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Wylie • Sachse • Murphy Community Magazine

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November/December 2007

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Tom Turkey in Texas

Just for fun, find the butterfly! Last issue it was hidden in the Year Round Pool ad.



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12 HUNTING SEASON

The thrill, expense and tradition

COMMUNITY SPOTLIGHT

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The Connection

The Wylie • Sachse • Murphy Community Magazine

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Focused on Giving

Mr. Raymond Cooper and the Christian Care Center

by Sadie Byboth of Wylie

What would you do if there was nothing in your pantry and you had no money to fill it? The Wylie Christian Care Center was started to help people in situations such as this. With Mr. Raymond Cooper's focus on giving, and his help and guidance, the Care Center stays fully stocked, busy, and well-staffed.

"It's a labor of love—I get more out of it than I put into it," said Mr. Cooper. "It's been a godsend to me for the last fifteen years. It truly is a great pleasure to associate with so many volunteers that are helping the less fortunate."

Although born in Dallas, Mr. Cooper has been a Wylie resident since 1936. His many contributions to the community led Wylie ISD to recently name a Junior High School after him. Mr. Cooper now donates most of his time to various charitable organizations, namely the Christian Care Center.

"[Mr. Cooper] is an extremely sharp business person who has the ability to view situations from various aspects," said Wylie Mayor John Mondy. "The other side of his business savvy is that he is also concerned about his fellow man, which I think is reflected in the Christian Care Center."

The idea for the Christian Care Center originated in the early 1980's.

"We initially housed the goods in a house near the First Baptist Church's parking lot and the old hospital," said Mr. Cooper. "But in 1993, the tornado blew the lid off, so we had to find another place. We moved into a building behind the laundry, where the owner allowed us to be there for a year rent-free. Finally we built it on some land I'd had—where it is now."

The current site is where the original building of the First Baptist Church was located. Over the past four years alone, the number of people that the center has helped has doubled from 1,250 to roughly 2,600. The donations come from churches in Wylie and Lavon, Wylie ISD and Community ISD, Scouts, FFA, ROTC, Wylie Downtown Merchants Association, Wylie and Sachse Chambers of Commerce, as well as numerous individuals. Tom Thumb and Target have also donated in the past. The Boy Scouts give large donations to the Christian Care Center in February; sometimes up to 50,000 canned goods.

"We estimate, this year, that we will have 2,500 - 2,600 family visits," said Mr. Cooper. "We really don't know how many individuals that consists of."



Mr. Raymond Cooper



The Christian Care Center is a place where people and families in need, of all faiths, can go to receive necessary items. They help a few families in Sachse and Murphy, but the majority of their visitors come from Wylie, Nevada, Lavon, Community, Josephine and Copeville. The Christian Care Center accepts many gifts,

ranging from clothing to toiletries. Food, however, is by far the most needed of supplies.

"It's pretty easy to give a list. Cereal is a popular food and runs out quickly. If you think about it, it's also an expensive food: three or four dollars on one item that can feed just one family," said Mr. Cooper. "Canned meats, especially chili and SPAM, are always needed, as is peanut butter and jelly. We need powdered milk constantly, but it's expensive, too."

As for children's items, the Christian Care Center can never have too many diapers. Though they do stock fuzzy toys for babies, they don't do a toy drive, since the city does one near Christmas. But they do accept toys, should a few come in with other donations.

"The newspapers are really good about doing articles. When we have a problem, they're always ready, willing and able to write for us," said Mr. Cooper. "You'd be amazed how many people come by with donations when an article goes out. Publicity about the Christian Care Center is very important to us."

So, in the spirit of good will toward men, perhaps you too can focus on giving. Stop by the Wylie Christian Care Center, located at 606 South Ballard Avenue, in Wylie. Hours are 10 a.m. – 2 p.m. Monday, Wednesday and Thursday, and 10 a.m. – 2 p.m. on Saturday. •

Photos by Sadie Byboth.

Lend a helping hand this holiday season.

Founded by the Wylie Ministerial Alliance, the Wylie **Christian Care Center** helps those who are down on their luck. They provide temporary help with food, clothes, prescriptions, rent, utilities, school supplies and household items. The Center receives no government assistance and is run by volunteer workers. The Center is supported by local churches, businesses, schools, civic organizations and individuals. The Center is always in need of canned meats, peanut butter, jelly, cereal, fruit and tomato products. In addition, the Center accepts monetary donations and hosts various fundraisers throughout the year. To donate food, contact the Christian Care Center at **(972)442-4341**.



Designed to assist families in the Wylie community during the holiday season, **Reach for a Star** is an outreach program sponsored by the City of Wylie and supported by the WISD, community churches, and local businesses and organizations. Through the combined efforts of these community organizations and volunteers, the program brings smiles to children and families by providing new clothes and toys. The City of Wylie works in partnership with the Wylie Christian Care Center. While Reach for a Star provides toys and clothing, Christian Care will provide families in need with food. **www.ci.wylie.tx.us/Programs/ReachForAStar**

Equest provides therapeutic sports riding classes and hippotherapy to over 200 clients every week. After being the first therapeutic riding program in Texas founded in 1981, we have become one of the largest non-profit therapeutic riding center in the state. We serve children and adults with all types of physical, mental and emotional disabilities. (972)412-1099 **www.equest.org**



Every day children victimized by abuse find their way to **Collin County Children's Advocacy Center**. When they arrive, they find caring professionals and volunteers who dedicate themselves to helping children through the nightmare of abuse. Families find support and resources. Most importantly, children and their families together find a place where healing begins. Collin County Children's Advocacy Center takes action to identify, protect, and improve the lives of abused and neglected children. (972)633-6600 **www.cacplano.org**

The Wylie **Meals on Wheels** program provides home delivered lunches to qualified senior citizens who are 60 years of age and older and live within the Wylie city limits or Wylie ISD boundaries. Eligibility is not based on income. Applications are accepted by telephone with a brief home visit for staff evaluation to determine eligibility. Meals on Wheels of Wylie is not a governmental agency and depends solely on the generosity of donors. Meal participants are encouraged to donate to the cost of their meals. To sign up for the Meals on Wheels program, to donate or to volunteer, call (972)824-0001. **www.wylietexas.gov/MealsOnWheels**



The mission of the **Wylie ISD Education Foundation** is "to promote quality education by supporting enhancements through innovative programs and initiatives in the Wylie Independent School District." The Foundation is a 501(c)3 nonprofit organization. The purpose of the foundation is to solicit, manage, and distribute funds for enrichment purposes in programs not otherwise funded by the district. To date, the foundation has awarded over \$149,000 in grants to educators of Wylie ISD. **www.wylieisd.net/foundation**

The mission of **Special Olympics** Texas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for people eight years of age and older with intellectual disabilities [mental retardation], giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. **www.sotx.org**



In-Sync Exotics Wildlife Rescue & Educational Center, located in Wylie, is a non-profit organization dedicated to the rescue of exotic felines. We are home to over 30 exotic cats that have been rescued from abusive or neglectful situations or from owners who could no longer care for them. So as not to contribute to the overpopulation of captive felines, we do not buy, sell, trade or breed our cats. We just provide them with a safe, nurturing home for the remainder of their lives. We're open to the public Saturdays and Sundays, 11 a.m. - 6 p.m.. Cost is a requested donation of \$10/adult, \$7/child. Children 5 and under are free. We also offer educational tours at group rates by appointment. All donations, including admission fee, are tax deductible. 972-442-6888 **www.insyncexotics.com**

The mission of the **Blackland Prairie Playground Foundation** is to create safe and accessible outdoor environments that foster imaginative play and developmental learning for the children of Wylie and the neighboring communities while uniting and strengthening our community by utilizing volunteer efforts and locally obtained materials in the Community-Built Process. Since successfully completing the construction of Pirate Cove Playground in Founders Park, located behind Wylie High School, our efforts now focus on assisting the City of Wylie with the long term care of the playground. **www.wylieplaygroundproject.org**



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November Events

3rd Trinity Trail Halloween Trail Ride and Party at the Brockdale Park trailhead in Lucas. 2 p.m. Costume Contest at 5 p.m. with prizes for Best Costume ages 15 and under, and 16 and over. Also 3-legged races, piñata breaking and bobbing for apples. Dinner following the games for a \$5 donation. State law requires current negative Coggins Certificate for each horse, you can't enter the park without one. Dogs are not be permitted on the trail. www.trinitytrailriders.org.

9th Sachse Daddy/Daughter Dance from 7 to 9 p.m. at Woodbridge Pavilion, 7400 Country Club Drive. There will be fun, games, music, dancing and snacks; all ages are welcome. Cost is \$15 per couple and includes a corsage and photo. For more info, call Sachse Parks and Rec at 469-429-0275.

10th Sachse/Wylie Exchange Club invites everyone to the Veterans Day Pancake Breakfast at Armstrong Elementary School, 4750 Ben Davis Road, from 8 to 11 a.m. Cost is \$4 per person and includes pancakes, sausage and beverage. If you know a veteran, please bring them with you and introduce them. For more info, call Sachse EDC at 972-675-0562.

10th Sixth Annual Guns and Hoses - Police Officers vs. Fire Fighters - Boxing Tournament will be held at Resistol Arena in Mesquite Texas at 7 p.m. It is the mission of the Guns and Hoses Foundation to raise funds to benefit the youth of our community, to provide monetary support to families of fallen fire and police officers and to donate designated funds to named charities of the fire and police boxing tournament participants. For info about the Guns and Hoses Foundation or to purchase tickets go to www.gunsandhosesboxing.com.

11th Veterans Day - Armistice Day, a federal holiday, was established in 1926 to commemorate the signing, in 1918, of the armistice ending World War I. On June 1, 1954, the name was changed to Veterans Day to honor all men and women who have served America in its armed forces.

13th Wylie Chamber of Commerce Luncheon benefitting the Christian Care Center kicks off Christian Care Month with a celebration for all to attend. 11:30 a.m. - 1 p.m. at St. Anthony Catholic Church, 404 N. Ballard Ave. Canned food and monetary donations will be accepted. To donate items for the "Live Auction" please contact the chamber. All proceeds will be donated to the Christian Care Center. RSVP REQUIRED. To RSVP or donate items contact the Chamber at 972-442-2804 or info@wyliechamber.org.

15th Thanksgiving Story Time with a mini-feast at the Sachse Library, 3815 Sachse Road, starting at 11 a.m.

17th Drive-In Movie at Salmon Park, 4302 Williford Road, featuring Shrek The Third. A drawing contest starts at 7 p.m. followed by the movie at 7:30 p.m. You may bring your own art supplies or use those provided at the event. Cost is \$2 per person and includes popcorn, drinks and the movie.

21st Thanksgiving Potluck Luncheon at Laurie Schwenk Senior Activity Center, 3815 Sachse Road. Entertainment provided by Rob Hunter, starting at 10:30 a.m. with lunch following at 11 a.m.

20th Join the Murphy Chamber of Commerce for the "Networking Extravaganza!" Bring your 30-second commercial and a stack of business cards and get ready to meet and greet at Woodbridge Golf Pavilion. Doors open at 11:30 a.m.; lunch begins at noon. Tickets are \$12 with a reservation; \$15 without. Reservations are requested. Call Sammie Hampton at 972-881-2342, or bobruss1@verizon.net with reservation and contact info. www.murphychamber.org.

22nd Thanksgiving is a federal holiday observed the fourth Thursday in November by act of Congress (1941), it was the first such national proclamation issued by President Lincoln in 1863, on the urging of Mrs. Sarah J. Hale, editor of Godey's Lady's Book. Most Americans believe that the holiday dates back to the day of thanks ordered by Governor Bradford of Plymouth Colony in New England in 1621, but scholars point out that days of thanks stem from ancient times.

22nd 4th Annual Turkey Trot at Sachse High School begins at 8 a.m. There will be a one-mile and three-mile walk/run, a live DJ, door prizes and presentation of trophies. Entry forms are available on the SHS website at www.garland-idschools.net/sachse/index.asp, in the SHS office or by emailing sallyemert@aol.com. Join us Thanksgiving Day for a morning of fun and exercise while helping a good cause. All proceeds from the event benefit the Sachse High School Class of 2011 senior activities.

28th Richardson Regional Health Seminar at the Laurie Schwenk Senior Activity Center at 11 a.m., 3815 Sachse Road. Topic is Ergonomics and lunch is provided if you sign up in advance. Call 972-495-6282 for info.

30th Community Coffee on Friday, from 8:00 a.m. to 9:00 a.m. at Sachse Christian Church, 5005 Ben Davis Road. Everyone is invited to attend. Free! Sachse Chamber Members are encouraged to bring a guest and residents are encouraged to bring a neighbor. This is an opportunity for the community to gather and meet one another.

November 26 thru December 18 The Sachse Fraternal Order of Police will collect new, unwrapped toys and non-perishable food items. These items will be delivered to needy families in Sachse just before Christmas. Monetary donations will also be accepted. Items may be brought to the Sachse Police Station, 3815 Sachse Road, or City Hall, 5560 Highway 78 during business hours, Monday thru Friday, 8 a.m. to 5 p.m. For more information please contact Sgt. Oliver or Officer Davis at 972-495-2271, ext. 154.

December Events

1st Family Advent Festival at Wylie United Methodist Church (1401 FM 1378) from 4 - 8 p.m.. Families are invited to join us for a wonderful evening of playing games, hearing the Christmas story, and making crafts together. A great start to the advent season. For more information, please contact Pastor Leah Hidde Gregory at 972-442-5835.

1st Lavon Area Chamber of Commerce 1st Annual Christmas Tree Lighting and Holiday Festival 2 - 7 p.m., Highway 78 & Main, Lavon. Admission is free with a canned good or new toy. For booth information call 972-809-8790

4th Sachse Chamber of Commerce City Christmas Tree Lighting Ceremony at the Red Caboose, 5941 Highway 78, 5:30 p.m. Light refreshments will be served immediately following the ceremony.

4th The Sachse High School Madrigal Singers will perform holiday music at the Sachse Library, 3815 Sachse Road at 7 p.m.

Wylie 2006 Christmas Parade of Lights photos by Anne Hiney.



5th Hanukkah (Festival of Lights) This festival was instituted by Judas Maccabaeus in 165 B.C. to celebrate the purification of the Temple of Jerusalem, which had been desecrated three years earlier by Antiochus Epiphanes, who set up a pagan altar and offered sacrifices to Zeus Olympius. In Jewish homes, a lamp or candle is lighted on each night of the eight-day festival.

6th Santa Claus will be at the Sachse Library, 3815 Sachse Rd, for story time, snacks, and special gifts starting at 6:30 p.m. Call 972-530-8966 for more info.

8th The Reason for the Season will have a glorious start in "Bethlehem" from 8:30 -10:30 a.m. at First Baptist Wylie. Families will stroll down the streets of Bethlehem and share together the story of Jesus Christ at His birth. Characters are dressed in period costumes and visitors witness what life was like on that special morning in Bethlehem nearly 2000 years ago. The marketplace is busy selling goods by the different merchants. Animals will be here for the children to pet and enjoy. The cost is \$3 per person with a \$12 maximum per family. Children under 2 years of age are free. Cost includes: A Pancake Breakfast, Bethlehem Tour & Family Picture. For more info call 972-442-2261.

8th Cookies with Santa sponsored by Sachse Parks and Recreation and Sachse City Council. Santa will arrive at City Hall, 5560 Highway 78, at 10 a.m. and visit with boys and girls ages 10 and under until 11:30 a.m. There will be light refreshments and special gifts. Also, bring a canned good or non-perishable food item to donate to the Sachse Fraternal Order of Police food drive and receive a raffle ticket for the prize drawings to be held throughout the event (must be present to win). You will receive one ticket for each canned good or food item donated.

8th Wylie's Christmas Parade of Lights and Tree Lighting is from 6 - 8 p.m. on Ballard Ave., in historic downtown Wylie. Contact the Wylie Chamber at 972-442-2804 for info on entering the parade. www.wyliechamber.org.

9th The Compassionate Friends Worldwide Candlelight Service in the Wylie United Methodist Worship Center (1401 FM 1378) from 7 - 8 p.m. This service is open to all people who have lost a child of any age. You will be able to light a candle and remember that child in a special way with others all over the world. For more info, contact Cathy Kilpatrick at Cathy@BwDmail.Net or visit www.compassionatefriends.org to learn more about the organization.

11th Dyslexia Advocates of Wylie Meeting (formerly known as PIRATES Dyslexia) Parent Support Group for parents of dyslexic children bi-monthly meeting 7 - 8 p.m. at McMillan Jr. High, 1050 Park Blvd., Wylie Texas 75098 www.dyslexiaadvocatesofwylie.com



14th The City of Murphy Christmas Tree Lighting will be held from 5 – 7 p.m. at the Municipal Complex. Activities include pictures with Santa, hot chocolate and the tree lighting. www.murphytx.org

16th The 22nd Annual Sachse Outdoor Christmas Lighting Contest will be judged this evening. Awards for 1st, 2nd and 3rd place will be given for best use of lights and artistic expression in the following categories: Family (small and large lots), Streets, Businesses and a Judges' Special Award (single award). You must fill out and return a registration form to be considered in the judging. Forms will be available in the city's holiday newsletter that will be delivered to all Sachse residents or on the city's website at www.cityofsachse.com. Return the form to City Hall by December 13 to be entered in the judging.

18th Murphy Chamber Holiday mixer at Woodbridge Golf Pavilion. Doors open at 11:30 a.m.; lunch begins at noon. Tickets are \$12 with a reservation; \$15 without. Reservations are requested. Call Sammie Hampton at 972-881-2342, or bobruess1@verizon.net with reservation and contact info. www.murphychamber.org.

19th Sachse Seniors Christmas Luncheon at Laurie Schwenk Senior Activity Center, 3815 Sachse Rd. Santa will be present to hand out small gifts and entertainment will be provided. The fun starts at 10:30 a.m.

25th Christmas Day is the most widely celebrated holiday of the Christian year. Christmas customs are centuries old. The mistletoe, for example, comes from the Druids, who, in hanging the mistletoe, hoped for peace and good fortune. Comparatively recent is the Christmas tree, first set up in Germany in the 17th century.

26th Kwanzaa is a seven-day holiday that was created by Black Studies professor Dr. Maulana Karenga in 1966 in the U.S., to reaffirm African values and serve as a communal celebration among African peoples in the diaspora. Modeled on first-fruits celebrations, it reflects seven principles, the Nguzo Saba: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Local Organizations

Exchange Club of Murphy is a volunteer service organization for people who want to serve their community, develop leadership skills and enjoy new friendships. Programs include: Child Abuse Prevention, Americanism, Community Service and Youth Activities. We meet the second and fourth Tuesday of every month from noon to 1 p.m. at Los Rios Country Club. Join us for lunch and see what you can do for your community. Contact Nathan Nakamura 972-424-0005.

Exchange Club of Sachse/Wylie is a group of men and women working to make America a better place to live through one national project, prevention of child abuse and other community service projects. Come have breakfast with us the first three Fridays of each month at Woodbridge Golf Club from 7:30 - 8:30 a.m. For info, call Vicki Franzen, President, at 972-495-1764 or 214-914-4433.

In-Sync Exotics Wildlife Rescue & Educational Center is a non-profit organization dedicated to the rescue of exotic felines. Visit www.insyncexotics.com for more info. Open Saturdays and Sundays, 11:00 a.m. to 6:00 p.m. 972-442-6888.

MOMS Club of Murphy/Sachse is a non-profit support group for stay-at-home moms and their children. Activities include monthly meetings with guest speakers, play groups, park days, MOMS Night Out, field trips and more. We participate in service projects to benefit children in the community. Contact Kelly Criss, Membership VP, at 972-429-1890 or crissx3@verizon.net for meeting times.

Moms & More All caretakers, whether you are a Mom, Dad, Aunt, Uncle, Grandparent or Nanny are welcome. We accept members from Wylie and the surrounding communities and have many activities for children and their caretakers. We meet on the first Thursday of each month. Contact Grady Sisco: (972)941-8597 or Kris Sands: (214)236-4037 for info. www.wyliemomsandmore.org.

MOPs of Sachse/Wylie/Murphy - Mothers of Preschoolers meet at Park Lake Church in Sachse Texas on the 1st and 3rd Wednesdays of the month from 9 a.m. - 12 noon. Childcare is provided. To reserve your spot in childcare or for more information please contact Lavonne Hernandez at 972-575-8222 or mops@parklakechurch.com.

Sachse Historical Society meets the third Saturday of the month, 9:30 a.m., Sachse Historical Museum, 3033 6th St. in Sachse. Museum is open for visitors every second and fourth Saturday from 1:00 - 4:00 p.m., every Tuesday from 10:00 a.m. to 1:00 p.m. and by appointment for visitors and tours, 972-495-1231.

Sachse Lion's Club meets the 3rd Monday of the month at Steak Kountry, 7010 Highway 78 at 6:30 p.m. We participate in fund raisers throughout the year that benefit several organizations including the Blind Leader Dog program and Air Challenge, a program that takes disabled children for airplane rides. They also support the Vision Impaired Olympics summer camp for kids. The Sachse Lion's Club also assists with building Habitat for Humanity homes.

Sachse Pet Pals is a volunteer organization working with Sachse Animal Control to enhance adoption rates and help with pet medical expenses on a financial need basis. Contact Peggy Strong at 972-495-9645 for more information.

Trinity Trail Preservation Association (TTPA) is an all-volunteer equestrian organization that maintains the 9-mile long trail on the Corps of Engineers land along Lavon Lake. TTPA networks with other trail riders, sponsors trail rides and cookouts, hosts quarterly meetings with speakers on horse-related issues, holds family type activities such as scavenger hunts on horseback, fun poker rides and educational clinics. For information call Betty Van Houten at 214-864-4066, www.trinitytrailriders.org.

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

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

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

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

Got something going on?

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

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Hunting Season

The Thrill, The Responsibility The Family Tradition

When Sachse resident Wes Fajerson was a boy growing up in East Texas, his father and grandfather introduced him to the sport of hunting.

"I was about eight when my grandfather gave me a new shotgun for Christmas," he said. "I remember being with him on a crisp December afternoon with my new gun, having a really fun day."

With the guidance of his father and grandfather, Wes developed a love of the sport and a respect for the environment. "From an early age, I hunted squirrel, rabbit, quail and deer," he said. "I learned that you should never aim at something you aren't going to shoot. Don't shoot if you're not going to eat it."

He has been hunting for thirty years. Now his wife, son, and daughter all enjoy the sport with him.

One of his most memorable experiences came last year when he and his father were hunting deer. "I helped him get his stand, then my dad harvested his largest buck ever. I was proud to be there with him," Wes said. "It was a 5 ½ year old deer. You don't take the young, strong ones."

People of all ages can enjoy hunting and it is not just a male-oriented sport. In fact, women represent one of the fastest growing segments of the hunting industry. In 2006, the National Sporting Goods Association estimated that of the 21 million active hunters in the United States, more than 3 million are women. That's about 16 percent. (Note that if you include fishing and wildlife watching, the number of Americans who participate in

these outdoor sports balloons to 87 million, or 38 percent of the population!)

Women are enjoying hunting with both guns and bows. Research shows that 2.4 million women hunted with firearms in 2005, up 72 percent from 2001. Since 2001, the number of women bow-hunters has grown 176 percent to 786,000.

The Conservation Aspect

Besides learning how to use weapons effectively, hunters need to understand the game management aspect of hunting.

"Hunting is needed to prevent overpopulation of some species," Wes Fajerson said. "If the animals are not harvested, they may overpopulate, get diseases, and starve; so hunting is actually good for the environment."

Each hunting season is different and game populations vary. Right now, Texas is overrun with feral hogs — more than 2 million of them. A recent Dallas Morning News article noted that ranchers and farmers despise the hogs because they destroy crops and pastures. Hunters can help diminish the problems caused by feral hogs. Hunting season lasts all year, and there are no limits..

Unlike feral hogs, other kinds of game may be legally protected. "You have to know what you are hunting," Wes said. "For example, there are many species of duck at Lavon Lake, and there are bag limits based on the kind of bird. It's a lot about conservation. Some types



of birds you can take five a day, some one a day. Texas Parks & Wildlife helps you keep up with hunting regulations."

The thrill — and expense — of the hunt

Sachse hunter Jeff Jackson has been enjoying the sport for twenty-nine years and hunts everything from waterfowl to large antlered elk. He finds plenty of good hunting opportunities around Sachse and Wylie.

"Within just a few miles of Sachse, there is good dove hunting," he said. "There is great duck hunting in and around Lavon Lake. Small game such as squirrels, rabbits, and even hogs can be located less than twenty miles from Sachse. Most of this kind of hunting can be done with very little expense other than a license from the state and a little bit of ammunition. Most private land owners around Sachse welcome varmint hunters on their property with just a phone call or a handshake."

The local Texas Parks and Wildlife Department has an annual public permit available for \$40.00. It can be used for hunting on over a million acres in the state.

"The most important thing to know about hunting around Sachse and North Texas is that there are thousands of acres available for public hunting for all types of game for very little expense," Jeff said. "The more knowledgeable one becomes about hunting the public areas, the easier it is to move into private areas for lease for more money. But just because you spend a lot of money for a hunting property doesn't guarantee success. Learn to hunt good public property first and it will make your search for that good piece of private property that much easier."

Wes Fajerson noted that, at Lavon Lake, you can only use a bow for hunting unless you are after waterfowl or dove.

"Hunting can be expensive," he said. "You need the right clothes for each kind of hunting. For duck hunting, you need waders, a waterproof jacket, gloves, a decoy bag, decoys, duck calls, and a duck blind you build or put on a boat. A waterfowl dog is good, too."

He is currently training a white labrador retriever. "A good hunting dog is a great asset," he said. "My dog will be able to retrieve in water or on land, double and triple marks. Keep in mind that training costs are expensive, probably \$1,000 of vet bills and \$400 of tools, plus the time it takes. He has a radio transmitter collar and he waits in the icy mud with me on cold days."

Both Wes and Jeff believe that hunting is a great activity for parents to share with their children. "It can be a blast for a father and son to hunt squirrels with a 22, or for them to harvest a limit of doves on a good sunflower field close to home," Jeff said.

"Adults should take a kid hunting," Wes noted. "It's a great bonding experience, whether the team is mother/son, father/daughter, etc. There are no TVs, no radios and cell phones usually don't work."

A Texas-Sized Sport Encouraged by the Texas Parks and Wildlife Department

It's clear that hunting is increasing in popularity across the country. But in Texas, it's having a major growth spurt. In 2006, Texas led the nation in hunting expenditures as well as number of people who actually went hunting -- 1.1 million, according to the National Survey of Fishing, Hunting and Wildlife-Associated Recreation.

Recognizing the importance of hunting to Texans, this fall the Texas Parks and Wildlife Department (TPWD) began a pilot shooting program in selected schools. The "Clay Sports in Schools" pilot is designed to introduce students from sixth through twelfth grade to competitive shotgun clay target shooting.

TPWD education director Steve Hall noted that "Texas has a strong dove and quail hunting heritage. Clay target games simulate the flight of these popular game birds, so a program like this is a natural fit."

Pilot schools will organize teams interested in shooting trap, skeet, and/or sporting clays. This year, the emphasis will be on developing trapshooting skills.

The TPWD already has an Archery in Schools program and has trained more than 300 physical education instructors.

To encourage families new to shooting sports to try them, next year TPWD will launch an introductory program on youth clay sports called Junior Clays. Students will be able to enter "hunter class" competitions around the state.

To learn more about the TPWD's Clay

Sports in Schools pilot program or the Archery in Schools program, contact TPWD's hunter education staff at (512) 389-4999 or toll free at (800) 792-1112; ext. 4999. •

To see a map of the hunting areas around Lake Lavon, go to:

<http://www.swf-wc.usace.army.mil/lavon/HuntingMap.htm>

You can find lots of information about hunting in Texas and obtaining the proper training and licenses at these websites:

www.tpwd.state.tx.us/learning/hunter_education/

www.tpwd.state.tx.us/huntwild/

www.collincountytx.gov/living/recreation/licenses/licenses.jsp

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Men's & Women's Pirate Basketball

Looking forward to a great second season in District 9-5A

by Scot Harrison - the Voice of the Wylie Pirates

Hoping to take advantage of quickness and depth on the perimeter, the 2007-2008 Wylie Pirates men's basketball team looks to pick up the pace this season. Coming off a very difficult 5-25 record in their first season in Class 5A, in one of the states toughest districts, Coach David Black is confident a core group of three returning starters and a talented move-in from Garland can turn things around after a 2006-2007 season that saw no wins in District 9-5A play and an average margin of defeat of over 10 points per game.

Heading into the 2007-2008 campaign Coach Black is working to put faster tempo on the floor this winter, "We are trying to pick up our tempo from last year and plan on more full and half court pressure defenses. Our new varsity assistant, Emanuel Roland, from Little Elm High School, is doing a fantastic job helping us speed up our game. Our strength will be our quickness and perimeter depth. Our weakness will be the lack of size at the post."

Three starters return from last year's season team in small forward Tedrick Urune (6'2"Sr.), swingman Thadd Varmall (6'2"Sr.), and post Jerod Monk (6'5"Jr.). Urune was the Pirates leading scorer in last season averaging 11.8 points per game while pulling down 3.4 rebounds, good for second on the team. He tied Varmall for the team high hitting 53.8 percent on field goals. Monk, who started as a sophomore (and is also the varsity starting quarterback for the football team) this fall, scored just over 4 points and pulled down almost 3 rebounds per game.

The wildcard for the Pirates this season will be the play of Cedrick Clark (6'0" Jr.), the move-in from Garland High School. Clark, who can play the point or shooting guard position, was selected 10-5A All District 1st Team as a sophomore after hitting 50 three point shots. If he can repeat his 14 points per game average this season he'll have



Alan Menchaca

include guards Isaac Stallworth (5'11"Jr.) and Alan Menchaca (5'10"Jr.), and post/forward Eric Davidson (6'4"Sr.). Menchaca and Stallworth are the most experienced having played in a combined 13 games last season.

The Pirates last taste of victory was in the opening round of the 2006 Intercon Demolition Invitational Tournament at Wylie High School, a 59-31 triumph over John Paul II High School in Plano. Coach Black and the guys returning for this season hope to get back in the win column starting November 13 at Rowlett. District 9-5A play begins December 14.



Tedrick Urune



Thad Varmall

a good chance to be the Pirates leading offensive weapon

Others working hard for playing time this season



Jerod Monk

For the first time in four years the Lady Pirates head into the 2007-08 season without one of the most talented players ever to lace up a pair of sneakers at WHS. Jackie Stanley is now a Lady Wildcat at Kansas State.

While Stanley was a major player for the Lady Pirates she was part of a gritty group of players who led Coach Amy Matlock's squad to an 8-6 mark in district and 17-13 overall. Their squad qualified for the playoffs in their first season in Class 5A only to draw

soon-to-be champion Rockwall in the first round. But the three returning lettermen from last year's team, Stephanie Poole (5'11", F, Sr.), Hannah Derbonne (5'6", G, Sr.), Sara Stanley (5-11, P, Jr.), have not lowered their expectations. In 2006, Stephanie Poole began the season as a starter but was replaced by Sara Stanley after an injury. When Poole got back into the lineup the two alternated, while Derbonne was the Lady Pirates' first player off the bench.

Coach Matlock knows reaching last years level of success will be tough.

"We lack a little bit of experience as far as playing with those girls (in 9-5A) but we are athletic so hopefully we'll be able to compensate for



Sara Stanley

some of our inexperience. We have four sophomores on varsity that will see playing time and it's going to be a tough district for us to make the playoffs in."

Senior Porsha Riley and Sophomore Tiffany Riley are vying for the second guard position. Yes, they are sisters. Both are very quick and will cause match up problems for opponents on the perimeter.

Kata Martos, a 5'10" junior from Hungary it expected to offer help off the bench at forward.



Stephanie Poole

Coach Matlock, who coached sub-varsity prior to last season, expects another successful season, "I've been with these girls for six or seven years so our plan hasn't changed. They played with me on the JV level, they understand the type of play that I expect from them, the expectations that they need to be living up to."

Plano Senior High is expected to be the class of 9-5A with Plano West close behind. With a little luck and some fast lessons for their younger players, the Lady Pirates feel like they can compete for the third or fourth seed and make the playoffs yet again.

The season opens at home November 6 against Naaman Forest. 9-5A play begins December 7th at home against Plano West. •

All photos provided by B&E Photography.

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Teaching the Teachers

Focusing on student success

by Susan Dacus of WISD

Sssh! Did you just hear that? That low, humming noise? It may not be detectable to the untrained ear. In fact, it may sound like gibberish to most people on the street. But if you listen carefully, you will hear words like “bundles,” “engagement,” “data” associated with acronyms like EOY, TPRI, SIOP, ELL, ACT and SAT bouncing around the hallways of schools across WISD.

Such are the sounds of Professional Development and Learning for the teachers and administrative staff in the Wylie ISD. Students may attend 177 days of class each year, but teachers (who commit to 190 day contracts) are required to complete three work days and 10 days of professional development during the school calendar year. The district offers hundreds of after school and summer sessions annually and teachers have some choice in selecting their professional learning opportunities. However, most of the professional learning days are determined by district or the individual campus data.

Each year the district’s overall professional development strategy is intentional in that it is planned to help the staff accomplish specific goals. For example, the 2007-2008 strategy is data driven. It focuses on taking data from the district’s spring 2007 summative report and determining trends, strengths and weaknesses. This year’s strategy is also based on Superintendent John Fuller’s challenge that math and science scores show opportunities for growth. It also stresses the need for differentiated learning based on the growing diversity in the student population including the specialized needs of gifted and talented students.

“Today’s professional development is different from the past because we are focusing on the “what” students need through the core content. We are also focusing on the “how” through our work with the Schlecty Center/Engaging lesson design,” explains

Melissa Heller, WISD director of staff development. “The students are showing us what we need to know and do in order for them to achieve. This happens through working closely with them and carefully analyzing each child’s data.”

This constant data analysis no longer has to wait until the TAKS results arrive. Student

achievement can now be measured more frequently and instantaneously. During each six weeks, students will take curriculum based assessments over material they have covered. The scores are uploaded into a software system that will immediately print out data for teachers to review. Teachers can then identify learning opportunities for each student and customize lesson plans that determine where growth is needed or if advanced instruction is recommended.

The results need to align with the ultimate goal of the district which is to maximize the educational experience

of all students. Sometimes this may mean early intervention or accelerated instruction. Sometimes it may mean collaborating with a colleague down the hall whose students “got it” and then reworking the next day’s agenda. Teachers must be on their toes and tuned into the sounds around them, proving that not just anyone can be a teacher.

Intense and proactive, professional development in WISD is changing. Long gone are the days of in-service where mimeographs and die-cuts roamed. Today, a new learning culture, complete with its own language, has emerged that requires our educators to be intentional and reflective in their work and forever focused on student success. •

Photos provided by WISD.



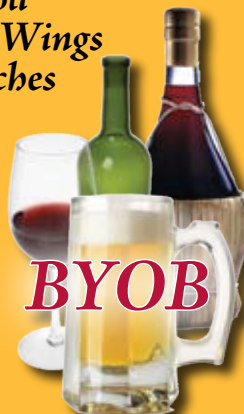
Wylie teachers during a professional development day held at Wylie East High School.

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Shifting Your Job Search into High Gear

Starting with your resume

by Jodi R. Hulsey, CPC of Wyllie

In the past 6 years I have been in the recruiting industry, one of the most frequent patterns I have seen is it is not always the most qualified candidate that gets the job. It is often the person who presents themselves as the best candidate. There is a difference. In this issue I will cover resume tips to help you get to the interview stage and in the next issue I will provide interview tips that will help you land the job.

Whether you're trying to get ahead in your current field or looking for your first job, if you're not on the top of your game you are most likely to find yourself at the bottom of the ladder. The job market has always been competitive but today's market is even more so and the competition is stronger and more capable than it has ever been. If you cannot set yourself apart from the competition, you're likely to find yourself shifting very slowly.

Let's start with your resume.

What does your resume say about you? Does it accurately and clearly state your work experience and talents? Or is it full of more things that focus on who you are as a person and not what you do? If you answered the latter you need to rewrite your resume. Potential employers, recruiters, and human resource personnel are looking for WHAT you do not WHO you are. At some point in the interview process that may become appropriate but not for the 20 second scan. What's the 20 second scan? That's the amount of time most experienced talent seekers will give your resume before they decide you are potentially a fit or move on. It doesn't take long to lose someone's interest when they cannot figure out what you do. Here are some basic tips:

1. Your name does NOT need be in 27 point type (no larger than 16 pt will suffice).
2. There is nothing wrong with an "Objective" but we all know what the objective is – to get a better job – why else are you here? Go with a "Summary of Skills" or "Summary of Experience". Clearly state in a short paragraph your background, skills, experience. Use broad terms, a lot of detail is not necessary here, keep it simple.
3. List your experience. For each position list dates of employment, name of company, location (city & state), and position held.

Give specifics on what you did in each role. Bullet points detailing responsibilities is a desirable format. It is easy to read and can be scanned through quickly. If you go with paragraph format keep in mind that you want it to be easy to pick out specific information about what you have done.

4. Give examples of accomplishments, achievements (if applicable) within each role. For example if you are in sales and consistently achieve 110% of your quota, include that as a bullet point. Any data you can give that proves you are successful in your field will help get you noticed. Empirical data – it works!

5. Education.

6. Additional training specific to your field/industry, certifications, designations, continuing education in your field, etc.

7. Association involvement specific to your field/industry. Community involvement or additional activities are optional. Any activity in this area specific to your field should absolutely be included. Only include information

that is beneficial for someone to know. This would include something tied to your field or industry or if it helps describe the type of person you are. While being the best underwater basket weaver or national paddle boat champion may be an interesting fact – is it really relevant?

8. Personal information should not be included. This means your age, marital status, number of children, hobbies, social security number (don't laugh I've seen it), driver's license, you get the point here right?





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9. Is your resume too long? Forget the one page rule if you cannot do yourself justice in one page but don't get carried away either. Three pages maximum, four or more is just too much.

10. Spell check it, read it, and spell check it again. Does it make sense? Remember spell check only picks up words that are spelled wrong. It does not detect words you have used incorrectly! There are a lot of "Sales Mangers" out there but I'm almost positive every time I see one that they'd be a "Sales Manager" if they could. If you can do it but you can't spell it...

11. Is it grammatically correct? This is important. You are communicating with the world (well practically) and they are either listening or deciding you're not the sharpest tool in the shed.

12. Get a second set of eyes. Have someone else proofread your resume. Hint: Pick one of your sharp or at least semi-sharp friends or co-workers.

Once you've fine tuned your resume you are ready to start marketing yourself. Watch for more tips in the next issue! •

Jodi is a Senior Recruiter with QuestPro Consultants, a national consulting firm based in north Dallas that does specialized recruiting within the insurance industry. She received her CPC (Certified Personnel Consultant) designation in 2005 and has been awarded as a Top 20 Producer in the Technical/Professional sector by MAPC (Metroplex Area Personnel Consultants) of DFW in 2004, 2005, and 2006.



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Holiday Health Tips

Give yourself the gift of good health

by Stephen Kim, M.D.



Are you worried about packing on the pounds this holiday season? If the answer is yes, you're not alone. During the holidays, many of us are guilty of eating and drinking more ... and not spending enough time burning those extra calories. Developing healthy habits early on can make all the difference.

Unfortunately, most Americans live an unhealthy lifestyle. Sixty-six percent of adults are overweight or obese, putting them at increased risk for heart disease, certain types of cancer, diabetes, stroke, arthritis, asthma, depression, and other health problems.

Exercising and eating smart can help you maintain a healthy weight, improve your overall health, and prevent illnesses. Here are a few simple tips to help guide you this holiday season – and all year-round:

Control Portion Size

How much you eat is just as important as what you eat. Americans are eating out more than ever before. The common excuse is "I don't have time to cook." It's no secret that restaurants, especially fast food restaurants, "super size" their servings. (Not to mention the fact that the food tends to be high in saturated fat, trans-fat, cholesterol, added sugars, and sodium.) So be mindful of the amount of fast food you consume – and what you choose from the menu.

Watch your portions at home, too. That doesn't mean you have to avoid every craving. Go ahead and enjoy the food you like, but just don't go overboard. This Thanksgiving, pass up that second serving

of mashed potatoes. Cut that dessert in half. Have just one glass of wine instead of two. Also, as recommended by the American Heart Association, eat a diet rich in vegetables, fruits and whole-grain foods and avoid added sugars, found in soda, fruit juices, sports beverages and processed foods.

Never Skip Meals

One common myth is that skipping meals is a good way to lose weight. That's actually a mistake that could hurt you in the long-run. Believe it or not, studies have proven that people who skip their morning meal tend to be heavier than those who eat a nutritious breakfast. Your body requires a certain amount of calories each day to stay healthy. Skipping meals can actually slow down your metabolism. In other words, your body goes into starvation mode, burning calories at a much slower pace and conserving fat.

There's another downfall to skipping meals. It can also make you binge later on the day. You may consume more food at your next meal or over-snack to fill your hunger. The best thing to do is to eat regular meals throughout the day.

Get Active

There are numerous benefits to working out. Not only does it help keep your weight under control, but it also boosts your energy, helps manage stress, and of course, can improve your self-image. Try to do 30 minutes of moderate physical exercise at least three times per week. It's important to reach your target heart rate to really benefit from the workout. Your maximum heart rate (the maximum times your heart can beat in one minute) is 220 minus your age. Your target heart rate should be between 50 to 85 percent of your maximum heart rate, depending on how long you've been following a fitness routine. (Visit www.americanheart.org for more information.)

Getting in shape is the number one New Year's resolution. Fitness clubs see a large jump in new memberships in January. But those newcomers rarely stay long – they drop their exercise routine within months of joining the gym. My advice is to try to make the commitment even earlier in the year, when you think you might have more motivation. If you're not quite ready to hit the gym, it's okay to start slow. At work, take the stairs instead of the elevator. Take a fifteen-minute walk after dinner. Park farther away at the shopping mall. These small changes in your lifestyle might make you more motivated to do other things.

The point is to build physical activity into your daily life and to make that extra effort to watch what you eat. Then you can gradually take bigger steps that will improve your mind, body and spirit. After all, that's the best gift you can give yourself this holiday season. •

Stephen Kim, M.D., is a family medicine physician at First Aid Family Care. The clinic can treat minor illnesses, injuries, and all your primary care needs. It is located at the southeast corner of Highway 78 and FM 544 in Wylie. To schedule an appointment with Dr. Kim, call (972) 941-8700.





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Dr. Kim is accepting patients at First Aid Family Care in Wylie for both routine care and prompt medical treatment for minor illnesses or injuries.

MEDICAL SCHOOL:

St. George's University School of Medicine

RESIDENCY:

Methodist Hospitals of Dallas Family Practice

MEDICAL INTERESTS:

Family Medicine, Urgent Care, Sports Medicine

PERSONAL:

Dr. Kim is a football fanatic and enjoys snowboarding, surfing and weight training.

Dr. Kim is an employee of the Richardson Physicians Alliance and a member of the medical staff at Richardson Regional Medical Center but is not an employee or agent of the hospital.



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Winterize to Save Money

Get your home ready for cold weather

by Jack Frost

Due to rising energy costs, winter heating will consume an increasingly larger portion of a household's budget. That's why it's important to check your home to insure that your heating dollars aren't being wasted. The following check list will help you get started:

Leak Check

The least expensive, simplest, most effective ways to reduce energy waste in the winter are weather-stripping and caulking. Approximately 10% to 15% of a home's heating dollars are wasted by improper sealing.

- Check for leaks and drafts around doors and windows inside and out. Add weather-stripping or caulk any holes that allow heat to escape. Make sure doors seal properly.
- Check plumbing vents. They can be especially bad since they begin below the floor and go all the way through the roof. Seal them all with caulking or weather-stripping.
- Check electric wall plugs and switches for any that are allowing cold air in. Pre-cut, foam gaskets that fit behind the switch plate can effectively prevent leaks.
- Check the damper on your fireplace and don't forget to close it if there is no fire burning. This allows as much air flow as an open window.



Photo by Anne Hincey

A beautiful blanket of snow covers a home in Wylie.

- Check ducts for leaks. Ducts can leak for years without you knowing it since you don't see them everyday. Examine for any that have become crushed or flattened and repair or replace them. Duct tape is a temporary fix. Check to make sure it hasn't dried up and lost its adhesion.

Insulation Check

A properly insulated home will help you save energy when the temperatures drop. Insulation reduces the heat flowing out of your home.

- Add insulation to your attic if needed. This can be the most cost-efficient way to cut home heating costs, especially in older homes. Prior to energy efficiency standards, homes were often built with little or no insulation. As a result, a large amount of heat is lost through walls, floors, and ceilings. Insulation is measured by its resistance to heat flow in R-values. The higher the R-value, the less resistant the product is to heat flow. The recommended R-values for our area are R-49 for attic ceilings and R-38 for cathedral ceilings. (Fiberglass thickness at R-38 is 14-17 inches.)

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- To prevent the escape of warm air from the top of your house weather-strip and insulate your attic hatch or door. Loss of heat this way is common, since warm air rises.

Heating System Check

Performing routine maintenance ensures that your heating system is running efficiently. For safety reasons, have a professional inspect your heating system every year to ensure that it is operating properly.

- If you have a programmable thermostat use it. If you don't have one, we highly recommend you get one. Heat is automatically turned down when you're away at work or when you're sleeping according to your programming. When needed, the temperature can be adjusted to a warmer setting. Less energy is used to warm a cool home than to maintain a warm temperature all day. You can cut heating costs from 20% to 75% by using a programmable thermostat.
- Your heater's air filter should be replaced monthly enabling it to run more efficiently. Use a high efficiency filter to ensure air quality is maintained since you are sealing off your home. Also, clean and remove dust from vents.
- Replacing an old heating system can cut your natural gas use nearly in half! If your heating system is old, you might consider updating it. Modern gas furnaces achieve efficiency ratings as high as 90% compared to pre-1977 gas furnaces that are only 50% to 60% efficient today.

- Have your ducts professionally cleaned to improve air flow.
- Reverse the switch on your ceiling fans so they blow upward. Especially in high ceiling rooms where heat that naturally rises is circulated back down into the room.
- Make sure all vents are open and unblocked by furniture or other items.
- And last, but certainly not least: Install carbon monoxide detectors to protect your family. CO is a colorless, odorless deadly gas. Research which model would be best for your home.

If you make the effort to perform these checks you'll see the results on your heating bills. You can save money by taking the time to winterize for maximum energy savings. •

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Home Cooking for the Holidays

Delicious dishes to share with your family

from Ellie Hughes of Twisted Pepper in Wylie

The tradition of gathering for a family meal to celebrate the holidays presents a wonderful opportunity to drag out the cookbooks and try delicious new recipes. We asked Ellie Hughes, of Twisted Pepper, to share some of her favorites with us so we could share them with you. Bon Appetit!

Holiday Glazed Ham

10 lb plus Ham with bone in
1 large can pineapple rings
½ cup brown sugar
Pork rub or spicy rub
Raspberry Chipotle Sauce by Fisher & Wieser

Line cooking dish with aluminum foil, add pineapple rings and juice, place ham flat side down and rub with pork rub and brown sugar. Bake or smoke for 2 hours 350 degrees. Pour ½ bottle of Raspberry Chipotle sauce over ham and bake at 250 degrees for one hour. Cut and serve with remaining Raspberry Chipotle Sauce.

Green Rice Casserole

2 cups cooked rice, chilled (not minute rice)
2 eggs beaten
½ lb sharp cheese grated
1 small onion chopped
1 large can evaporated milk
3 Tbsp parsley flakes
2 tsp garlic powder
1 tsp Wesson oil

Cook rice (follow cooking directions on package of rice) and let cool in refrigerator. Mix all ingredients together and bake in a 10x13 greased pan. Set the pan of rice in a larger pan of water in oven, this prevents rice from burning on bottom. Preheat oven to 325 degrees. Bake casserole for 35 minutes.

Southern Cornbread Dressing

8 cups cornbread dried	1 tsp or more black pepper
4 cups biscuits dried	1 tsp garlic powder
1 cup chopped celery	1 tsp salt
1 onion chopped large	1 tsp sage
2 cups turkey broth	8 eggs beaten

Mix dried cornbread and biscuits in large bowl. Sauté onion and celery in butter until tender. Add beaten eggs, onion, celery and seasonings to bread mixture, pour broth over and moisten well, add more broth if needed. Pour into greased pan. Bake 350 degrees for 45 minutes or until set.

Jalapeño Cornbread

1 1/2 cups yellow cornmeal
1 teaspoon salt
1 teaspoon baking soda
1 1/2 cups buttermilk
1 large egg, lightly beaten
2 tablespoons melted butter or bacon drippings
1/4 cup chopped chile peppers, mild or hot, or use chopped and drained canned or pickled jalapeño peppers to taste
1 cup cream-style corn
1 cup shredded sharp cheddar cheese

Preheat the oven to 425° or 400° for a glass baking dish. In mixing bowl, combine cornmeal, salt, and baking soda. Add buttermilk and egg; beat until batter is smooth. Place butter in 8-inch square pan or baking dish and heat in preheated oven. Pour half the batter into the hot pan, spoon cream style corn evenly over batter, scatter chile or jalapeño peppers over corn layer, sprinkle with shredded cheese then top with remaining batter. Bake cornbread until golden brown, about 20 -25 minutes. Serve hot. •



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Ladies Do Lunch

Monkey's Pub 'n Grub

By Lori Whitten of Wylie & Poetry

We recently decided to take a walk on the wild side and have lunch at Monkey's Pub 'n Grub in Sachse.

Anne, Judy and I pulled into the parking lot of Monkey's at the same time – right on time. Of course, it would not be a normal “Lunch Ladies” lunch if someone were not late so, while waiting on Stacie, we had plenty of time to scope out the place and we did just that. None of us had ever ventured into Monkey's so we were not sure exactly what to expect. What we got was a wonderland for sports fanatics.

It is obvious that owner Joann had sports in mind with the design of Monkey's. I would be remiss if I didn't start with the television; there must have been eight BIG flat screens. Enough for just about any game on any given day, definitely the place to be to watch your favorite athletes play. They also feature shuffleboard (my favorite) and billiards along with poker every Tuesday and Wednesday. Monkey's swings with karaoke every Wednesday night along with live music on Fridays and Saturdays. For more details on their schedule be sure to check online.

I was trying to stay away from the big, brass pole in the center of the bar – but just can't. It is kind of like a 500 lb. gorilla in the room, but in this case we'll call it a 500 lb. monkey. In most settings, a brass pole would seem

out of place, but here it just fits. When you take into account the diamond plate accents throughout, unique concrete bar top, picnic tables as a seating option, raised stage, dance floor and the Flaming Mural with Monkey over the bar - the pole fits right in.

But let's get back to lunch. Their menu features lunch specials for under \$5 with traditional American dishes including burgers, sandwiches, salads, hot snack foods and Monkey's pudding for dessert. Watch for the Buffalo Burgers which are available seasonally. We enjoyed the sweet potato fries, you don't find those on the menu very often! I recommend requesting sour cream to dip them in.

Monkey's Pub 'n Grub is located at 7340 Highway 78 in Sachse. This link will take you to their web-site: <http://www.monkeyspubngrub.com>. They are open Monday through Friday, Noon to Midnight; Saturday, Noon to 1:00 a.m. and Sunday, Noon to 10:00 p.m. This is a great place to enjoy a beer, take in a game with some friends or play your own games. I always enjoy lunch with my friends and Monkey's was no exception. Thanks ladies and thanks Monkey's we had a “wild time!” Tell them “the Lunch Ladies” sent you.

Did I mention that Stacie was 25 minutes late? •

One last word from the Lunch Ladies: Our restaurant visits are unannounced and restaurant selection is at our whim. The restaurant featured may or may not be an advertiser.



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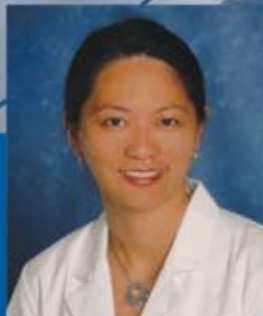
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Dr. Gomez joins the OB/Gyn practice of Yasmin Khan, M.D.

MEDICAL SCHOOL:

Hahnemann University – Philadelphia

RESIDENCY:

Albert Einstein Medical Center – Philadelphia

MEDICAL INTERESTS:

Preventive Care, OB Services, Gynecologic Surgery

PERSONAL:

Dr. Gomez speaks conversational Spanish and Taiwanese. She is married with two children.

Physicians are members of the medical staff at Richardson Regional Medical Center but are not employees or agents of the hospital.



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A Recipe for Fire Safety

As simple as baking a cake

by Craig Kelly – City of Wylie Information Officer

Take a smoke detector, place it in a large magic bowl, add water, mix in an EDITH Plan (Exit Drills In The Home), add a dash of 911, and sprinkle in a stop, drop and roll demonstration. Stir the ingredients together with a very large spoon until smooth. Place in the oven (with adult supervision of course) for 30 minutes at 350 degrees. Toss in some laughs, a dash of student and teacher participation and you have the recipe for Fire Safety.



Blaze and Pumper add ingredients to make a 'Safety Cake.'

The scene has been played out in Wylie to thousand of kids, in eighteen schools and day-cares this year alone. When Wylie Fire Rescue clowns Pumper and Blaze, and their puppet sidekick Spot, take the stage the fun and learning begins. "What are all of these kids doing in our kitchen?" asks Blaze. "A better question might be, what are we doing in their cafeteria?" responds Pumper the clown. "Today we are going to bake a safety cake." Together they ask the students "Are you ready to cook?" At that moment the clowns have managed the impossible...grabbing the attention span and captivating a room full of hundreds of elementary school students.



The twenty-five minute fun and laugh-filled program covers a range of topics, including:

Smoke Detectors--Have one in every room; Check the detector once-a-month; and change out the battery twice a year

Stop, Drop & Roll

EDITH Home Escape Plan (Exit Drills in the Home)--Have two ways out of every room; Have an escape ladder

for two story homes; Never go back into a fire; Go to a safe meeting place; Call 911 (only for emergencies) and provide name, address, and type of emergency; Practice the escape plan...tonight!

Burns--Use cool, clean water

Never Cook Without an Adult

ABC--Always be calm in the event of an emergency

"Clown programs work...they are very effective," says Wylie Fire Chief Randy Corbin. "It's critical to teach fire prevention and safety at a young age. Studies show, and our



in house testing proves, that children will retain and apply these principles (fire prevention/safety) for the rest of their lives."

Each year a representative sample group of Wylie children are tested on fire safety concepts prior to watching the clown program and following the program. Not only does testing enable the department to measure the programs effectiveness, but future programs can be designed and focused on the fire prevention/safety areas that tested low.

The program is updated annually and the planning and production of the presentation begins months in advance with script-writing, set design, staging and soundtrack development. Success of the fire safety/prevention program can be attributed directly to the support of the entire Wylie Fire Rescue Department and the community. Each show requires a team of firefighters to load/unload the set and props, set up the audio and interact with the kids throughout the show.

An advertisement for Housewarmers of Wylie-Sachse. It features a photograph of a woman in a white shirt and a young girl in a red shirt standing together. The woman is holding a red envelope and a small white box. The girl is holding a red envelope. Below the photograph, there is a red banner with the text "Opportunity is Knocking..". Below the banner, there is a white box with the text "Greeting New Residents in our community!", "Housewarmers of Wylie-Sachse", "Jay & Carol Edwards", "972-489-9767", and "cedwards@housewarmerscorp.com". At the bottom, there is a red box with the text "We welcome you!" and "Housewarmers."

Fire deaths are on the decline nationally, but Chief Corbin points to statistics when talking about the importance of continued education and the resources devoted to the clown program in Wylie. The National Fire Association reports that each year in the United States an estimated 2,800 children age 14 or younger are injured and 850

The program comes to a close with a little more fun...Pumper and Blaze leading teachers and students in a line dance. But little do the children realize that they have just been taught the basics of fire safety/prevention. "We hear stories all the time of children who attend the program and bug and bug their parents until they check their smoke detectors, buy a fire extinguisher or develop an escape plan," says firefighter Ray Jackson, AKA Blaze the clown. "I say this with a smile, but it's very rewarding to get a call from the parent thanking us for the 'safety/prevention fire' that was lit in their child and not extinguished until they (the parents) act." •



Blaze joins the kids as they head back to class at Tibbals Elementary.

killed in residential fires, making up 15-20% of all fire deaths. Of these children, over 40 percent are under the age five, 70 percent are under the age of 10. In addition, each year \$200 million in property is destroyed in fires attributed to children playing with fire.



Wylie Fire Rescue: Ray Jackson, AKA Blaze; Brian Moriarty, AKA Captain; Jeff Pynes, AKA Pumper; Richard Hollien, AKA Spot the Dog; Brandon Storm, Sound Technician.

All photos provided by Craig Kelly

'Fire Safety Poem'

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On a stormy night when
The wind is blowing,
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by Jasmine Horton

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Strike a Balance

Between saving for your retirement & your children's college

from Jal Dennis of Edward Jones Investment

If you have young children, you may want them to attend college someday - and you may want to help them pay for it. At the same time, you also need to save for a comfortable retirement lifestyle. Are the two goals compatible?

There's no easy answer to this question. But one thing seems clear: For many parents, saving and investing for their children's future is every bit as important - and maybe more so - than saving and investing for their own. In fact, two-thirds of parents said they would postpone retirement if necessary to help pay for their children's college education, according to a survey by Alliance Bernstein Investments, Inc.

Parents have good reason to believe that investing in a college education will pay off for their children: Over the course of their lifetimes, college graduates will earn, on average, about \$1 million more than high school graduates, according to the U.S. Census Bureau.

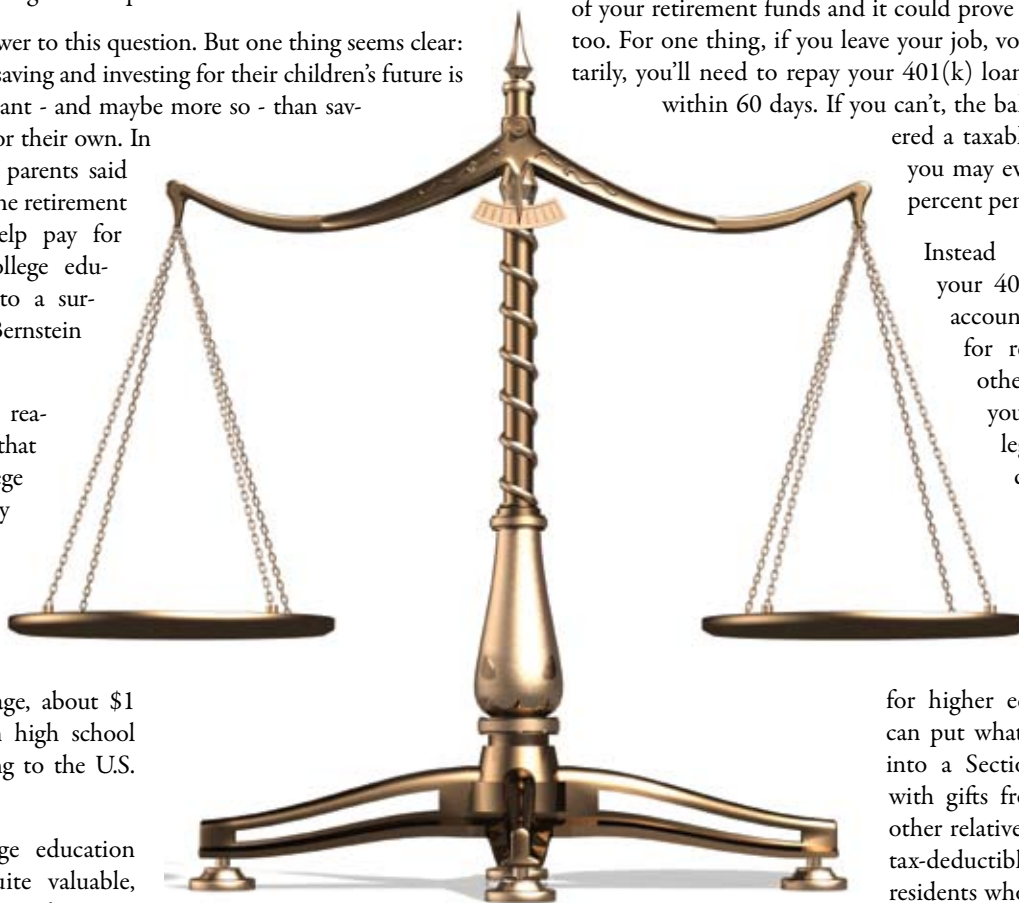
So, since a college education appears to be quite valuable, shouldn't you do everything you can to help pay for it?

Ultimately, you'll have to weigh your potential college contributions against your need to save for your own retirement. On one hand, you'd like to help your children as much as possible; as a parent, you don't want your children saddled with enormous debts when they leave college. But on the other hand, that type of reluctance may be based more on emotion than on a sound financial strategy. After all, college graduates seem to find a way to eventually pay off their loans. Furthermore, your children may be able to find grants, scholarships and work-study opportunities. Many students can earn a decent amount of money at summer jobs, too.

Nonetheless, you still may feel obligated to pay something toward your children's college education. But if you're going to help pay for college, be smart about it. For example, think twice before borrowing from your 401(k). Such a move will slow the growth potential of your retirement funds and it could prove costly in other ways, too. For one thing, if you leave your job, voluntarily or involuntarily, you'll need to repay your 401(k) loan completely, usually within 60 days. If you can't, the balance will be considered a taxable distribution - and you may even have to pay a 10 percent penalty on it.

Instead of tapping into your 401(k), IRA or other accounts you've designated for retirement, look for other ways to help build your children's college funds. You might decide to open a Section 529 plan, which offers tax-free earnings potential, provided the money is used to pay for higher education costs. You can put whatever you can afford into a Section 529 plan, along with gifts from grandparents or other relatives. Contributions are tax-deductible in certain states for residents who participate in their own state's plan. Please note that a 529 College Savings Plan could reduce a beneficiary's ability to qualify for financial aid. You might also want to consider a Coverdell Education Savings Account, which offers another tax-advantaged way to save for college.

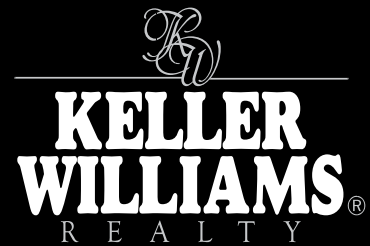
As you already know, much of your life involves balancing acts of one type or another, so you should be able to handle one more - college for your kids against a comfortable retirement for you. By making the right moves, though, you may be able to reach an "equilibrium" that works for everyone. •



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