

The

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Your Wylie • Sachse • Murphy Community Magazine

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History  
Issue*

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of Fesler Orthodontics

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### On The Cover



Michael Fesler, DDS, MS  
of Fesler Orthodontics

Photo by Anne Hiney



Just for fun, find the butterfly! Last issue it was hidden in the football team photo on page 20.

The

## CONNECTION

Your Wylie • Sachse • Murphy Community Magazine

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Occasionally we make a mistake. Let us know if you find one so we can correct it. We welcome your feedback - send comments to [info@wyliechamber.org](mailto:info@wyliechamber.org). Thanks!

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# 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. Pick up a star(s) at City Hall, Wal-Mart, Brookshires, Woodbridge Golf Club, American National Bank, Bank of America, Capital One, Chase Bank, Inwood National Bank or Texans Credit Union. Purchase new toys and drop them off by December 4th at Wylie Fire Administration (801-A South Highway 78) or the pick-up location of the star.

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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](http://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**.



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](http://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](http://www.sotx.org)**



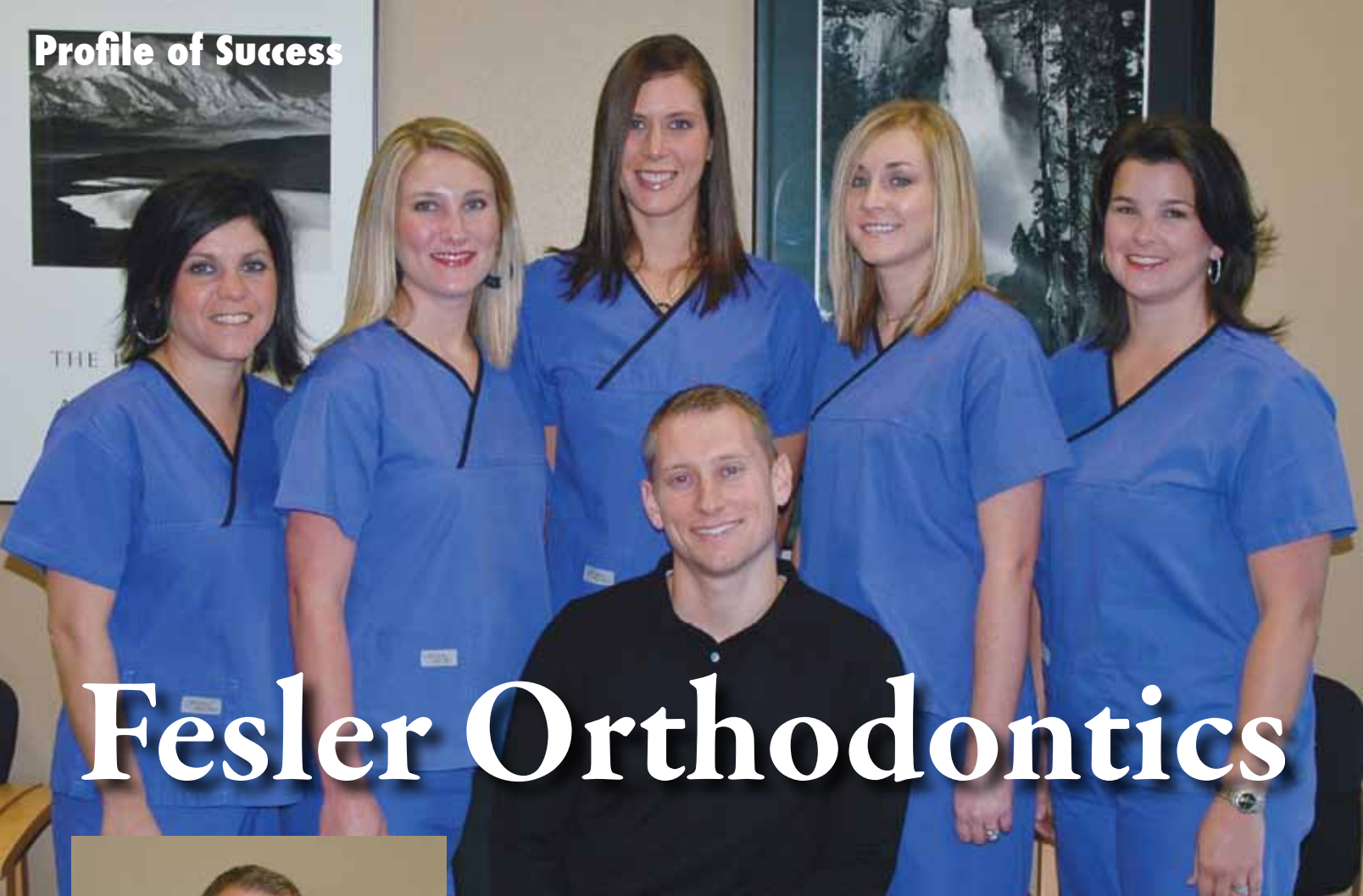
**In-Sync Exotics Wildlife Rescue & Educational Center**, located in Wylie, is a non-profit organization dedicated to the rescue of exotic felines. We are home to over 30 exotic cats that have been rescued from abusive or neglectful situations or from owners who could no longer care for them. So as not 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](http://www.insyncexotics.com)**

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# Fesler Orthodontics



Michael Fesler, DDS, MS

**D**r. Michael Fesler is an orthodontist at the top of his field. Practicing in the Dallas area since 2003, he opened his current office to serve the growing communities of Wylie, Sachse and Murphy in 2004. The office boasts state of the art equipment and Dr. Fesler uses the very latest in dental technology to provide the most comfortable treatment process and the best results for each of his patients. Just as there are specialists in medicine, there are specialists in dentistry as well. Orthodontists dedicate their professional lives to correcting misaligned teeth and jaws, giving their patients a lifetime of healthy smiles. They are fully qualified dentists who complete a residency program of at least two years following dental school. Orthodontists are uniquely trained experts who treat children, teens and adults. An expert. Isn't that who you want treating your family?

Get to know Dr. Fesler

Dr. Fesler always wanted to be a healthcare provider. He enjoyed the sciences and found that this academic strength, along with a mechanical inclination and strong hand skills, lent itself to dentistry and orthodontics in particular. He worked hard to achieve in college, was admitted to dental school, and finally was accepted to the selective orthodontic residency at Baylor College of Dentistry. Having achieved his goal, Dr. Fesler has looked for ways to stay involved with the orthodontic community in Dallas. He now serves on the Board of the Baylor Orthodontic Alumni Association and as President of the Greater Dallas Association of Orthodontists. "Orthodontics is

a very rewarding profession!" said Dr. Fesler. "I enjoy staying connected with other local orthodontists, as well as the students and faculty of Baylor." Today, he not only provides cutting edge treatment in a state of the art setting, he's also a wonderful orthodontist who clearly loves what he does. His education, skill, and warm personality are a winning combination. Just ask him what he does in his spare time. He'll be happy to talk about a long list of hobbies ranging from triathlons and Jeeps to Mac computers and, most importantly, the many interests of his three young children! He and his team have been together for years, and the respect and camaraderie are obvious. Patients can't help but be put at ease.

High Tech Orthodontics

Orthodontics is a constantly evolving field. New technology means new treatment options and Dr. Fesler is always ready to bring the highest quality of care to his patients. "Today, thanks to the advances in orthodontics, our treatment can be more efficient than ever before," said Dr. Fesler. Damon System braces are one example of Dr. Fesler's commitment to innovation and quality. Completing well beyond the required Continuing Education hours, Dr. Fesler stays up to date on techniques such as mini-screw implants which allow for the correction of bites and jaw problems without surgery. It also eliminates the need for the dreaded headgear! Lasers are used to help correct gum issues and needles are generally a thing of the past. Interested in the newest in invisible braces? Look no further. Dr. Fesler offers both iBraces (lingual braces on the back side of the teeth) and Invisalign. As Dr. Fesler said, "I think we have the best products on the market and are more than happy to let you choose the option that suits you best."

Braces aren't just for kids anymore

Dr. Fesler and his highly trained team treat patients of every age, from young children to adults in their seventies and beyond. Ideally, children should be screened by the age of seven and Dr. Fesler takes the time to do a complete complimentary exam, including digital X-rays and photos. While there are times that treating an orthodontic problem in its early stages may be necessary, treatment doesn't usually begin until all the child's permanent teeth are in place. "We want to do what is best for the patient over the long-term," explains Dr. Fesler. "Many times that means waiting to start orthodontic treatment until the optimal time." Modern orthodontics allow for a dramatically improved smile with minimal discomfort or inconvenience. More adults are taking advantage of the self-esteem boost a beautiful smile can bring. After a complete examination, Dr. Fesler and his treatment coordinator will explain the orthodontic process and the recommended treatment for your orthodontic condition. They make the process as easy and convenient as possible - rarely does a patient wait more than a few minutes to be seen for their appointment. "It's all about trying to respect others' time," said Dr. Fesler. "I know I don't like to wait, that's why we usually have a chair ready when the patient walks into the office." It's easy to see why so many of Dr. Fesler's new patients are referred by other patients.

Accepting most insurance and also offering payment plans, Dr. Fesler makes excellent orthodontic care accessible to everyone. Call today to schedule your complimentary consultation. Dr. Fesler and his team are always happy to answer your questions and help you make the best decisions for you and your family. •



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# Wylie ARTS FESTIVAL

**Saturday, December 5, 2009**  
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- \* Pictures with Santa Claus
- \* Night Before Christmas presented by Mayor Hogue
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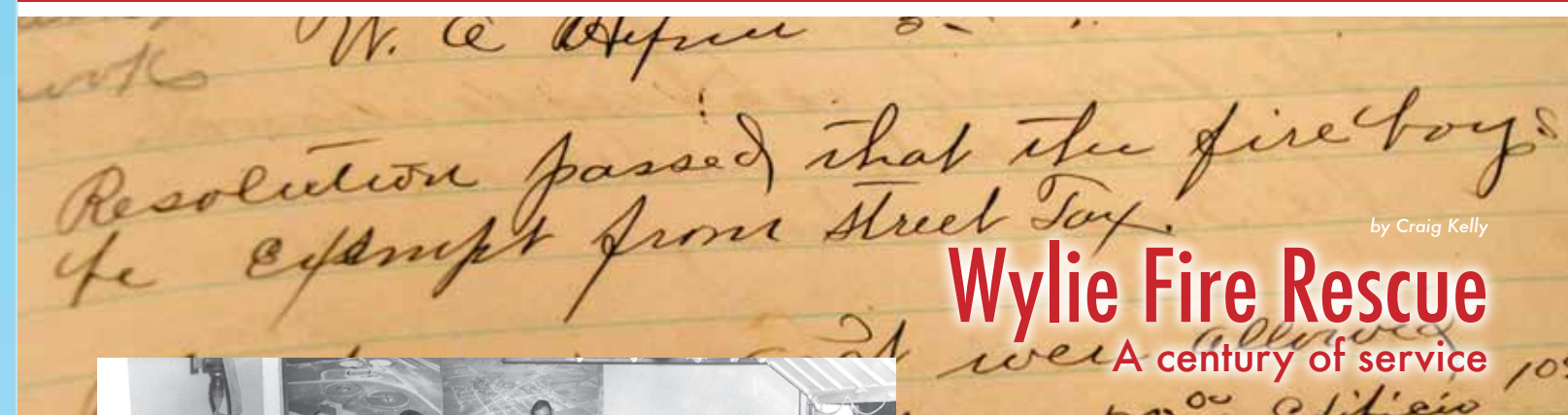
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by Craig Kelly

## Wylie Fire Rescue

A century of service



*Pictured L-R: A.B. Simmons, Mike Rollins, H.F. Moore, Harold Montgomery, Charles Ross, Bobby Braley, Jerry Christopher, E.D. Ellingburg, Prumar Becsinger, Earl Taylor, Herman Dempsey, Glenn Daniels.*



*Old Downtown Station, the site of Olde City Park*

individuals from decades back have set the ideal for service by WFR that remains in existence today.

"We are grateful to the many generations of fire-fighters who have served this great community with pride and professionalism since 1909, and acknowledge and support the great women and men that continue to serve our community today and in the future," says Wylie Fire Chief Randy Corbin.

From the very humble beginnings in 1909, a century later Wylie has grown into a recognized, dynamic, progressive department equipped to respond to almost any

**A** strong sense of community and volunteerism has been a part of Wylie's fabric since its founding in 1886, and the humble beginnings of the Wylie Fire Department (WFD) demonstrate this spirit. It began as neighbors helping neighbors—citizens leaving their fields, hardware stores, shops, banks and the railroad to respond and assist a friend or family member when fire broke out. No training, special tools or funds, simply a call to be there for one another, a call to service. As the community grew and more industry came to town, these volunteers recognized the need to formally organize and began asking the City to help with funding for fire equipment.

The beginnings of the WFD can be found in a few simple, one line, City Council minute entries penned in July, August and September, a century ago. On July 17, 1909, the City Council made a motion that a fire pump be purchased and mounted on a wagon for the purpose of building a new fire machine. The Council then appointed the first fire company officers on August 4, 1909. That same day the Council exempted the "fire boys" from the street tax. On September 1, 1909, the Council purchased two buckets and an axe for the fire machine. On January 9, 1912, an ordinance was passed creating the office of the Fire Marshal.

The spirit of volunteerism that protected Nickelville and Wylie in the early days continued through the decades. In 1993 Jim Lynch was hired as the first paid fire chief. Later that year, Ronald Sims, Jeffrey Scribner, and Jeff Henderson were hired as the first full time firefighters. While nearly all of the responders today are fully-paid professionals, the spirit of service lives on in the "neighbors helping neighbors" legacy. Those civic-minded

emergency that threatens lives and property. The City of Wylie made history in 2001 when WFR became the smallest department in the nation to obtain a class 1 rating (highest possible) from the Insurance Services Office (ISO), a very high honor considering only thirteen fire departments in the entire state of Texas, no matter the size, are designated class 1. The department also features several recognized, regional, specialized operations teams including our swift-water rescue/dive team and hazardous material team.

The department's swift-water team garnered national media attention in 2007 when they were deployed to Gainesville, Texas, due to severe flooding. The team was key to several rescues, and the pair of red and white hovercraft could be seen on every major news channel. The hazardous material team is well-trained and equipped with a fully stocked trailer that is utilized as both a transport trailer and a mobile command post.

Under the direction of Chief Corbin, WFR continues to grow. With the addition of station #3, opened in February of this year, WFR operates three full service fire stations and serves approximately sixty square miles of Southeast Collin County, including contracted service to the City of St. Paul.

The legacy of service provided by this department for over a century remains the same--neighbors rushing to help each other, caring deeply about the outcome, and helping people get back to normal by investing their own sweat, tears, and even blood if necessary. Godspeed to Wylie Fire Rescue for the next 100 years! •

*Photos reprinted courtesy of Wylie Fire Rescue.*



**W**hat started as a potential part time endeavor almost 16 years ago, turned into a group of newspapers covering eastern Collin County. A phone call from a newspaper broker in the summer of 1993 brought a change in Chad Engbrock's life that has continued to this day.

Engbrock began his newspaper career at the Dallas Times Herald, joining the paper as a staff accountant and eventually becoming Treasurer and Financial Planning Manager. After the Times Herald folded in December 1991 he served as publisher of the Las Colinas People, a weekly publication in Irving, TX, until late 1992. At the People, Engbrock was to keep it operating while securing a buyer for the newspaper. This experience proved invaluable, allowing the acquisition of his first paper, The Wylie News.

Thinking he could manage the paper part time, while pursuing other interests, Engbrock formed C&S Media in July 1993 and purchased the Wylie paper from Rita Smith on September 14, 1993. “The date we closed on The Wylie News is easy to remember,” said Engbrock. “It’s my wife, Sonia’s, birthday. But she still doesn’t count it as a birthday present.”

At the time, there were two papers in Wylie. The News and the Wylie Sentinel. Engbrock had been contacted in February 1993, by then-owner Donald Swanson of the Sentinel, about buying the weekly. "I remember visiting the Sentinel's office in Wylie and the publisher told me there were two papers in town. To say the least, I was surprised, since Wylie's population was under 9,000. On my way back home, I stopped by The Wylie News' office on Oak Street and bought a copy of the paper and brought them both back to show Sonia. When she saw the two papers side by side, she suggested I contact the News' ownership, and not pursue the Sentinel. Basically, I forgot about both for several months until I got the call about the News."

Since then C&S Media has become the source for area news publishing five weekly newspapers, each with their own website. The oldest paper in the group is The Farmersville Times, which first published March 19, 1885. The Wylie paper began in 1948 and The Princeton Herald started in 1970.

“The Times and the Herald, kind of fitting since I had worked for the Times Herald, had been on my radar for a while,” said Engbrock. “I knew the publisher, Bob Poole, and he had sold them twice in the 1990s, taking them back each time because the buyers couldn’t seem to manage them properly. In April, 2000 we were able to put together a deal that allowed Bob to retire and C&S Media to expand from one to three weekly papers.”

But awards are not the reason these papers continue. The papers are an ongoing history book for their communities. Covering local events, school board and city council meetings, local sports and everything in between.

“Without The Wylie News, Wylie would not be covered,” Engbrock said. “Sounds redundant and it is. Other publications, including the Dallas Morning News, can not and will not provide the type of coverage we do.”

"It's our job to make our readers understand how valuable we are to them. Giving them the opportunity to stay informed with the events that shape their community." Involvement and longevity are key ingredients to covering a community according to Engbrock.

"We make a point of being involved in our communities," said Engbrock. "Our staff, myself included, have served in a number of capacities on every Chamber of Commerce in our communities. We are members of service organizations and know a lot more about these cities than ever hits the pages of the papers or their web sites."

## THE CONCLUSION

**LTLE: C&S Media**

The papers also give back to their communities. In 2007 and 2008 the five papers contributed almost \$250,000 in advertising to local nonprofit organizations.

C&S Media's publications have also been named business of the year by both the Sachse and Wylie Chamber's of Commerce.

At the forefront of C&S Media's philosophy is providing the best possible coverage for its readers. "We try for balanced, fair coverage. Our journalists are degreed professionals, most having studied journalism in college."

While offering quality journalism, the newspapers strive to provide advertisers with the most economical vehicle to reach potential customers. Because each of the papers are paid circulation, you won't find editions of the News, Times, Herald or Monitor in the trash until well after its owner has read the entire issue, cover to cover.

Usually, newspapers cover the news, but lately the poor economy has taken its toll on some newspaper companies. Regardless of what you hear about the future of newspapers, in the communities of Wylie, Sachse, Murphy, Farmersville and Princeton, the news will continue to flow, both on paper and the web.





# NOVEMBER EVENTS

**Nov. 14th** - **The 1st Annual Wylie Lacrosse Chili Cook Off**, 11 a.m. at the Ranch House in Sachse. Wylie Lacrosse is a nonprofit organization that focuses on the fundamentals, skills and techniques of Lacrosse for boys ages 7-18 in and around the Wylie area. Awards given for the People's Choice, Spiciest and Most Creative chilies. The cost of entry is \$75 per team with up to 4 people on a team. Businesses are welcome. Please come join the fun and help support the Wylie Lacrosse Club. Entry forms available by emailing Shawn Loney at: shawnl@dfw-premierproperties.com.

**Nov. 14th** - **In-Sync Exotics' 1st Annual Tiger Trot**, 4 - 7 p.m. at the North Pavilion at Bob Woodruff Park - 2601 San Gabriel - Plano. Bring your families, friends and dogs for a one-mile walk in the park to help the 43 exotic cats that call In-Sync their home. Activities will include a dog agility course, bounce house, and face painting. The registration fee (\$30 adults, \$15 children) is refundable when you raise pledges exceeding the registration fee. Registration and pledge forms can be found under the "Forms" tab on our website. Event-day registration is also available at no additional fee. For more information visit [www.insyncexotics.com](http://www.insyncexotics.com) or [www.dfwtigertrout.com](http://www.dfwtigertrout.com) or call (972)442-6888.

**Nov. 14th** - **Harrison Community Fall Fest** is from 10 a.m. - 4 p.m. in Old City Park, downtown Wylie. Craft & Food vendors plus free bounce house for kids.

**Nov. 17th** - **Wylie Chamber Christian Care Month Luncheon**, 11:30 a.m., at St. Anthony Catholic Church in Wylie. For more info at [www.wyliechamber.org](http://www.wyliechamber.org).

**Nov. 17th** - **Murphy Chamber Luncheon Meeting** - Woodbridge Golf Club Dining Room. Representatives from Murphy 4A & 4B boards will be the guest speakers. Join us at 11:30 a.m., visit the chamber website to make a reservation: [www.murphychamber.org](http://www.murphychamber.org).

**Nov. 19th** - **Thanksgiving Story Time at the Sachse Library** at 11 a.m. Featuring Thanksgiving stories and a mini-feast.

**Nov. 21st** - **The Wylie View 4th Annual Chili Taste-a-thon** in Olde City Park, Downtown Wylie from 12:30 - 3 p.m. Stop by The Wylie View's 4th Annual Chili Taste-a-thon and cast your vote for the best tasting chili in all of Wylie! Donations will be presented to the Wylie Meals on Wheels. A box will also be available to accept products to benefit the Wylie Animal Shelter. For more info contact [info@wylieview.com](mailto:info@wylieview.com).

**Nov. 21st** - **The Plano Symphony Orchestra proudly presents "The Five Browns"**. This youthful, all-American quintet of brothers and sisters swept the classical world in 2005 landing them at the top of the Billboard charts and named one of the Top Classical Artists of the year. 8:15 p.m. at the Charles W. Eisemann Center - Richardson. For tickets call the PSO Ticket Office at 972-473-7262 or visit [www.PlanoSymphony.org](http://www.PlanoSymphony.org). Tickets are \$9 - \$75. Add \$2 at the door. Group and student rates available.



**Nov. 21st** - **4th Annual Sachse Holiday Tour of Homes** presented by the Sachse High School Choirs. Tickets are available at several locations in Sachse, including Kroger on HW 78, the Sachse Chamber of Commerce, Sachse Public Library, and Sachse High School. Tickets are \$10.00 and are good for all five homes. Homes will be open from 10 a.m. - 4 p.m. For more info. call Joshua McGuire at 972-414-7450, ext. 63052.

**Nov. 23rd thru Dec. 18th** - **The Fraternal Order of Police Toy and Food Drive** in Sachse. Bring donations to the Police Station at 3815 Sachse Road or to City Hall, 5560 Highway 78. If you have any questions, or know of a family in need, please contact either Officer Ronnie Davis or Sergeant Richard Oliver at 972.495.2271, ext. 154.

**Nov. 26th** - **6th Annual Sachse High School Turkey Trot** 8 a.m. at Sachse High School, 3901 Miles Road. 1 mile and 3 mile certified walk/run, live DJ, and trophies for top finishers. All proceeds benefit the Sachse High School Class of 2011 senior activities.

**Nov. 29th** - **KCS Holiday Express** at the Oak Street Crossing (just west of downtown between Birmingham Ave. & Cottonbelt Ave.) Visit Santa Claus, walk through holiday train cars filled with wonder, enjoy festive foods and play on the inflatables. 4-8 p.m.

# DECEMBER EVENTS

**Dec. 1st** - **11th Annual Sachse Chamber of Commerce and City of Sachse Christmas Tree Lighting**, 5:30 - 7 p.m. at the Red Caboose, 5941 Highway 78. We will light the tree, sing Christmas carols, and walk over to the Chamber office for refreshments - There is no fee for this event.

**Dec. 3rd** - **City of Murphy's Annual Tree Lighting Ceremony**, 6 - 8 p.m. There will be local choirs, refreshments and a very special "jolly" guest! Join us at the Murphy Municipal Complex to kick off the holiday! Call 972-468-4000 for details.

**Dec. 3rd** - **Christmas Story Time with Santa** at the Sachse Library at 6:30 p.m. Featuring Christmas stories and snacks with Santa and a special gift from the Library. At 7:30 p.m. the Sachse High School Madrigal Singers will perform songs of the season. There is no fee for this event.

**Dec. 5th** - **Wylie Arts Festival** in Olde City Park, downtown Wylie. 10 a.m. - 8 p.m. Christmas tree lighting at 7 p.m. Shop for fine art and handmade crafts, listen to the sounds of the season, watch holiday cooking demonstrations, enjoy



festive foods, and top the day off with the Festival of Lights Christmas Parade and the annual Tree Lighting Ceremony. There is something for everyone: Arts and Crafts Booths, Children's Storytelling, Festive Foods, Children's Area, Cooking Demonstrations, Entertainment. [http://www.ci.wylie.tx.us/events/arts\\_festival.jsp](http://www.ci.wylie.tx.us/events/arts_festival.jsp)

**Dec. 5th** - **Festival of Lights Christmas Parade** presented by First Baptist Wylie and the Wylie Downtown Merchants on Ballard Ave. 5:30 p.m. Sign up at: [www.fbcwylie.org](http://www.fbcwylie.org).

**Dec. 5th** - **The Wylie Women's League first Pancake Breakfast with Santa** at Fire Station #3 in Wylie. There are 2 breakfast seating times the first one is from 8 - 9 a.m. and the second one is from 9:30 - 10:30 a.m. Purchase your ticket early from any WWL member or visit our website at [www.wyliewl.org](http://www.wyliewl.org). Pre purchased tickets are \$10.00 for a family of 4 (extra tickets are 2.50) and tickets at the event are \$3.00 per person. Each family member will need a ticket for the event. Bring your camera for pictures with Santa.

**Dec. 8th** - **Sachse Chamber Business Networking Luncheon** at Northplace Church, 2709 3rd Street in Sachse, 11:30 a.m. - 1 p.m. \$15 if RSVP is received by 5 p.m. the day prior, \$20 No RSVP Non-Chamber Member: \$20. [www.sachsechamber.com](http://www.sachsechamber.com)

**Dec. 11th** - **Men Who Cook** Presented by the Sachse Chamber of Commerce. Celebrity "Chefs" from the community will prepare & share their famous recipes. Guests will sample each Chef's creation while enjoying music, drinks & dancing for an evening of holiday fun! 6:30 - 9 p.m. at Swingin' D Ranch, Parker, TX. For tickets or more info call 972-496-1212 or go to [www.sachsechamber.com](http://www.sachsechamber.com).



**Dec. 12th** - **Christmas in Sachse, Texas Style - 2nd Annual Parade** All bands, choirs, dance groups, scout troops, church groups and organizations who want to participate are invited. We line up in the Park Lake Church parking lot, 3702 Sachse Road, at 8:30 a.m. for the 9 a.m. start. We will travel down Miles Road, ending at Sachse High School, approximately one mile. The theme is Texas Christmas. To register a float please call Denise Vice at 469-429-4771 or Cynthia Wiseman at 469-429-0275.

**Dec. 12th** - **Cookies with Santa** following the Sachse parade, join us at City Hall, 5560 Highway 78, from 10 - 11:30 a.m. Children ages 10 and under are invited to visit Santa and receive a small gift. There will be refreshments, music and stories. Also, bring a canned good or non-perishable food item to receive a raffle ticket entered in the drawing for great prizes throughout the event.

**Dec. 13th** - **Sachse Holiday Lighting Contest Judging** between 6 and 9 p.m. - Anyone interested in entering the contest must fill out a registration form available in the city's holiday newsletter sent to each home the first of December or on the city's website.

**Dec. 14th** - **The Children's Chorus of Collin County** will be presenting a holiday concert entitled, "Winter Lights...A Twinkle, A Flicker, A Glow" The 7 p.m. concert will be at St. Andrew United Methodist Church, 5801 W. Plano Parkway, Plano. Featured guest artists will be The Davidson Brothers, a local trio of professional singers. Tickets are \$8.00 for adults with free admission to all school age children. For additional information visit [www.childrenschorusofcollincounty.org](http://www.childrenschorusofcollincounty.org) or call 972-941-9600.

**Dec. 15th** - **Murphy Chamber Luncheon Meeting** - Woodbridge Golf Club Pavilion. This will be a Christmas party with no speaker. Join us at 11:30, visit the chamber website to make a reservation: [www.murphychamber.org](http://www.murphychamber.org).

**Dec. 18th & 19th** - **Heard Museum Holiday Trail of Lights**. See thousands of twinkling holiday lights along the Dinosaurs Alive! nature trail and enjoy festive activities including a Christmas tree lighting, live entertainment on our outdoor amphitheatre stage, family pictures with Father Christmas & Mother Nature in the festively decorated Heard log cabin, an Artisan's Market for perfect holiday gifts, and complimentary hot chocolate & cider provided by Preservation Tree Services. 6:30-9:30 p.m. \$5 adults, \$3 kids 3-12, kids ages 2 & under are free. Group rate: \$1 discount off each ticket sold (group of 20+ people) More info at [www.heardmuseum.org](http://www.heardmuseum.org).

**Dec. 19th & 20th** - **Plano Symphony Orchestra presents "Home For The Holidays"** featuring Laurie Gayle Stephenson and Friendship-West Baptist Church Choir. Collin County's most popular holiday tradition is back! Two performance times in Plano and one in Frisco! Sat., Dec. 19 - 4 p.m. at Frisco High School, 6401 Parkwood Drive, Frisco and Sun., Dec. 20 - 4 p.m. & 7:30 p.m. at St. Andrew United Methodist Church, 5801 W. Plano Parkway, Plano. For tickets, call the PSO Ticket Office at 972-473-7262, or visit [www.planosymphony.org](http://www.planosymphony.org) to order online. Reserved Seating: \$9 - \$37, groups and student rates available. Add \$2 at the door.

## WYLIE'S RITA AND TRUETT SMITH PUBLIC LIBRARY EVENTS

Wylie's Smith Public Library is located at 800 Thomas Street, Wylie 972-442-7566.

### Wagging Tales:

Nov. 5th & 13th, Dec. 3rd & 17th - New readers are invited to practice their reading skills with Abby the Collie in a non-judgmental setting. Abby is a Delta Society trained pet partner and will be at the Smith Public Library. 6:30 p.m. For additional info contact Ofilia at 972-442-7566.

### Teen Library Council Meeting:

Oct. 8 from 5 - 6 p.m. to decide on teen programs, give feedback on the teen collection

and discuss their favorite reads. All teens (6th - 12th grade) are welcome!

### BeTween Book & Movie Club:

Nov. 19th - 4th & 5th graders are invited to discuss Tuck Everlasting by Natalie Babbitt, watch scenes from the movie and enjoy snacks. The first 15 kids to sign up will get a free copy of the book.

### Wednesday Morning Story Time:

**Big Kids Story Time:** Ages 3-5 are invited to listen to books, flannel stories and songs at 9 a.m. or 11 a.m. on Wednesday's.

**Wee Read Story Time:** Babies and Toddlers ages 0-2 are invited to listen to books, flannel stories and song at 10 a.m. on Wednesday's.

**Story Time Dates & Themes:** Nov. 4 - Breakfast yum yum, Nov. 11 - Under the Weather, Nov. 18 - Hair Affair, Nov. 25 - Turkey Day Gobble Gobble, Dec. 2 - Shop 'till you drop!, Dec. 9 - Choo Choo Trains, Dec. 16 - Winter Snow

### Teen Holiday Party:

Dec. 10th - Teens (6th - 12th grade) are invited to the Annual Teen Holiday Party. This celebration is free and will be held from 6 - 7:30 p.m. in the Bluebonnet Room.

### Family Fun Night presents Ebenezer Scrooge:

Dec. 21st - The Smith Public Library is honored to host professional storyteller, Jerry Young. Everyone is invited to experience a ghostly narration of A Christmas Carol by Charles Dickens at 6:30 p.m. This event is free and open to the public.

### The 4th Monday Book Club (ages 18 & up)

Nov. 30 - **Meet the Author: Kathleen Kent**

The 4th Monday Book Club invites you to meet Kathleen Kent and discuss her novel The Heretic's Daughter at 6:30 p.m. For additional information contact Donna at 972-442-7566. This event is free and open to ages 18 and up.

### Libraraknits:

Nov. 6, Nov. 13, & Nov. 20 from 1 - 2 p.m. in Smith Public Library children's area. Anyone interested in learning how to knit or anyone who wants to knit along. This opportunity is free and open to all ages and all skill levels. Please bring your own needles and yarn.

### Wylie Friends of the Library:

Oct. 15th - The Friends of the Rita & Truett Smith Public Library are having their monthly meeting on at 6 p.m. in the Bluebonnet Room. To celebrate the ground-breaking of the new 43,934 sq. ft. library, membership fees are currently half price and a free library bag comes with your membership!

# SACHSE LIBRARY EVENTS

Sachse Public Library is located at the corner of Sachse Rd. & Miles Rd. 972-530-8966.

**Preschool Story Time:** Every Thursday at 11 a.m.

### Paws & Read:

Nov. 10 & Dec. 8 - New readers practice reading with a service dog at 6:30 p.m.

**Sachse Friends of the Library:** Meet the 4th Tuesday at 7 p.m.

*The Friends of the Sachse Library are collecting materials now for their book sale in the spring of 2010. They need everyone's help with donations. If you have any gently used books, CDs, videos, or books on tape/CD that you would like to donate to the sale, they will be greatly appreciated. Donations are tax deductible. Just make sure to request a tax deductible donation form. You may take your donations to the Library's front desk anytime during Library hours, Monday thru Thursday, 12 noon to 8 p.m., Friday, 12 noon to 6 p.m., and Saturday, 10 a.m. to 4 p.m.*

**Every Wednesday** - Wylie Chamber of Commerce Business Card Exchange, Woodbridge Golf Course club house, 7400 Country Club Dr., Wylie. Network and promote your business from 8 - 9 a.m. For more info call 972-442-2804 or visit [www.wyliechamber.org](http://www.wyliechamber.org). *No card exchange on Nov. 25th, Dec. 23rd, Dec. 30th or Jan. 6th.*

## Tell me about it.....

To submit your special event to the **January/February** community calendar send an e-mail to [theconnection.anne@mac.com](mailto: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!

Mon. - Fri. 7:30 a.m. - 6 p.m. & Sat. 10:00 a.m. - 2 p.m.



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Shop fees in the amount of 6% of labor charges will be added to invoices greater than \$20. These fees will not exceed \$25 and represent costs and profits. Shop fees not applicable in CA or NY.

**Expires 12/31/09**

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Shop fees in the amount of 6% of labor charges will be added to invoices greater than \$20. These fees will not exceed \$25 and represent costs and profits. Shop fees not applicable in CA or NY.

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## 1948 Ahrens Fox Fire Engine

Sachse Historical Society honors former Volunteer Fire Chief

by Pamela Smith

The Sachse Historical Society named a vintage fire truck after former Sachse Fire Chief Joe J. Stone. The dedication was made at the Sachse Volunteer Fire Department reunion this fall. The Society is working to restore the fire truck, which the department bought at auction from the city of Dallas. It served the department from 1978 to 1987.

Current Sachse Fire Chief Doug Kendrick named the 1948 Ahrens Fox fire engine the Joe J. Stone Engine #3 in honor of Stone's service as the first Sachse Volunteer Fire Chief from 1968-1987. Stone, who attend the dedication, passed away from cancer in August.

When the 1948 Ahrens Fox was retired, a 1952 Chevrolet Fire Engine used by the Sachse Volunteer Fire department was sold to raise money for the restoration of the Ahrens Fox Fire Engine. The money was held in escrow until February 2008 when the Sachse City Council turned over the funds and presented the fire engine to the Sachse Historical Society.

Restoration levels range from preservation and prevention of further deterioration, display-only condition and full operating condition. The Sachse Historical Society is working to achieve all three levels, but will start with display-only condition, divided into two phases.

"You should have seen the truck this fall. It sat outside exposed to the elements and covered in weeds," said Karen Reed, president of the Sachse Historical Society. "It looked so bad that people were saying, 'Restoration can't be done. It's not worth it.' But once we had it out of the weeds and the committee began to clean it up, we began to see a clearer vision for the fire engine."

The fire engine restoration committee has identified an attainable number of initial steps that can be taken immedi-



Former members of the Sachse Volunteer Fire Department and the Ladies' Auxiliary at the dedication of the 1948 Ahrens Fox fire engine #3 as the Joe J. Stone Engine on June 27, 2009 at the Sachse (TX) Historical Society Museum. (Photos by Darlene Putman)

ately to improve the appearance of the fire engine. "Preservation and prevention of further deterioration was achieved when the fire engine was moved to a concrete pad, under a roof created at the Sachse Historical Society Museum," Reed said. Currently, the engine is at a local body shop awaiting the next step in its makeover – a shiny new coat of paint.

To date the Society has raised almost \$4,000 toward its fire engine restoration fund. "Thanks to the hard work and dona-

tions from many groups, the project is underway," Reed added. "However, several thousand dollars more is needed in order to meet the long-term goal of full restoration.

"Both Joe Stone and the fire engine given his namesake have touched so many lives in Sachse," Reed said. "We are honored to facilitate this, and anxious to share the restored fire engine with its rich history."

The goal is to have the newly painted fire engine returned to the museum by February 2010, in time for the Historical Society's annual meeting. Once all work is complete, the Sachse Historical Society will house the fire truck at its museum located at 3033 6th Street in Sachse.

For more information about the Joe J Stone Engine #3 or to make donations to the cause, visit the Society's website at [www.SachseHistoricalSociety.org](http://www.SachseHistoricalSociety.org). •

*All photos reprinted with permission of the Sachse Historical Society.*





# First Baptist Church Murphy

A historic landmark moves to a new home

by Lori C. Villarreal

Dressed in white-washed siding and bejeweled with stain glass windows, the pristine church stands like a bride on her wedding day. And just as a bride vows to her bridegroom, First Baptist Church Murphy promised to commit a faithful love for the fast-growing community. Even amongst the changing hustle-and-bustle of fast food and convenience shopping she has kept her promise for over 109 years.

First Baptist Church Murphy was originally established in 1900 on the corner of 14th Street just west of Murphy Road where she stood proudly until just this summer. Then called Murphy Baptist Church, the church was built to serve the budding railroad town of Murphy, Texas.

As the town grew, the congregation expanded and the church found itself landlocked, needing to stretch out a bit. In 1979 patrons moved their worship to a larger location to better accommodate growing membership. The fellowship changed its name to Murphy Road Baptist Church effectively splitting off from a few faithful members who remained at the original site. Thirty-five members desired to maintain a tradition at that time almost 80 years in the making and reestablished the church as First Baptist Church.

Now recognized by a historical marker, the First Baptist Church Murphy congregation worried over preserving the significance of the church's romantic façade. Many of us watched as great care was taken to transport the lovely bride to her new home. Now settling in just north of her former residence First Baptist Church Murphy is situated on 10.5 acres of lush property on Murphy Road and McMillen Drive.

While a multi-phase strategy for growth is in place, all energy is currently spent preparing the historic church for her congregation's return. Even a tattered wedding dress passed from generation to generation requires attention to torn hems and worn material.

This summer all damaged and deteriorating areas of concern were removed. Some beams and all the roofing were replaced, wiring and plumbing renewed, and a new air conditioning system installed. The white-washed siding was just recently replaced and the interior wood work is being polished and varnished. Every detail is being tended too.

Larry and Teral McDonnall have been members for over two years. They remember getting married in the historic church almost five years ago. Larry, a deacon of the church, shares, "The community has expressed a great deal of interest in our church's move. We are anxious to get the doors open this coming November." Teral reported that their pastor, "Has a heart for mission work in this community." Indeed Dr. Don Cole has recently spent several weeks serving in Brazil.

Over the years, the heart of the church - the members - have stood faithful serving the community. The dramatic changes constructed and de-constructed all around her have substantiated her steadfastness. The years have simply enhanced her beauty.

First Baptist Church Murphy is currently meeting at South Fork Baptist Church. Additional information can be found at [www.fbcmurphy.com](http://www.fbcmurphy.com).

Photos by Lori Villarreal & Anne Hiney.



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Texas law prohibits hospitals from practicing medicine. Dr. Hughes is an independently practicing physician employed by the Richardson Physician Alliance and is not an employee or agent of Methodist Health System or Methodist Richardson Medical Center.



## Ladies Do Breakfast

At Ballard St. Cafe & Grill in downtown Wylie

by Lori Whitten of Poetry & Wylie

Breakfast was the meal of choice and where, other than Ballard Street Café would do? We ladies (and one little girl) invaded Gary and Charlotte Bowland's place with growling tummies and happy hearts. Wisely, we were seated in the back, in what I like to call the "nook", as I am certain they knew of our wild and boisterous escapades.

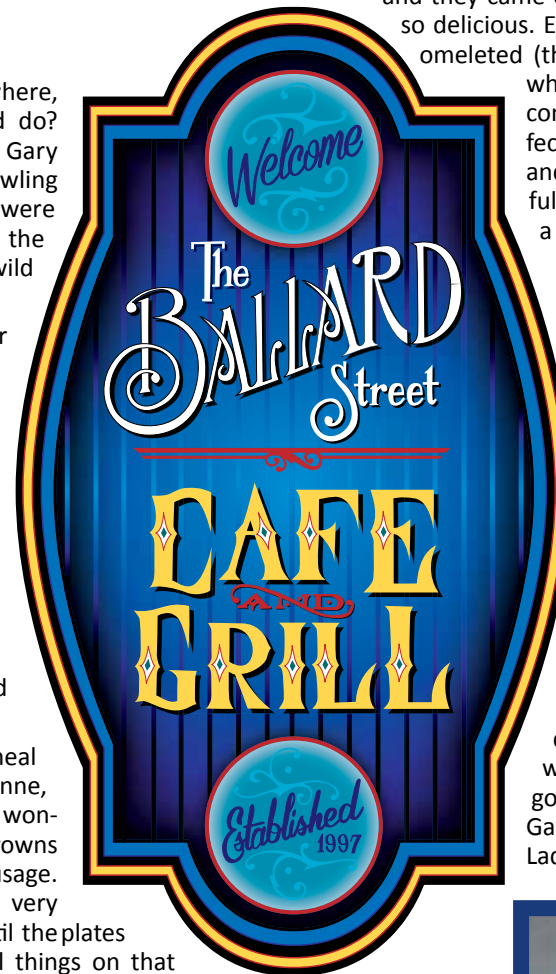
A sense of nostalgia always comes over me when I enter Ballard Street Café. Many mornings my two (now grown) daughters and I would meet my mother there, for a scrumptious breakfast and lively conversation before packing them off to school. For some reason, it was always easier to get Ilisa, Anique and myself out of bed and ready to face the day knowing that breakfast was taken care of. This overcast morning was no exception; it seemed easier to get out of the house with Alora on this particular Friday. I was looking forward to the breakfast and the company.

Breakfast, being the most important meal of the day, is also one of my favorites. Anne, Becky, Judy, Stacie, Alora and I ordered a wonderful assortment of eggs, bacon, hash browns (crunch please), pancakes, biscuits and sausage. It is worth mentioning; generally we are a very loud bunch. This day was no exception, until the plates where set in front of us. I noticed several things on that morning: 1st - Breakfast is a personal meal, no sharing – we

were a selfish bunch with our plates and 2nd - Very little talking went on during the actual eating part of this meal. I did hear many satisfying mmms and ah good, but I am not certain that equates to conversation.

Gary says, "We cook just like your Grandma" and I would have to agree – it was very much like eating breakfast at my Grandma's house. We asked for our hash browns crunchy and they came out a beautiful crunchy golden brown and oh so delicious. Eggs, whether they were scrambled, fried, or omeleted (that's not really a word but I needed a verb) where perfect. My youngest child is a pancake connoisseur and she proclaimed pancake perfection. Bacon was crunchy but not overly so and the gravy was a perfect creamy and flavorful mate for the light and fluffy biscuits. It was a perfect start to what would be a perfect day.

Ballard Street Café is a great choice for meals if you would like a wonderful home-style meal and to catch up on some Wylie history. This is not just a treat for your tummy; Wylie history is all around - enjoy beautiful prints by John Pototschnik, images of Historic Downtown Wylie as well as photos from the two fires that took many historic buildings in December of 1998. You are very likely to run into a neighbor, school chum or old friend as you dine. Ballard Street Cafe is one of those places that feels like home; they are open Monday thru Saturday 6:00 a.m. to 8:30 p.m. and Sunday 7:00 a.m. to 2:00 p.m. and feature breakfast, lunch and dinner. For a sneak peak of their menu visit [www.ballardstreetcafe.com](http://www.ballardstreetcafe.com), but for a real treat go in for a great home-cooked meal, say "hi" to Gary and Charlotte and tell them – the "Lunch Ladies" sent you. •



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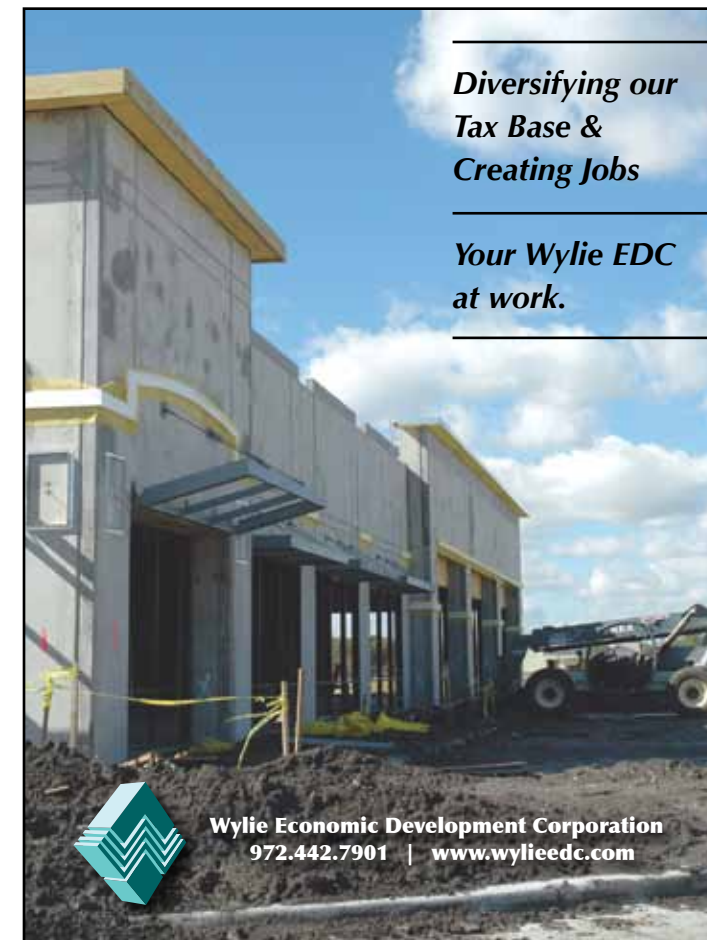


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# Wylie Independent School District

A brief history

by Susan Dacus

In the 2001-2002 school year the Wylie Independent School District celebrated its centennial with a number of activities, the largest of which was a reception at Wylie High School that brought students and teachers back to their home district to honor the individuals and events that have molded it. The centennial seal that was designed for the event noted that the Wylie ISD began in 1901-1902 when the incorporated school district was sanctioned by the state legislature.

Amazingly, it has been almost ten years since the Wylie ISD Historical Committee comprised of Pauline Akin, Gail Clemmons, Doris Craighead, Donnita Nesbit Fisher, Beb Fulkerson, Wanda Gentry, Martha Ann King, Bill and Donna Lewis, Rita Smith, Kathleen Moore, Agnes Dempsey and WISD committee liaison Susan Dacus began their work on the centennial events in coordination with Superintendent H. John Fuller.

In those ten years the district has grown dramatically and almost tripled in student enrollment with 12,000 plus students. It will soon begin construction on its tenth elementary campus. Wylie ISD has also become a "Recognized" district in ratings by the Texas Education Agency. Ten campuses are Exemplary, four are Recognized and the other three are Acceptable. WISD is the recipient of various financial awards and its students and staff members are recognized at the state and national levels.

The Wylie Independent School District of today is a world apart from the first schools built in this part of North Texas. In the early days, education was valued but was often provided in homes when several children were taught together or at private academies or schools. The Lee School was possibly the oldest school built in this area. Land for the building was donated by William Marshall Lee who could neither read nor write. The school opened to students in the 1850s. Even before the community of Nickleville was established and then became Wylie, early local schools were often initiated by individuals like Mr. Lee who donated land or by small groups of neighbors who erected the building.

No public schools, however, existed for those students who could not attend privately built schools. In 1840, the provision was made for the establishment of free public schools. No such public schools were established until 1854 when the State of Texas opened the first schools of a public free school system for elementary grades only. It was the early elementary schools of

this area which were the foundation of what eventually became Wylie Independent District #914.

Many times all of these modest schools were comprised of one or two rooms equipped with split log seats, an old wooden stove and two outdoor privies. Lucky students actually had desks. After the Lee School opened, over the years various other schools were built in the area although the Pleasant Grove School District #87, built in 1876 was especially interesting. Its name soon unofficially changed to Rough and Ready School because of the fight that broke out at the completion meeting held to celebrate the occasion. Because of the free-for-all that ensued, someone said that the place was "rough and ready."

The name stuck and the school, located near Parker Road and Highway 1378, was the first of several small schools to transfer later to Nickleville School. No records exist as to what caused the fight at that first meeting.

The Shiloh Baptist Church, the first church in Nickleville, was the home of Nickleville School #63 which was first established in 1884 as a community sys-

tem. Around this time the state enacted a law that required the community to furnish a building and present a list of children to the County Board of Education. The judge appointed three local trustees who could hire a teacher. The first teacher was W.W. Shepherd who came from the Normal School (a nearby private school). The teacher was allowed to teach any subject he desired with the approval of the citizens. In 1887 Wylie was incorporated and Nickleville merged with and became Wylie.

Wylie began to grow as people moved to the newly created community, many of them for the school which for several years was housed in the Christian Church. In 1889 Henry H. and Sallie Callaway gave four acres of land for a new school. The two-story frame building was completed in 1891; in 1897 the name of the school officially became Wylie Common #63.

In 1901 Wylie was incorporated for school purposes and extended its westward boundary. The system levied a 15-cent tax on all taxable property within the district and petitioned the county court to make an independent school district. The petition was granted in January, 1902, in the middle of the school year. The efforts of Frank Birmingham and G.W. Housewright, both ardent advocates of public free schools, were attributed for this remarkable event. •

Photo reprinted courtesy of Wylie ISD.



1909 class photo.

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# Collin College's Pre-Admission Program

Student achieves dream to attend SMU

by Mark Robinson

**D**aniel Sanabria stepped onto the campus of Southern Methodist University (SMU) this fall ahead of the game and with a vision.

The goal while at SMU is a 4.0 grade point average while earning a bachelor's degree with a double major in anthropology and international studies and a minor in human rights or economics.

However, the destination is half the story. As it happens, the journey is just as intriguing.

## It all started at Collin College.

The 23-year-old Wylie resident started at Collin College in fall of 2006.

"I went from just showing up to class and getting it done to actually looking forward to all the experiences I was going to have," Sanabria said. "I had a phenomenal semester where I had Dallie Clark's humanities



Daniel Sanabria started at SMU this fall after attending Collin College and participating in the pre-admission program.

class, Angela Putman's speech class and Dr. Joan Jenkins' history class. The mixture of those three happening at the same time was perfect. It got me out of my shell and enhanced by academics. It just changed me."

While volunteering with a series of student groups and events, Sanabria made a series of contacts and eventually heard more and more about Collin College's pre-admission partnerships.

The program includes 10 universities or colleges in the state that Collin College has signed an agreement with. Each agreement is unique and provides a number of benefits for students accepted into the program.

The general purpose is to provide a streamlined means of a student to finish their core curriculum at Collin College and then to transfer those completed credits to a university, seamlessly.

Sanabria eventually chose the partnership with SMU.

The agreement with SMU is unique in that only 20 students maximum are accepted every year and the student must maintain a grade point average of at least 2.95.

"The faculty and staff here and the faculty and staff there are very complementary. I couldn't have done a lot of things without the support of the faculty at Collin College," Sanabria said. "At SMU, I've seen that same exact type of support and encouragement to get involved."

The partnership includes perks like working with an SMU advisor, a student ID to attend lectures and sporting events, access to the SMU library and a DART pass.

"When it came to transferring my courses, it was very intimidating because each university has its own criteria as to what they'll accept. All my courses transferred," he said. "I was in constant contact with Abbi (Pfister, SMU senior admission counselor and coordinator of transfer admission) and Stephanie (Hanson, Collin College coordinator of transfer programs). Any time I had a question to ask (Pfister) what classes I was going to take, which prevented me from wasting my time."

In addition, Sanabria was able to procure a full transfer scholarship to SMU thanks to the pre-admission program.

This service and the education he'll mine over the next several years could prove invaluable to not only Sanabria, but also the world. He wants to work as a foreign ambassador -- particularly in the Latin American region -- and help improve foreign relations and economic development.

In the end, Sanabria wouldn't mind winding up where this all started: In a classroom.

"After I attended Dr. Joan Jenkins' history class, I said, 'I want to be a professor so bad,'" Sanabria said. "Pretty much, I'd like to be a lifelong student."

Other pre-admission partners include Austin College, Baylor University, Dallas Baptist University, Texas A&M University, Texas A&M University-Commerce, Texas Tech University, Texas Woman's University, The University of Texas at Dallas and the University of North Texas.

For more information about the pre-admission partnerships, visit <http://transferu.ccccd.edu>. •

Mark Robinson is the public relations associate at Collin College. Photo by Nick Young/Collin College





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# Give Your Heart a Little TLC

Reduce your risk of heart disease

by Gary Sackrison, MD

Thanks to lifestyle changes and medical advances, the number of Americans lost to heart disease has declined since the 1960s and 1970s. Unfortunately, it's still the number one killer of men and women in our country, and the magnitude of the problem demands even greater efforts by patients and doctors.

In order to reduce your risk, it is important to know what the major risk factors are and then work on the ones you can control. Risk factors include:

- High blood pressure
- Elevated cholesterol
- Tobacco/smoking
- Diabetes
- Family history of heart disease
- Obesity
- Sedentary lifestyle
- Ongoing stress
- Being male (while women have a higher incidence of heart disease, men typically develop problems sooner in life)

The foundation of heart disease prevention is a healthy diet and exercise — and that takes a lifetime commitment. Healthy choices can improve your quality of life and help you live longer.

A heart-healthy diet can improve cholesterol and has been shown in some studies to slow or even reverse heart disease. Eating less saturated fats and oils can improve your LDL (low-density lipoprotein), or “bad” cholesterol, by 15–20%. Triglycerides are even more sensitive to dietary changes. Reducing the amount of refined foods and sugar in your diet can lower triglycerides by 30–50% in some cases. Your doctor may recommend supplements or medications for more serious problems.

## Five Steps to Better Heart Health

1. Know your risk factors and work to manage them with your doctor.
2. Talk to your parents and grandparents to determine your family history of premature heart disease.
3. Don't smoke or quit as soon as possible.
4. Exercise regularly.
5. Eat a heart-healthy diet.

It's more difficult to raise your HDL (high-density lipoprotein), or “good” cholesterol, but exercising definitely makes a difference. Your HDL level can be improved 10–15% with exercise.

Regular exercising strengthens your heart and can help you manage your weight, blood sugar, blood pressure, cholesterol, and help dissipate the negative impact that stress has on our mind and body. A certified personal trainer can often be a good resource for developing an exercise program. If you are over the age of 40, talk to your doctor before getting started.



To reap the benefits, you should try to exercise at least 150 minutes a week (30–60 minutes three to four times a week). The specific exercise you choose is not as important as whether you exert yourself sufficiently to increase your pulse to between 60–85% of your predicted maximum heart rate. (To calculate your maximum heart rate, subtract your age from 220.) Try to spend 5 minutes warming up prior to exercise and 5–10 minutes cooling down.

In order to avoid injuries, start with 10–20 minutes of exercise at 60% of your maximum heart rate and slowly build up your time and intensity over one to two months. If you feel like skipping your workout, don't! It's okay to give yourself a break now and then by reducing the intensity of

exercise, but try not to take the day off. Remember, a brisk walk for 20–30 minutes is better than nothing if you can't work out or go to the gym. Set goals. A 5K race or 25-mile bike ride is a great accomplishment! Seek out friends who will exercise with you and hold you accountable.

Heart disease prevention begins in childhood. Learn and adopt more healthy dietary habits as a family.

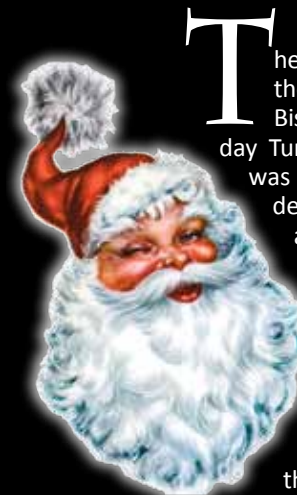
Unfortunately, too many Americans die from heart disease, but you can make a difference. Talk to your doctor and ask him or her about your risk factors and what reasonable things you can do to improve them. Your heart will love it. •

*Gary Sackrison, MD, is an independently practicing physician on the medical staff at Methodist Richardson Medical Center. He attended Loma Linda University School of Medicine in California and completed his family practice residency at University of Minnesota Department of Family Practice and Community Health and North Memorial Medical Center in Minneapolis, Minnesota. Dr. Sackrison has more than 15 years of experience in family medicine. He spent the last several years in Plano and McKinney before opening his practice in Richardson. He is board certified in family medicine and specializes in preventive health and cardiovascular disease prevention. To make an appointment, please call 214-576-2227.*



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# SANTA CLAUS



The origin of Santa Claus begins in the 4th century with Saint Nicholas, Bishop of Myra, an area in present day Turkey. By all accounts St. Nicholas was a generous man, particularly devoted to children. After his death around 340 A.D. he was buried in Myra, but in 1087 Italian sailors purportedly stole his remains and removed them to Bari, Italy, greatly increasing St. Nicholas' popularity throughout Europe.

His kindness and reputation for generosity gave rise to claims he that he could perform miracles and devotion to him increased. St. Nicholas became the patron saint of Russia, where he was known by his red cape, flowing white beard, and bishop's mitre.

In Greece, he is the patron saint of sailors, in France he was the patron of lawyers, and in Belgium the patron of children and travellers. Thousands of churches across Europe were dedicated to him and some time around the 12th century an official church holiday was created in his honor. The Feast of St. Nicholas was celebrated December 6 and the day was marked by gift-giving and charity.

After the Reformation, European followers of St. Nicholas dwindled, but the legend was kept alive in Holland where the Dutch spelling of his name Sint Nikolaas was eventually transformed to Sinterklaas. Dutch children would leave their wooden shoes by the fireplace, and Sinterklaas would reward good children by placing treats in their shoes. Dutch colonists brought this tradition with them to America in the 17th century and here the Anglican name of Santa Claus emerged.

In 1822 Clement C. Moore composed the poem A Visit From Saint Nicholas, published as The Night Before Christmas as a gift for his children. In it, he portrays Santa Claus:

He had a broad face and a little round belly,  
That shook when he laughed, like a bowl full of jelly,  
He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head  
Soon gave me to know I had nothing to dread.

Other countries feature different gift-bearers for the Christmas or Advent season: La Befana in Italy ~ The Three Kings in Spain, Puerto Rico, and Mexico ~ Christkindl or the Christ Child in Switzerland and Austria ~ Father Christmas in England ~ and Pere Noël, Father Christmas or the Christ Child in France. Still, the figure of Santa Claus as a jolly, benevolent, plump man in a red suit described in Moore's poem remains with us today and is recognized by children and adults alike around the world. •

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# MERRY CHRISTMAS





# 5 Smart Christmas Spending Tips

Simple ways to save some cash this holiday season

by Ellie Evergreen

It may be fall but it is only 2 more months until Christmas. There are many parents in particular who will in the next couple of weeks start to prepare for the holidays. So what do you need to know to make sure that you plan successfully and meet all your goals for Christmas for your children and family? This can be daunting especially at a time when many families have seen a decrease in their spendable income. However, it is not impossible. With planning and some innovative ideas the holidays can be as fun and memorable as ever. Here are some great tips to guide you as you get ready for the holidays this year.

Set a budget. Many of you already have a budget for normal expenses, however to get the most out of what you spend this holiday you need to formulate a holiday budget. This is going to be your plan for what to spend on decorations, food, and presents. Done right you will find that you have more to spend with than you might have originally thought. A great idea is to set a budget for each child's presents. Have them ask if they would like one big present from Santa or a bunch of smaller ones. This is great for older kids who will by now know that Dad is Santa. But it also applies for any parent buying presents.

Come up with great traditions that cost little or nothing. They can be anything as long as it involves some sort of activity that allows your family to spend time together. For example an interesting idea would be to do a large puzzle with your children. You can choose one that will take a while to complete preferably until Christmas. Then on Christmas Day you can start a new puzzle that will last you until the next year. It can also be simple

things like a special Christmas breakfast or dinner. These are traditions that won't cost much more than normal and will become great memories for you and your family.

Take advantage of the sales this Christmas. This is normally the rule of thumb but the retail sector was really affected by the recession so there will be greater than normal sales. This translates into huger savings. Try to find out when sales are happening so you can save up and take maximum advantage of what they have to offer. You will probably find yourself able to get more this year than you did in the past.

Make sure to take advantage of new options in shopping such as online shopping and layaway. Online shopping allows you to get items without the hassle of the holiday rush.

You can now purchase items on sale so you get the benefit of going to the store without having to sacrifice time driving and dealing with crowds.

Layaway is another great shopping option that allows to pay for a purchase over time without using credit. This is a great way to help you focus funds that you set aside for the holidays.

Finally take advantages of special services this Christmas to create special moments for your younger children. For example you can use an online service to order a special call or letter from Santa for your children. •

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