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*The Elliott family  
photo provided by Innovative Images*



## Mrs. Frisco's Heart

By Wendy Crooks

**THERE'S A BUMPER STICKER** that reads, "I wasn't born in Texas but I got here as fast as I could." The same could be said for Sheila Elliott and the town of Frisco. Although she wasn't born in Frisco, she got here as soon as she could and has certainly made it her home. A resident for 10 years, she has most recently been awarded the title of Mrs. Frisco.

Mrs. Elliott is involved in a plethora of activities and, like most moms, many of them have stemmed from the birth of her children. Sheila and her husband, Jason, have a six-year-old, Dillon and four-year-old twins, Ethan and Colby. Before the twins were born, the couple learned that "Baby B," who turned out to be Colby, suffered from the congenital heart defect Hypoplastic Left Heart Syndrome (HLHS). This severe defect meant that Colby was, in essence, missing half of his

heart. The family was given a few options, none of which seemed appealing. Due to this defect, Colby has endured five surgeries to date and will ultimately face a heart transplant.

As a result of Colby's illness, Mrs. Elliott has become impassioned to do her part to help save the lives of others. After several visits from the Care-flight crew, Mrs. Elliott was encouraged by the team to ride out with them. After doing so, she immediately enrolled in EMT school and enjoyed the experience so much she decided to go to Paramedic school. She also enrolled in the Frisco Citizen's Fire Academy, which resulted in her attendance in Firefighter school. With all of that training under her belt, she is now a Paramedic Firefighter and hopes to save as many lives as possible.

Although Mrs. Elliott does not have

a tremendous amount of pageant experience, she realized that running for Mrs. Frisco would be a great way to put two of her biggest passions together – Frisco and heart defects. Her platform involves spreading awareness of Congenital Heart Defects. She plans to ask the state to mandate the use of a pulse oximeter, a machine to measure the oxygen level in newborns before their release. This simple test would raise a red flag for many babies who could go home with undetected heart defects.

Having decided upon her platform, she sent in her entry form and fee and bought a suit. She rationalized if she changed her mind and didn't use her suit for her pageant interview she could wear it for her graduation from Paramedic school. As with everything Mrs. Elliott decides upon, she didn't change her mind at all. She had her interview and won the title of Mrs. Frisco.

The weekend of May 11-13, Mrs. Elliott will compete at the Westin Stonebriar Resort in Frisco for the Mrs. Texas United States title. The finals will be held at 3 p.m. on Sunday May 13<sup>th</sup> in the Centennial High School Auditorium.

According to Mrs. Elliott, the best days are those when she doesn't think about her son having a heart defect. Unfortunately her platform, while certainly worthwhile, forces her to do that quite often. She is currently very busy preparing for the pageant. She plans to attend various pageant workshops, which will help her with interview techniques and other pageant specifics. She is also busy meeting with former titleholders and the press. Mrs. Elliott said, "I will continue to work out and eat healthy, practice walking in 4" heels and give up my weekly McDonald's cheeseburger so that I can represent Frisco the very best that I can."

If you would like more information on Mrs. Frisco and her fabulous Frisco family, visit Colby's website at [www.caringbridge.org/tx/colby](http://www.caringbridge.org/tx/colby).

*Wendy Crooks is a freelance writer living in Frisco.*