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EnnisNOW

M A G A Z I N E

October 2010

Making Leaders

ALSO INSIDE:

Recovering Hope

One Lyric at a Time

Offering the Ultimate

Spreading Sunshine

At Home With
Jerry and Terry
Kitchens



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6+ Acres tract of level land with 76 ft. of road frontage. Short distance to I-45 makes for an easy commute.



NEW
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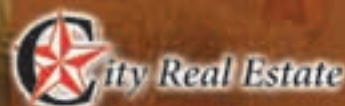


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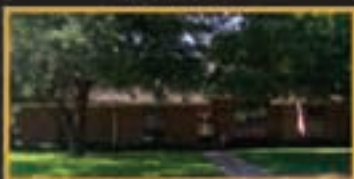
Wonderful home on 3+ acres with large pine trees. Close to town on Country Club.

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LARGE PRICE REDUCTION

WILL GO TX. VET. LAND. Be close to I-45 and Ennis. It has 7.58 acres. Build your dream home. Many beautiful homes in area. Call Marylyn Wylie 972-268-1651



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NEW HOME, PRICED TO SELL. GREAT AREA. Beautiful brick home, lots of tile. Interest rates are LOW, so act now. Has many energy features. This is a 3-bedroom, 2-bath home. Will sell in the next couple of weeks. Call Marylyn Wylie 972-268-1651



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On The Cover



"Happy Fall" says it all at the home of Jerry and Terry Kitchens.

Photo by Amy Ramirez.

Editor's Note

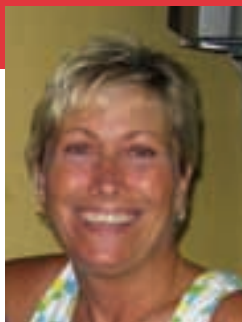
Oh Happy Fall!

Fall is officially here, and I could not be happier. For me, October means the beginning of the holiday season. I get to open boxes that have been sealed for the past year and surprise myself all over again with pumpkins, scarecrows and fall decorations. This has been my routine for years, but it still brings a smile to my face.

So much is happening this month. National Boss Day and the Autumn Days Fall Festival are slated for October 16. The Palmer High School homecoming, which I will be proudly attending with fellow graduates, will be held on the evening of the 22nd. My dear mother will celebrate another birthday on the 27th, as children find just the right costume for Halloween trick-or-treating on the 31st.

Whatever you have planned for the month, I urge you to get out there and enjoy yourself to the fullest!

Sandra Strong
EnnisNOW Editor
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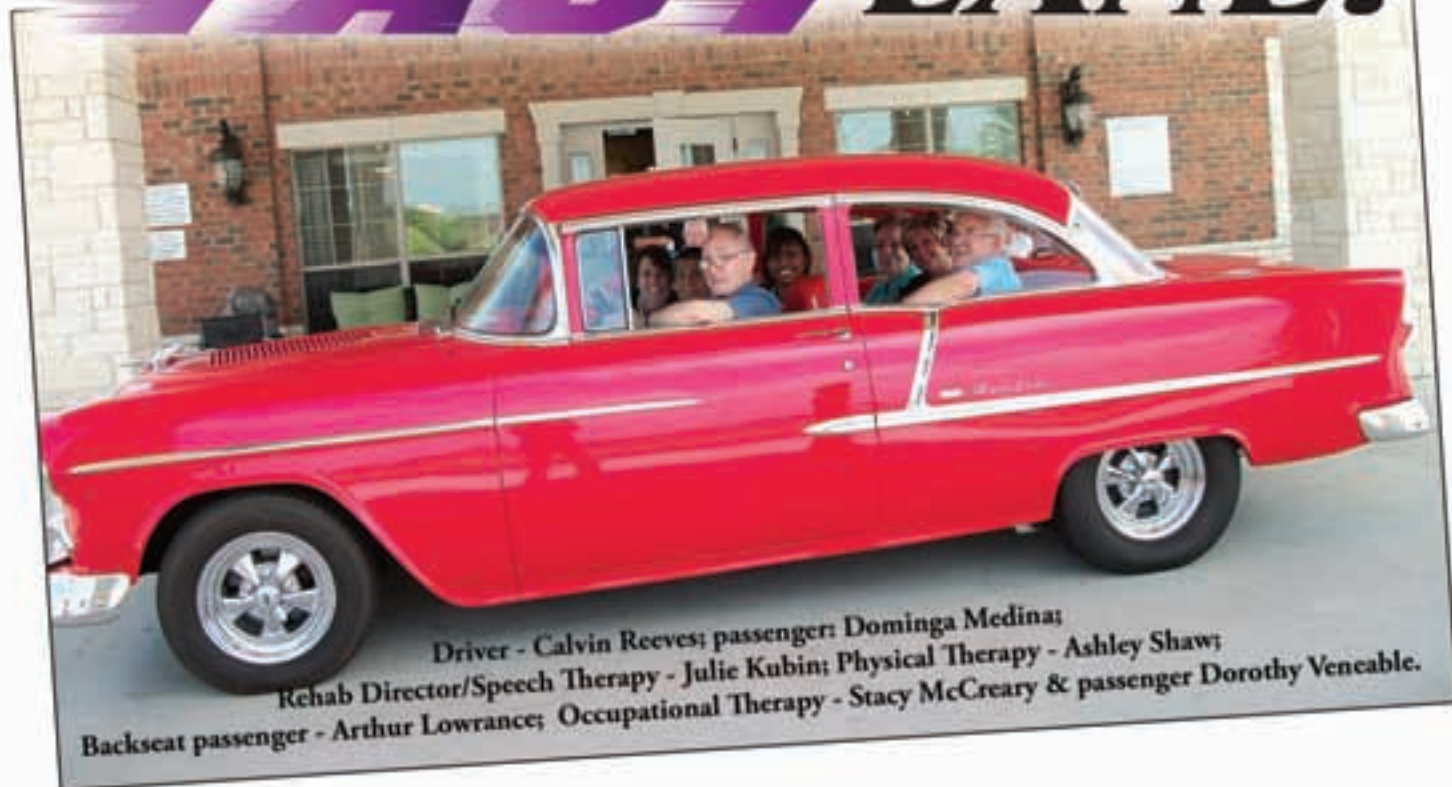
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Spreading Sunshine

— By Sandra Strong



“Those who bring sunshine into the lives of others cannot keep it from themselves.” These words, first written by James M. Barrie, are words cancer survivor Jan White lives by daily. “Through it all, I had to pass the sunshine on to others so it would come back to me,” Jan said, explaining her journey with invasive ductile carcinoma, the most common form of breast cancer. “Keeping a positive attitude made all the difference. I just wanted to spread the sunshine.”



Dilip Solanki, M.D.

Oncology

Dr. Solanki specializes and is board certified in Internal medicine, Medical Oncology and Hematology. Dr. Solanki was Professor of Medicine at the University of Oklahoma College of Medicine and also held academic appointments at Georgetown University School of Medicine. He currently sees patients at Texas Oncology - Corsicana, Methodist Charlton Cancer Center, and Ennis Doctors Center.

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When she first heard the “big C” word, Jan was sitting behind her desk at Austin Elementary School where she was the acting principal for 19 years until retiring this past May. Like most health-conscious women, Jan went for annual mammograms regularly. “Actually, I was supposed to have my mammogram in January,” she admitted, “but my allergies were horrible the first of October during Austin’s annual Chili Supper week, so I decided to go to the doctor.” The doctor noticed her mammogram was coming up and went ahead and wrote an order for it. Upon returning to work, a little voice kept telling Jan to call and set up the appointment. After calling, she was told of a recent cancellation. Jan accepted the appointment three months early only to be told there appeared to be something suspicious.



Since the mammogram was questionable, Jan was scheduled for a sonogram the following week. During this week of waiting, Jan retrieved doctors’ names and phone numbers from others she knew and had worked with who had gone through their own breast cancer journeys, just in case she needed them. Before long Jan realized how valuable this information would be to her overall health and well-being.

Long story short, Jan went to a local surgeon for a recommended lumpectomy on Thursday, Halloween Day, 2008. Five days later, she received the call that redefined her life. “I was told over the phone that I had breast cancer,” she stated. “The lump was next to the chest wall. The growth in just one week had been very aggressive.”

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A thorough chiropractic X-ray doesn't cost...it Pays! In this modern “hurry-up” world, with its many stresses, strains and minor injuries, more and more people are relying on their family chiropractor's recommendations to include chiropractic spinal X-ray check-ups. Isn't it better to make a small investment in good health now - instead of perhaps suffering more and paying more later?

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When asked what the most important thing one can do when diagnosed with a disease such as breast cancer, Jan was quick to answer. "A positive attitude makes all the difference." Jan is human, so do not think she did not have some moments of despair that fateful day before she put total trust in God. "The day I found out, I grabbed my purse, got up from my desk and drove directly home," she explained. "I said a very long prayer. If it was God's will that I survive, He'd walk me through it. If not, all I wanted was for God to be glorified." Jan came out of her bedroom with that peace of mind that surpasses all understanding. She moved into the unknown with a promise from God and two fistfuls of sunshine.

Anyone who has dealt with breast cancer knows there are so many decisions to be made from the onset. Do you remove both breasts, or take a risk and only have a partial mastectomy? Do you allow your body to go through all forms of treatment recommended or do you conduct your own research, doing what you deem necessary for your own body? Without any trepidation, Jan decided to have a complete mastectomy. She also elected to take all the medications and undergo all the treatments her doctors recommended.

Her team — Dr. John Sullivan, Dr. Jeffery Lamont, Dr. Joyce Shaughnessy and Dr. Mark Deuber — were exactly what the "Great Physician" ordered. "It was truly a God-thing how quickly and effortlessly everything came together," Jan remembered. "Everything just fell into place."

After six months of the 18 months of chemotherapy and reconstruction preparation, Jan had another major decision to make. Did she want partial reconstruction as she first thought, or would she come full circle and elect to have complete breast reconstruction? Dr. Deuber, her plastic surgeon, helped her make this last major decision with a single analogy. "He told me, 'If you don't replace everything that's missing, you will be reminded every day what happened to you. The reminder lessens because you look more natural.' As I look at myself in the mirror these days," Jan confessed after deciding on complete reconstruction. "I realize now that was very good advice."

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caregiver.” Jan found this in Bud, her husband of 34 years. “Bud became my biggest blessing,” Jan said, as emotion welled up in her eyes. “My mouth was so sore from the medications, but Bud forced me to eat because he knew how important it was to keep my strength up.” Bud not only lovingly forced his soul mate to eat; he even researched what food would cause the least amount of pain when eaten. “The doctors told me that grilled food without salt and pepper was the best. I got a new grill out of the deal,” Bud said, still handling the situation with the humor he is best known for — the humor Jan has come to depend on.

Between them, they learned that natural foods and fresh fruit prepared with the art of Chinese cooking made the process of eating less painful. “The more natural, the better,” Jan said. “Bud also forced me to drink milk, along with tea, water and a variety of juices. I used a straw to bypass the soreness in my mouth.”

While Bud’s humor and Jan’s sunshine-filled laughter has not changed, other things have. Before the journey began, Jan remembers only taking one 81-milligram aspirin a day. “Now, I take a handful of pills in the morning and another handful at night,” she admitted. Her fingernails and toenails are beginning to grow out and she just recently “experienced” her third trip to the beauty salon for a needed haircut.

Jan never wore a wig during the time of hair loss; she chose to wear head scarves instead. As she and Bud recall the first chemotherapy injection, they cannot help but laugh. Their two daughters, Ashlee and Brooke, told the ladies in the basement of the hospital that their mother did not have a wig. “Well, that day I got a basement wig with short red hair,” Jan smiled. Bud broke the tension in the treatment room that day by wearing that wig. When given lemons, it is best to make lemonade. “That day,” Jan said, “Bud made lemonade for everyone.”

As an active breast cancer survivor, Jan’s advice to others is simple: Learn how to do self breast exams, make sure not to miss your annual mammogram appointment and do not assume you are not at risk. “I have no family history of breast cancer,” she explained. “I’ve never smoked, and I don’t drink.” There has to be that “first person” in the family history, and “I guess I’m her.” **NOW**

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Falling for TEXAS

— By Janice C. Johnson

However hot the weather, you can tell it is October by looking at Jerry and Terry Kitchens' front door. A vivid fall wreath welcomes the season. They had their home built in 1996 and moved in on Halloween that year. The four-bedroom house seems made for hospitality, with many cozy areas for informal gatherings. "It's comfortable," Terry said. "It reflects who we are."

Autumn is Terry's favorite season for decorating, indoors and out. "To me, it's really easy to decorate for fall. I love the colors. The more vibrant the color, the better for fall."



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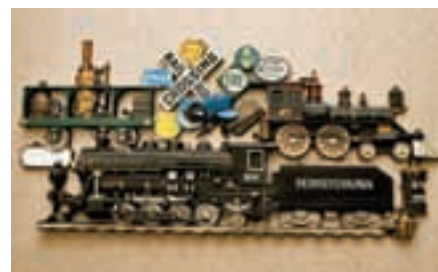


And there are so many different items you can use, like mums, pumpkins and scarecrows,” she said. One such character sits beside the fireplace. “It’s kind of funny, because summer is my favorite time of year.”

Their daughter, Ashlee, feels the same way. She and her husband, Aaron Fells, married on Labor Day weekend, just

last year. “They got married on the last holiday of summer — and had a beach-themed wedding,” Terry said. The young couple lives in Dublin, Texas, but visits Ennis for occasional weekends.

Jerry said, “And it was on the same holiday weekend, but not on the same date, that we got married — Labor Day weekend, back in 1973.”



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"That was a long time ago," Terry agreed, "longer than a lot of people said it would ever work." The two had known each other when Jerry was in high school, but did not get along. They began dating after Jerry graduated, and their 37-year marriage shows how compatible they became. The large swimming pool in the spacious, park-like backyard — their 30th wedding anniversary gift to each other — reflects their love for summer weather. "It was finished the day before our anniversary — just in time for our party — but we had a tropical storm that day, so no one swam," Terry recalled.

Sometimes, it is hard to even find time to relax by the pool. Jerry, a native



Texan reared in Ennis, has worked with the Union Pacific Railroad for almost 39 years. He is currently a track foreman, sometimes working seven days a week. Their son, Todd, also works for Union Pacific and has settled in Ennis. Railroad gets in the blood; Jerry's first-floor home office is decorated with a railroad theme.

Also downstairs, the master bedroom features deep red walls and dark wood furniture. A lush floral swag and Terry's collection of china plates hang on the wall above the bed. The open dining room and living room, only nominally divided, share light neutral walls, dark woods and brick-red and soft green fabrics. Floral arrangements and houseplants overflow from furniture



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and every available space, even from a bird cage. The botanical elements soften the corners and edges in each room, lending a warm, inviting atmosphere. In the kitchen and breakfast room, white furniture and cabinetry “pop” against dark floral wallpaper.

Terry sighed over the kitchen. “They say wallpaper is out, and we need to update. But when you go to remodel — well, we hate to steer away from what’s been comfortable.” She has been collecting interior ideas from magazines and plans to have the downstairs remodeled this year. “I just love my wallpaper! But I guess I’ll have to say goodbye to it,” she said.

A climb to the top of the carpeted stairs reveals a large, open, comfortably-furnished living area. Double doors open out onto a second-floor porch. Beyond the living area is a guest room, formerly Todd’s, now decorated in beige, ivory and black. Bold blue awning-striped wallpaper covers the walls in Ashlee’s old room across the hall, with pink floral trim and fabrics providing a feminine touch.

Terry has made a head start on her remodeling, making changes upstairs as her career allows. She works in the securities industry, as a vice president with First Southwest Company. She has been with the company for 16 years, and her current capacity is senior relationship manager. Originally from St. Louis, Missouri, she moved to Sweetwater, Texas, with her family while a child, then to Ennis in time to start the ninth grade.

Both Terry’s and Jerry’s busy work schedules still allow time for hospitality.

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They entertain often in the fall. Jerry said, "We host a lot of the block parties in the fall, and we're in a dinner group that eats at different houses every month." They sometimes host the dinners in their sun room, which stays warm even in winter. In fact, Terry's cold-sensitive plants spend the winter there. Her dream is to have a real greenhouse, where she can winter her plants and keep the sun room clear for entertaining.

As inviting as their home is, the couple likes to get away for travel occasionally. Jerry's 2008 Honda Goldwing motorcycle is almost like a member of the family. "It's the best way to see the country," he said. "Once or twice a year we go on long road trips with four other couples." Usually, the men start out on their bikes, and their wives fly out to join them a day or two later.

They took one of the most memorable of these trips last summer. Discovering the state of Montana has a town called Ennis, they decided to go see it. The men rode up Highway 287 all the way to Montana. After their wives arrived, they rode into Yellowstone National Park and over Beartooth Pass. "It was the first of June, just a couple of days after the highway over the pass had been opened for the year," Terry exclaimed. "The snow was piled up high on either side of the road. I stood up on the pegs on the back of our bike and could barely reach to the top of the snowbanks!"

Back on Highway 287, the group eagerly rode toward Ennis, their ultimate goal. Saddle-weary from more than 1,500 miles on their bikes, the group finally arrived at the other Ennis and stopped at a local restaurant for dinner. They beamed at the server who came to take their order. "We've come all the way from Ennis, Texas," they announced. But their news fell a bit flat. Terry shook her head. "All the lady said was, 'Oh. We had some folks in here a year or so ago who said they were from Ennis, Texas.'"

Even the most indifferent reception could not keep the party from enjoying that trip. But Terry, who has long seen herself as a Texan, was glad to return to her own Ennis. Here, even when the weather gets cold, the people are warm and friendly. "I got to Texas as quick as I could," she said. "And once we moved here, we never left." **NOW**



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Becky Walker, NOW Magazines' managing editor, and Linda Roberson, EnnisNOW ad rep, attend the annual Ennis Chamber of Commerce Auction.



Denise Winnett, principal of Stephen F. Austin Elementary, holds the spirit stick at the Chili Supper pep rally.



Cooper Navarro, Nash Nichols, Gavin Caldwell, Parker and Tucker Navarro and Nalee Nichols cheer on the Lions.



Tori Sanchez and Miranda Ramirez ride a four-wheeler around their neighborhood on a Sunday afternoon.



Sharon Childs and Dulce Hernandez get ready for Halloween at Wally's Party Store.



Congressman Joe Barton presents Jesse Lee a flag that was flown over the United States Capitol on August 4, 2010, to honor the residents of Sterling House of Ennis.



Brayden Thompson enjoys his cake on his first birthday.




Candice Batson pops out to say hi at Super One.



The annual St. John Catholic Church Bazaar had activities for all ages. From left: Stevie Livingston paints a heart on Paula Cervantes' cheek; Justin Mach is all smiles as he calls the bingo game.







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ONE LYRIC at a Time

— By Sandra Strong

Johnny Johnson realized “his calling” soon after finding a deeper knowledge of God, the Bible and his personal salvation. “I was saved in 1979,” Johnny explained. “The Lord gave me words almost immediately.”

To fully understand how God has worked in Johnny’s life, one must return to his boyhood days when he struggled with low self-esteem. “I stuttered real badly,” he admitted. The church he attended at the time would have testimonial services — services where individuals would publically share what God was doing in their lives. “I was unable to tell my story because I stuttered,” he said. “I decided to put my testimony to music.”

Only then was Johnny able to share what God had done for him. “Everyone at church that day started crying,” he said. “I can still remember it as if it were yesterday. Music has allowed me to express myself fully.”

Since the very beginning, Johnny, also known as King Rap-J, has taken pride in labeling himself as a Christian artist, and he does not commit to any single genre. “I sing rap, rock ’n’ roll, country and contemporary,” he stated. “All my songs have a Christian message. To reach the majority, I sing all types of music, even Christian love songs, so I don’t just focus on one group.”

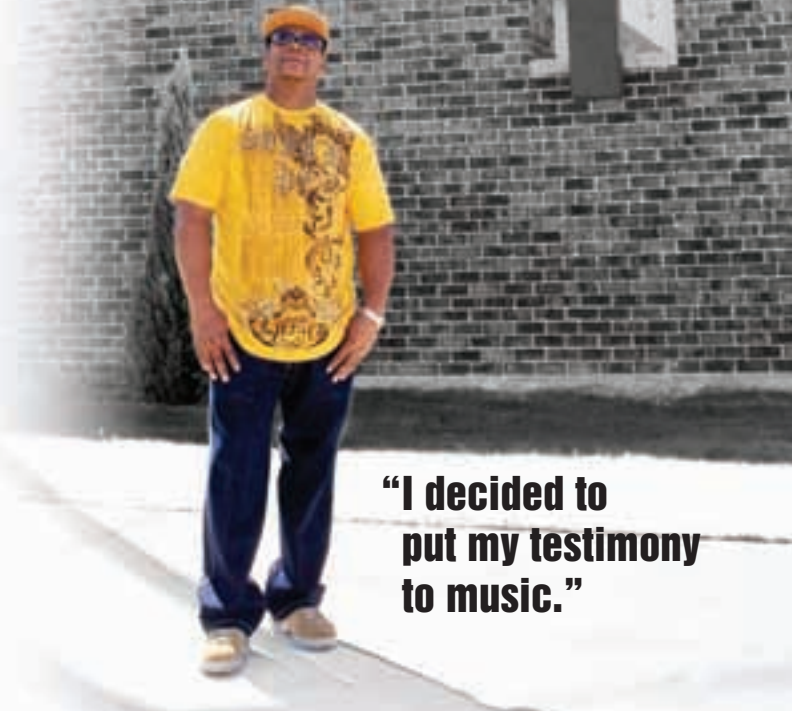
When asked how important music is in today’s society, Johnny did not hesitate with his answer. “It’s so important,” he emphasized. “Music has a strong influence on people of all ages. One song can change the attitude of an entire generation.”

As the years passed, Johnny kept putting his words down on paper until he had the opportunity to put them to music. “I recorded my first record [45LP vinyl record] in 1985. CDs are so much easier,” he added with a laugh.

The songs seem to come easily. In fact, Johnny can write songs much faster than he is able to record them. The urgency to get the words out and down on paper depends on whether they are burning a place in his heart or not. “The Lord drops different words at the weirdest places,” he laughed. “I get most of my lyrics when I’m at work. I rush home after work and write a complete song. Other times, the words come and go in my mind until it’s completed.”

Johnny is always sitting on a backlog of songs. Some in this backlog file have been passed over for lyrics with a more urgent message. Four such songs are found on his newest CD. “Rock the Block,” the title song, tells a message of taking Jesus to the neighborhood. “It’s a song about having a ‘block party’ with Jesus,” Johnny said. The second song’s title, “Jesus is Better Than Dope,” explains what most already know to be true. “A relationship with Jesus builds you up,” Johnny explained, “while drugs bring you down and leave you feeling empty.”

All our area youth seem to come to mind after finding a place in Johnny’s heart on this latest CD. The third cut, “Skater Nation,” talks about the importance of being different. “We may look, act and dress different with each generation,” Johnny reiterated, “but



**“I decided to
put my testimony
to music.”**

all generations are loved by God.” The message here is simple — it is OK to be different. The final song, “Shades at Night,” is one Johnny performs while wearing a pair of dark sunglasses. “Jesus shines 24-hours-a-day,” he said, explaining the lyrics God gave him. “I wear shades at night because the Son is so bright.”

Johnny’s style of music has led to a variety of performance venues, including the American Veterans Traveling Tribute this past May, churches in and around Ellis County, the Lew Sterrett Detention Center in Dallas and, most recently, at the Texas Youth Commission facility in



Corsicana. “To see their thought process change right in front of me is amazing,” he said, talking about those he ministers to who are incarcerated. “The music is changing them, because they are listening with their hearts, as well as their minds.”

Since they seem to feed off the negativity in life, Johnny’s goal is to paint a more positive picture through his music. “They are looking for something different,” Johnny stated, “and I’m offering them that something different.”

Johnny is learning how limitless the opportunities are when it comes to his music. “I don’t think I could ever be a pastor,” he confessed with a smile. “I feel like I’m more effective with the music God has blessed me with. If called to pastor, I would go, but right now my music *is* my ministry.”

Yes, Johnny’s music is taking him places he never dreamed he would go before. “My heart’s desire is to take the message on a national level,” he said, when asked about future endeavors. “I want to share my music with the world.” Johnny’s desire is to give the younger “rap generation” a choice of music that uplifts them, while also entertaining them. He is accomplishing his heart’s desire one lyric at a time. **NOW**

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Making Leaders

— By Virginia Riddle



Legendary NFL coach Vince Lombardi said it best: “Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.” The Ennis Youth Football Association (EYFA) is in the business of helping players from ages 3-12 develop the necessary skills and leadership abilities to excel on the gridiron and in life.

“The new football board has worked very hard to improve and make this league all about the children by teaching them the fundamentals of football and good sportsmanship,” Christina Bates, a longtime team mom, stated.

Plans were put into motion for this fall’s season beginning last January. “Everything is always voted on, and we have lots of good ideas from everyone,” Rick Nelson, EYFA vice president, said. The mission statement, budget, marketing plan, fundraising plans and paperwork were completed prior to the first event of this season, a summer camp for 57 players held in June in partnership with the city of Ennis with Ennis High School athletes serving as mentors. Players, coaches and parents were very

excited about the camp. “It was great! It was the first time to get out there and run around with the kids. We made sure that every player was recognized,” Rick remembered.

Anthony Lawrence, EYFA president, received thank you notes from parents, including Jaren Rodrigue who stated, “Jacob, my 6-year-old son, had a great time learning the fundamentals and running the drills. On the last few nights, he has gone to bed holding his football and is very excited about signing up this season.” Jaren, ready to go beyond just the dad-and-son activity of tossing the ball to each other, also volunteered to be an assistant coach.

By affiliating with USA

Football, the official youth football development partner of the NFL, including each of its 32 teams and the NFL Players Association, further training is made available to EYFA players, coaches and officials. Approximately 40 coaches were enrolled last summer in the Online USA Football’s Certified Coaching Education Program (CCEP). Cheerleaders and their adult leaders attended a cheerleading camp. Players were additionally encouraged to attend the USA Football Player Academy held in Plano in July, during which playbooks and other valuable training materials were distributed. NFL players and coaches took an active role in training the affiliated youth association participants. Training and planning for this season began with coaches’ meetings.

“We really didn’t have any negatives; we just saw opportunities,” Rick recalled. “As active leaders in our own churches, Anthony and I have made it a point to pray over every decision. We want God to have an active role in the league.” The extensive training sold the coaches and parents on the program.

The affiliation with USA Football also allows EYFA to sell NFL licensed cups as a fundraiser this year, in addition to sponsoring dances for students following Ennis’ home football games. Kimberly Edwards, the parent volunteer in charge of fundraising, has received help from other parents who donate through their own businesses or ask their employers



L to R: Corina Bennett (Secretary), Rick Nelson (Vice President), David Morris (Flag Commissioner), Anthony Lawrence (President), Carissa Dlabaj (Treasurer), Junior Mendez (A Lions & C Lions Commissioner). Not present: William Richards (B Lions Commissioner).

to add their company name to the 13 businesses that are already official sponsors listed on the association's Web site. "I'm encouraged by the support that we are getting from the local businesses by way of sponsorships," Christina stated. The association is a 501(c)(3) approved charitable organization.

Parents are charged fees for player participation, but discounts are available for multiple siblings, and parents can also work during the fundraising activities to offset the fees. A limited number of scholarships are also available so any child who wants to participate may do so regardless of the family's ability to pay.

Players' parents and other family members are active supporters at games. Everyone wears their team shirts and brings along plenty of noise makers. Moms line up to volunteer as team moms. Christina summed up the importance of community and family support for these young players: "The kids, after all, are our future Lions!"

This EYFA fall season, which began playing last August, has approximately 200 players on 13 teams who are supervised and coached by countless adult volunteers. The association is working hard to insure future growth. Sponsoring an Ennis High School Homecoming Parade and posting notice of EYFA Players of the Week in the newspaper are short-term goals yet to be reached. Long-term goals include involving more youth and adults during future seasons, as well as obtaining funding for more equipment and the purchase of a field (or two), which they can call their own. "We want to eventually host a tournament and also build the kids to the level of having a national team with USA Football," Rick said. He quickly added, "Having four Super Bowl winners would be great, too!"

Coach Lombardi's words echo the EYFA philosophy: "Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work." With continued community, parent and adult support, the EYFA will meet these goals and, more importantly, and continue to build great players for the gridiron and life. **NOW**



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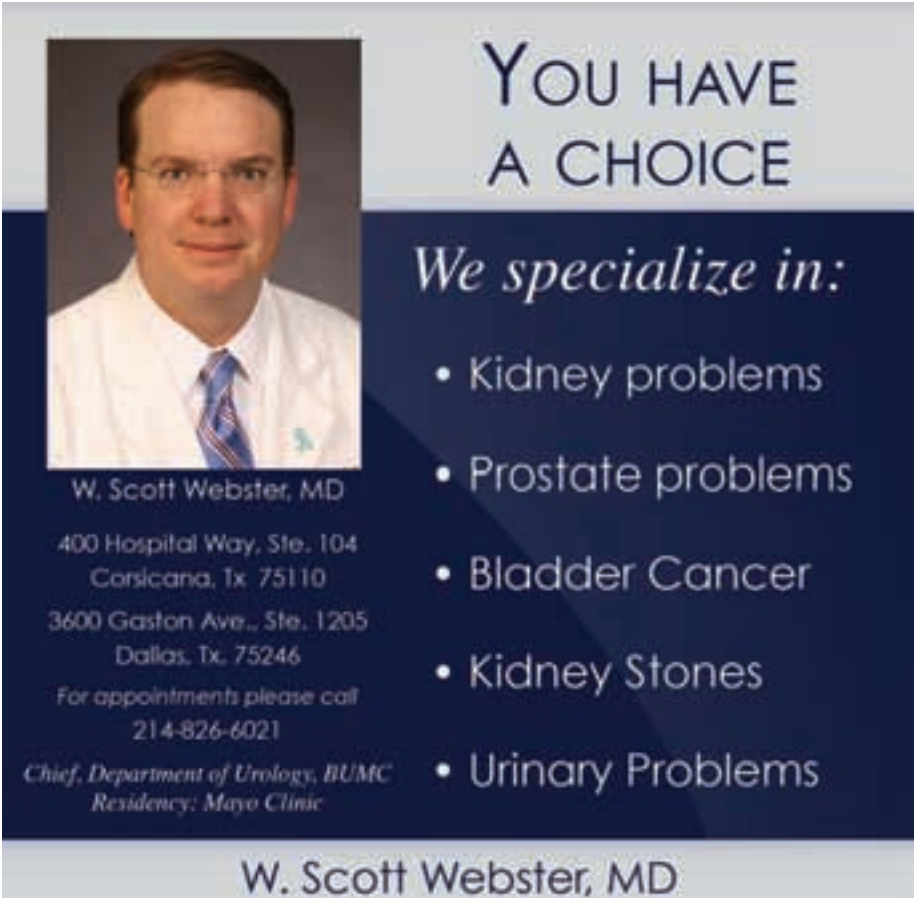
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From left:

Dr. Katherine Brown awaits her next patient while Shelby and Whitney Richie “hang around” in a small section of the patient waiting area.



Offering the Ultimate

Dr. Katherine Brown believes preventative medicine is the best medicine to offer. — *By Sandra Strong*

Even as an adolescent, Dr. Katherine Brown, formerly Dr. Katherine Witte, knew she wanted to work with children. “I always thought I’d be a teacher,” she admitted, “but I changed my mind in high school.” Katherine decided to follow in the footsteps of her maternal grandmother. “I decided I wanted to be a nurse,” she said. Somewhere in the first year of college she once again changed her mind and decided to become a doctor.

Katherine quickly changed her major. She earned her bachelor’s degree in biology from Baylor University in Waco, Texas, and then went on to attend medical school at The University of Texas Health Science Center at Houston. Following

these first nine years, she completed her three-year residency in pediatrics at Northwestern University in Chicago, Illinois.

When the opportunity presented itself for Katherine to return to her hometown, she did so with 12 years of knowledge and experience. The Ennis Regional Medical Center had been recruiting for a pediatrician. “I found out about the opportunity in Ennis and decided to take it,” she said, mentioning that she just celebrated her one-year anniversary this past August.

And what a wonderful, whirlwind first year it has been. Her main goal when opening the Ennis Pediatric & Adolescent Health Care Center, a facility for treatment of patients ages birth

to 24, was to see the patient at the earliest onset of their medical problem, while also focusing heavily on preventative medical care. "I strive to see children when they are sick," she said. The size of the center allows Katherine to see patients the same day their parents call. "It's a big deal for me," she confessed. "The sooner I can see them, the better. I don't want 'my kids' and 'mommas' in the ER getting primary care. I want to be the one treating them." Her appointment book is set up to accommodate such calls as aforementioned. The first four hours of her workday are spent with scheduled checkups, while the remainder of the day is spent taking care of sick children who need to be seen sooner, rather than later.

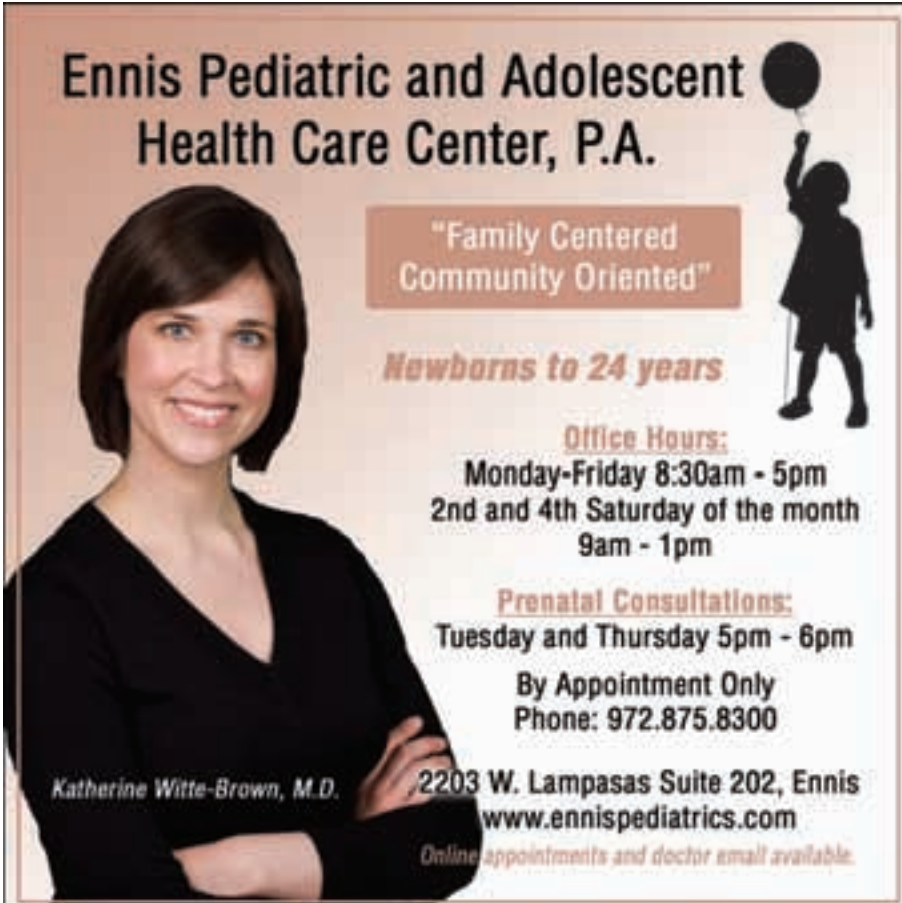
Katherine does not shut the doors at 5:00 p.m. as most might think. She offers prenatal visits after regular business hours so both parents can be in attendance. "I

"I don't want 'my kids' and 'mommas' in the ER getting primary care. I want to be the one treating them."

go over the stages of pregnancy, compile a family history and go over some basic newborn information," Katherine explained. "I don't want to overwhelm them at that first visit, but I do want to be upfront and honest about the first months of a newborn's life, as well as what happens during pregnancy." This allows new parents to get comfortable with Katherine before bringing their new baby into the office. "They trust me," she added. "These prenatal visits have turned into long-term relationships."

Part of the overall trust factor comes from Katherine's availability. Phone calls and e-mails are always welcomed. "This early communication allows me to be more prepared when it comes time for their appointment," she admitted. "I'm the only doctor, so I know who the kids are, and I know their medical histories."

Preventative medicine is what Katherine enjoys the most about her practice. "The goal is to prevent illness," she said. "Preventative medicine is the best medicine to have. I feel my main job is to prevent illness. I want to offer the ultimate in medical care." **NOW**



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Recovering HOPE

— *By Adam Walker*



Reading is the foundation for all the learning we do in school. Have you ever wondered what happens to children who have trouble learning to read? Do they fall hopelessly behind? Do they ever catch up? Are they doomed? If they are in the Ennis Independent School District (EISD), they go to reading recovery classes in first grade, where dedicated teachers like Benita Miller make sure they reach their full potential.

Benita believes in children. “We all have this dream for all of these kids,” she confessed, “that they will learn to love to read and be lifelong readers.” She realizes some of the children sent to her classes will need the kind of help they can only receive in special education classes, but for most, a few weeks in reading recovery is all they need to get back on the road to success. Benita explained, “Reading recovery is early intervention for first-graders who are at risk of not learning to read and, because of that, they fall behind.”

EISD has had a reading recovery program for 17 years, and for 16 of those years, Benita has been involved, along with eight other educators who make up the EISD reading recovery team. Teaching is Benita’s second career. “I got my certification as a secondary teacher in college, but I never used it,” Benita explained. “I became a loan officer, but as banking became less customer-oriented, I decided to become an elementary teacher.” Her first year in the classroom was not a dream come true. “I was frustrated because I didn’t have the time or ability to reach struggling students,” she confessed. In conversations with fellow teachers, she started hearing about a new program addressing

the problems she was seeing, and she was interested. Then she found out about a demonstration of the technique. “Any teacher who wanted to could go observe. I was so impressed.” She described her first exposure to reading recovery as “a teacher’s ideal situation, one-on-one work with students at the level where they really are.”

The next year, Benita had the opportunity to receive the training. “I thought I probably needed more experience as a teacher first,” she explained. “But when my principal called me and asked, ‘Do you want to do this?’ I was eternally grateful.”

Benita went for the training and joined the program in its second year.

In the program, each teacher has five students and teaches each of those students individually for 30 minutes each day. Since there is no way of predicting how quickly each student will master the skills he or she needs and each student comes to the program with different needs and deficiencies, there are no ready-made lesson plans. Teachers like Benita must plan the next lessons only after assessing where each student stands at the end of each daily lesson.

In reading recovery classes, students are tested for their knowledge of how books work, their understanding of concepts like word and letter, their knowledge of letter sounds and recognition of words they should have learned in kindergarten. They write a dictated sentence during this time of testing, too. Once they are tested, only those students who need the class the most are assigned to the 20-week course.




Education **NOW**

During the classes, Benita keeps track of every error a student makes while reading, so she constantly knows exactly at which level each of her students is reading. "Every day my students read a new book at the level indicated by their running records." The students also write sentences in their journals using the words they know to talk about their own lives, and then use these sentences for more reading practice. The students practice sounding out words, recognizing sight words and understanding punctuation marks. The goal is for the students to be able to correct their own errors and become independent at each level of the program.



"Every child is a new opportunity and a new puzzle," Benita said. Students move through her classes at their own speed. Sometimes, students do not even stay for the entire 20 weeks. If they are reading well enough, they can test out of the program at any time and return to their regular classes.

Benita loves it when that happens, but for other children, it takes longer. Some children are still not quite caught up at the end of the first series of classes, so in the spring, those students who are still struggling go into small literacy group situations. "By third grade, our kids are just as successful as others," Benita reported with justifiable pride. She keeps track of all the students who go through reading recovery in EISD — all the way through sixth grade if they stay in the district — and the statistics show the children who were at risk of failure learn to read as well as their classmates in most cases. "When a student realizes that they can do it — sometimes it takes a few weeks; and sometimes more than a few weeks — but when all of a sudden, it clicks, that is the most rewarding thing of all." **NOW**



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In The Kitchen With Caron Griffin

— By Faith Browning

Growing up, Caron Griffin loved the way her mother included her love in everything she prepared for her family. "My mother was a wonderful cook, and I wanted to be the cook she was, but I never achieved that goal," she said. "My favorite recipes have come from my mother's collection. My Vanilla Wafer Cake recipe came from a 1974 TP&L electric bill."

When Caron is not teaching school,

she enjoys working in the garden, reading, traveling and shopping, but her favorite pastime is spending time with her grandchildren, Cadon and Jackson. "My fondest memories are of my family together at holiday time," she admitted. "I love preparing the food, and the memories associated with the dishes from the past that continue to create new memories." **NOW**



APRICOT JALAPEÑO SPREAD

- 1 jar apricot preserves
- 1 1/2 to 2 fresh jalapeños, chopped fine
- 1 cup pecans
- 1 8-oz. pkg. cream cheese

1. Mix first three ingredients and pour over cream cheese. Serve with your favorite cracker. Recipe will make enough to cover two packages of cream cheese.

CRAB PUFFS

- 1 pkg. English muffins
- 1 stick butter
- 1 jar Kraft Old English cheese spread
- 3 Tbsp. mayonnaise
- 1 tsp. garlic salt
- 1 can crab meat, drained

1. Open and cut English muffins into quarters.
2. Melt butter and cheese spread, add all other ingredients.
3. Spread on muffins.
4. Place on pan and broil until bubbly.

PASTRAMI CHEESE BALL

- 3 8-oz pkgs. cream cheese, softened
- 4 pkgs. wafer thin pastrami, chopped
- 5 to 6 fresh green onions, chopped
- 1 1/2 tsp. Ac'cent
- 1 1/2 tsp. Worcestershire sauce

1. Mix softened cream cheese and three packages of pastrami.

2. Add onions and seasonings. Mix well and form into ball.

3. Roll ball in reserved chopped pastrami. Refrigerate.

SWEET POTATO CASSEROLE

- 2 lg. cans sweet potatoes
- 1 cup brown sugar
- 2 eggs
- 1/3 cup milk
- 1 tsp. vanilla
- 1 stick soft margarine

TOPPING:

- 1 cup brown sugar
- 1/3 cup flour
- 1 stick margarine
- 1/2 to 1 cup pecans, chopped

1. Drain and mash sweet potatoes.
2. Add remaining ingredients; mix well.
3. Pour into greased shallow casserole dish.
4. Mix topping ingredients, pour over potato mixture.
5. Bake at 350 F for 30 minutes.

VANILLA WAFER CAKE

- 1 12-oz. box vanilla wafers
- 2 cups sugar
- 2 sticks soft margarine (not whipped)
- 5 whole eggs
- 1/2 cup milk
- 1 7-oz. pkg. coconut
- 1 small bottle cherries (chopped)
- 1 cup chopped pecans

1. Crush wafers with rolling pin.

2. Mix sugar, margarine, eggs and half of the wafers.

3. Add milk and mix well. Add remaining wafers, coconut, cherries, and pecans. Mix well and pour into well-greased and floured Bundt pan. (I use Baker's Joy.)

4. Bake at 350 F for 1 hr. and 10 minutes or until done. Let stand until almost cold before removing cake.

ALMOND BARK CANDY

- 2 lbs. almond bark
- 1 cup peanut butter
- 3 cups miniature marshmallows
- 3 cups Rice Krispies cereal
- 1 1/2 cups pecans

1. Melt almond bark in microwave.
2. Pour over remaining ingredients.
3. Drop on wax paper.

BACON AND BLACK OLIVE SANDWICHES

- 1 lb. bacon, fried and crumbled
- 1 small can chopped black olives
- 1 cup pecans, chopped
- 1/2 to 1 cup mayonnaise (or to desired consistency)

1. Mix all ingredients and serve on bread of your choice.

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Personal Finance for Business Owners

— Provided by Gary Hayden —

In the rush of day-to-day business activities, many small business owners may lose sight of their personal objectives. Over time, as their business grew, these personal goals, suitable at one stage of the owner's life, may well have changed.

Do you ever stop to re-evaluate and update your personal goals and priorities? The following are some key concerns of many small business owners:

• Strengthening Personal Finances and Building Wealth.

Many business owners become so engrossed in running their companies that they inadvertently end up putting their personal finances on the back burner. This may occur if most of their liquid assets are tied up in the business. However, to achieve financial independence and build personal wealth, it is important to make personal savings a priority. By conducting regular financial reviews, and taking follow-up action as needed, you can help develop and strengthen your personal financial position.

• Preparing for Retirement.

Many tax-deferred, qualified retirement savings vehicles, such as simplified employee pension plans (SEPs) or 401(k) plans, are available to business owners and their employees. The size of a company, as well as the ages and salaries of its employees, often determines which type of retirement plan is best in a given

situation. In addition, nonqualified plans allow business owners to provide selective benefits for themselves, as well as their key employees.

• Developing an Exit Strategy.

Will your small business be marketable if and when you decide to sell? It is important to develop an "exit" strategy that can help provide cash commensurate with the value of your business in the event you choose — or are forced due to death or disability — to divest.

• Retaining the Company Within Your Family.

Your company, like many others, may be a closely held business operated by more than one family member. If you wish to keep your company in your family, it is important to learn about transfer tax issues and develop a business succession plan that will help secure your long-term goals and objectives

• Stay Focused

As your company grows and develops, it is important to keep sight of your personal priorities, particularly as they change over time. Annual reviews can help ensure your business activities are consistent with your long-term personal goals and objectives. **NOW**

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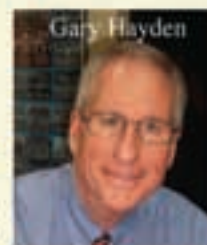
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Breast Cancer Awareness

— By Betty Tryon

The list no one wants to be on is endless. You cannot be rich enough or famous enough to escape it if you have it. Christina Applegate, Elizabeth Edwards, Amy Mickelson and Sandra Day O'Connor can attest to that. Their names are only a fraction of the numbers of people with breast cancer. Thankfully, many famous people have willingly shared their stories in order to bring more awareness to the subject. Here is a sobering fact for you — more than one in four cancers is breast cancer. Besides skin cancer, it is the most common cancer in the United States. It is so common that even men can fall prey to this disease. Richard Roundtree the actor and former Massachusetts senator Edward W. Brooke can attest to this.

Because of the prevalence of breast cancer in our society, the media swamps us with information regarding it all year. Nevertheless, October is the official month of Breast Cancer Awareness. This month, there will be an increased effort in helping people become aware of what they can do to better their odds at preventing this disease or for early detection to increase their chances of survival.

Becoming aware is your first step; action is the second. Do your monthly breast self-exam. Information about how to do it properly is literally at your fingertips. Do not neglect getting your yearly mammogram. Plan to have it done in a location near you. Yes, it might be a hassle, and sometimes uncomfortable, but invasive cancer will cost you far more hassles and the uncomfortable part is off the chart. Become aware of what your community has to offer for free or minimal-fee testing. Investigate your family's health history and discover your risks. Educate yourself about the proper diet, lifestyle choices and medications that can increase your risks. Discuss your concerns with your health care provider to determine the best course of action for you. Be your own best advocate for your health care!

Get the word out! Communicate to family members and friends the importance of being aware, and encourage them to take the necessary steps for their health. If you can, donate to reputable organizations that seek to meet the needs of those diagnosed with this disease. There are many opportunities to make a difference. Organizations that further the

research of this disease are critical, but they need your help to find a cure. Breast cancer can be a frightening diagnosis, but knowledge is power. Improve your odds of survival by arming yourself with all the proper tools to fight this disease. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician for questions regarding this topic.



Concerned about your Atrial Fibrillation?

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If you have ever been told that you have Atrial Fibrillation, you may be eligible to participate in a research study. The purpose of the study is to compare an investigational medication and a blood thinning medication that is already on the market. Qualified participants will receive study-related medical care and study medication at no cost.

RESEARCH STUDY FOR PEOPLE WITH ATRIAL FIBRILLATION

A research study is being conducted in your area to evaluate the safety and effectiveness of an investigational medication in reducing the risk of stroke and blood clots in patients with Atrial Fibrillation.

Who is eligible for this research study?

You may qualify if you: • Are at least 21 years old • Have a history of Atrial Fibrillation

*There are additional entry requirements for this study that the research site will discuss with you.

Study participants will receive study-related medical care and study medication at no cost.

To learn more and see if you may qualify for this study, contact:



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Happening **NOW**

Mondays and Wednesdays

Sign Language Class: 4:00-5:15 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Classes are free and available for all ages. No sign up required.

Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit www.elliscountyyaggiemoms.org.

Fourth Monday

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue. The October program is "Putting the Pieces Together" by Darlene Williams.

Third Tuesday

Skyblazers of Waxahachie R/C Club: 7:30 p.m., Parks and Recreation Building in downtown Waxahachie.

Wednesdays

GriefShare: recovery seminar and support group: 6:15 p.m., Palmer Christian Child Care and Day School, 510 S. Dallas Street. For more information, call Vivian Saladino at (214) 802-2256 or e-mail griefshare@fbcpalmer.com.

Thursdays

Chess for Kids: 6:00-7:30 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Elementary age and above. No sign up required.

First and Third Thursdays

Mom's Connected: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Free fellowship for moms of all ages. For more information, contact ennismoms@sbcglobal.net.

Third Saturday

Covenant Treasures Institute College Level Classes: 8:00 a.m.-3:00 p.m., Refiner's Fire Ministries International, 1611 W. Ennis Avenue, Ennis. Call (972) 765-3530 for more information.

Fridays and Saturdays in October

Ennis Public Theater presents *Greater Tuna*: 7:30 p.m. evening performances; 2:30 p.m. matinee performance Sunday, Oct. 31 only. 2705 N. Kaufman Street; Suite C, Ennis. For more information or to order tickets, call (972) 878-7529.

October 9

Campfire Creek Therapeutic Riding Center's Ride of Champions awards ceremony: 3:00 p.m., 767 Bethel Road, Waxahachie. Call (972) 937-7265 for more information.

October 9 and 10

Trade Days of Waxahachie: Operating hours are Saturday, 9:00 a.m.-5:00 p.m. and Sunday, 9:00 a.m.-4:00 p.m., Ellis County Expo Center, 2300

W. U.S. Hwy. 287, Waxahachie. Free parking and admission. For more information, visit www.tradedaysofwaxahachie.com or call Les Clemons at (972) 617-8156, James Scott at (214) 202-1788 or Jean Davis at (972) 816-3644.

October 14

Ennis High School Fall Concert: 7:00-9:00 p.m., EHS Auditorium, 2301 Ensign Road, Ennis.

October 16

9th Annual Autumn Days in Ennis Fall Festival: 10:00 a.m.-5:00 p.m. in downtown Ennis. Event is hosted by the Ennis Historic Downtown Merchants Association. For more information, contact (972) 878-4748 or visit www.visitennis.org.

First United Methodist Church's Harvest Festival: 9:00 a.m.-3:00 p.m., 300 N. Sherman Street, Ennis. Silent auction, food pantry, pumpkin patch and barbecue dinner served from 11:00 a.m.-1:00 p.m. Live auction at 1:00 p.m. For more information, call (972) 875-7491.

October 19

WRC Pregnancy Center of Ellis County's 15th Anniversary Dinner: 6:30 p.m., Creekside Church on Highway 287 between Waxahachie and Midlothian. Guest speaker: Laurie Westlake. Tickets are complimentary but reservations are required. Call (972) 938-7900 or (972) 878-0784.

October 23

Ennis High School FFA Lion Pride Bike Ride: 9:00 a.m.-3:00 p.m. Ride begins at EHS Lion Memorial Stadium parking lot, 1701 Lake Bardwell Drive, Ennis.

October 23

Bristol Opry Country Music Show: 7:00 p.m. at the Old Bristol Schoolhouse, 100 Church Street, Bristol. Free admission. Donations are accepted. For more information or to be a sponsor, contact Jim Gatlin at (972) 846-2211, Randall Willis at (972) 666-2151 or Roland Jones at (972) 666-2273.

October 30

Ellis County SPCA 8th Annual Bow Wow Howl-O-Ween Hustle: 9:00 a.m.-noon, Getzenderan Park, 299 S. Grand Avenue, Waxahachie. Doggie Fun Run and costume contests with all proceeds benefiting the Ellis County SPCA. Visit www.elliscountyspca.org for more details.

October 31

Tabernacle Baptist Church Fall Festival: 5:00-7:00 p.m., 1200 Country Club Road, Ennis. Call (972) 875-3861 for more information.

For more community events, visit our online calendar at www.nowmagazines.com.

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DR. IMAD ALWAN is an invasive cardiologist with ample academic, research, and clinical practice background. He completed his internal medicine residency at University of Connecticut and his cardiology fellowship at University of Illinois - Advocate Illinois Masonic Hospital Program in Chicago.

Dr. Alwan has achieved three cardiology board certifications in general cardiology, nuclear cardiology, and coronary CT scan angiography. He is also an active member of the American College of Cardiology.

Dr. Alwan takes pride and honor in serving Ennis through his cardiology practice.

Dr. Alwan, his wife, and two daughters have been enjoying living in Ennis with the ample activities that can be done year-round.



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MEG SULLIVAN, M.D.

DR. MEG SULLIVAN attended the University of Texas Health Sciences Center in San Antonio before coming to Dallas to complete her internal medicine residency and cardiology fellowship at Baylor University Medical Center.

She practices general cardiology, including inpatient care, outpatient stress testing, echocardiography, nuclear cardiology, pre-operative assessment, and preventative cardiology.

Dr. Sullivan lives in Ennis with her husband John and their two little boys, Jack and Henry. Her husband has practiced general surgery in Ennis for 7 years. She is looking forward to being closer to home and to her patients after so many years of commuting to Dallas. She is accepting new patients over the age of 18.



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