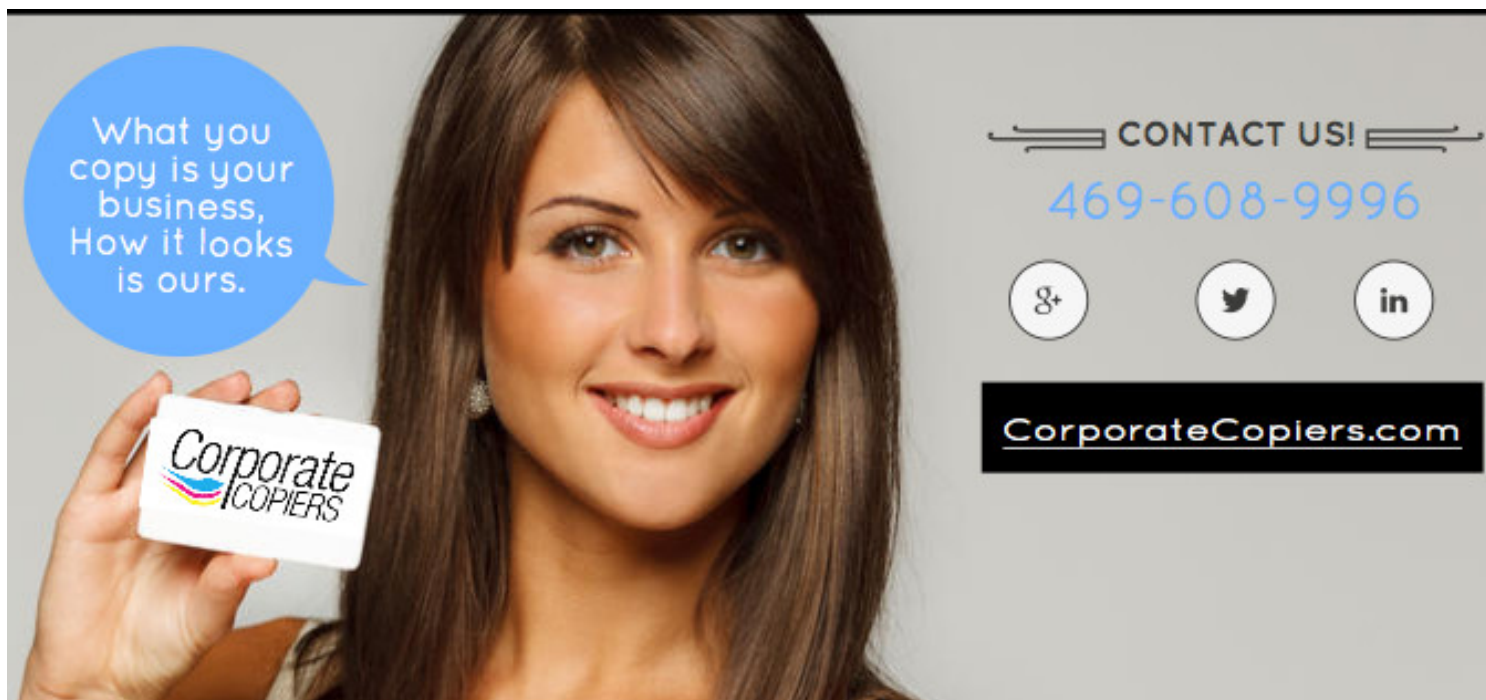
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[E.Popplewell@StrikerBuilds.com](mailto:E.Popplewell@StrikerBuilds.com)



ABOUT ME	TESTIMONIALS
<ul style="list-style-type: none"> <li><b>Texas A&amp;M Graduate</b></li> <li><b>Teacher &amp; Coach</b> Taught &amp; coached in the Lake Dallas I.S.D. &amp; Plano I.S.D.</li> <li><b>Expert Residential Roofing Contractor</b> Preferred vendor for KW Central 20+ 5 star reviews 3 years of experience</li> <li><b>Certified</b> Certantenned MSA Certified Good Contractor's List Member A+ BBB Rating Member of NTRCA</li> </ul>	<p>"Our experience with Striker was fantastic. Erik helped us navigate through the confusing and daunting task of fixing our roof after a hailstorm. He not only guided us through the repair process, but also made working with the insurance company much easier than I could have ever imagined. Erik is definitely the reason that I will recommend Striker to others in the future." - Kyle C.</p> <p>"Striker replaced our roof, gutters, and a large window after last years March hail storm. Could not have been happier with every aspect of their work before, during and after Erik and his team told me what they were going to do, the work on time, and left me very satisfied. I could not have asked for better service and I would recommend them to anyone needing this kind of work. Next time I need my roof looked, they will be the first company I call!" - Stephen P.</p>

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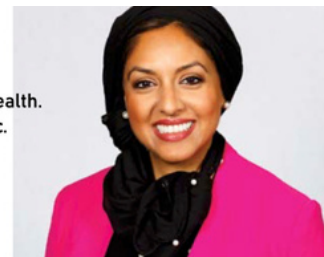
[heartstories.com](http://heartstories.com)

Born in New York State and raised next to Fort Drum Army Base,

**SADAF HAQ** attended public schools before getting a  
Bachelors in biology and a Masters in Public Health.

She went on to work in public health for the State of New York, Humana, Inc.  
and the University of Miami, and has been published twice in the  
American Journal of Respiratory and Critical Care Medicine.

With husband Dr. Adeel Haq, she co-founded a medical practice in  
Frisco, and they are raising three daughters.



## IN OUR COMMUNITY, SADAF:

- is a graduate of Leadership Frisco Class 22
- serves on the Leadership Frisco Advisory Council
- is chairing the Frisco 2020 Census Committee
- is chairing the City of Frisco Social Services and Housing Board
- was recognized with an award for service to Frisco Veterans Advisory Council
- serves on the Frisco Education Foundation Advisory Board
- serves on the Frisco ISD Student Health Advisory Council
- serves on the Texas Healthcare Advisory Council
- serves on the Texas Health Resources Community Impact Council
- was appointed by Mayor Cheney to the city's first Inclusion Committee
- is a Member of all 65 Frisco ISD PTAs, from 2019-2021
- is a graduate of Frisco Citizens Police Academy
- is a Platinum Supporter of the Frisco Police Officers Association
- is a Lifetime Member of the Frisco Heritage Association
- is a member of the Frisco Interfaith Alliance
- leads the Interfaith Team of the Islamic Center of Frisco
- is a member of Frisco Women's League
- serves on the Latera HOA Landscaping Committee

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Your bodies are made to produce tiny humans, but they're also made to heal from them! If you've experienced leaking, pain, weakness, or have the "mom pouch" (pre or postpartum), check out these tips to improve your core & pelvic floor!

- 1 HIP ALIGNMENT**  
Are you clenching your glutes or arching your back when you stand? Adjusting your posture can have a huge effect on pelvic floor functionality & core engagement.
- 2 BREATH COORDINATION**  
Deep inhales through your diaphragm help to build core strength naturally, while shallow breaths ultimately lead to dysfunction.
- 3 MID-BACK MOBILITY**  
A stiff, hunched, or weak mid-back can decrease great breathing patterns and impact the pelvic floor.
- 4 DEEP CORE EXERCISES**  
Learning to train your transverse abdominals, or "corset muscles" aids in core engagement, posture & overall strength.

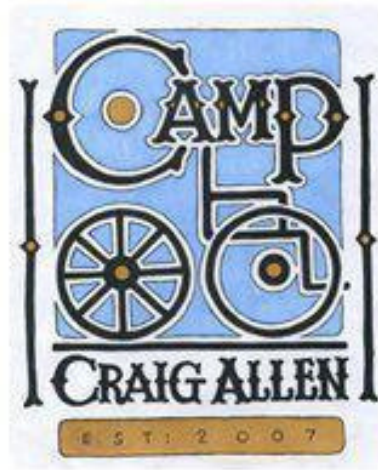
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