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M A G A Z I N E

OCTOBER 2011

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Also Inside

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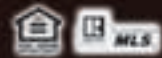


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Residential lot with road frontage on both sides. Utilities available. Located at 1901 N. Kaufman surrounded by area businesses and multi-family living.

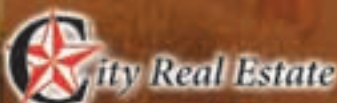


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Charming 3-2-2 cottage home set on cul-de-sac lot. Ennis - \$139,900



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Corner lot with tall trees. Perfect location to build your new home. Very convenient to shopping area. Sandra Rodriguez 469-765-5314

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On The Cover



Sandra Williams
gives Eeyore a hug.

Photo by Amy Ramirez.

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just what they do.

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Editor's Note

Hello Ennis!

How many of us can honestly say we love our jobs? I can! I may have some stressful days, many I'm sure of my own making, but I love the opportunities NOW Magazines has afforded me over the years. My journey thus far has been one of continual growth. I've met some really awesome people along the way, and I've made so many new friends. You've invited me into your homes and made me feel like family. I'm so looking forward to what the future holds.

Whether you like your job or not I encourage you to mark October 16 on your calendar. Mark it with a gold star. Color it in with a hot pink marker. It's National Boss Day, so don't forget to honor your boss. I think I'll honor my bosses, yes I said bosses, on the Friday before. You know me, I don't want to be late.

Sandra

Sandra Strong
EnnisNOW Editor
sskoda.nowmag@sbcglobal.net



A vertical advertisement for Manny's Mexican Restaurant. At the top is a large, stylized 'M' logo with the name 'Manny's' in a script font. Below the logo, it says 'Mexican Restaurant'. The 'Lunch Specials' section lists 'Manny's Chicken Avocado Burrito \$5.49' and 'Ground Beef Enchilada with rice and beans \$5.99'. A photo of a burrito is shown. At the bottom, it states 'Open 10am-9pm • Closed on Tues.', 'Our experience of more than 40 yrs proves us right', the phone number '972.875.4733', and the address '808 W. Ennis Ave. • Ennis'.

A horizontal advertisement for Dr. Craig Yetter Family Practice. On the left is a photo of Dr. Yetter, a man in a green lab coat, holding a young boy on his shoulders. The text on the right reads: 'Dr. Craig Yetter Family Practice', 'Bringing the family back into family practice', 'Board Certified in Family Practice', '20 years of experience.', 'Dr. Yetter has been taking care of your friends and family in Ennis' emergency room for years — and now he has a family practice.', 'Offering a full spectrum of care for all ages, from pediatric to adolescent, to adult and geriatric medicine.', and contact information: 'Craig Yetter, D.O., P.A.', 'Christy Yetter, P.A.-C', '2203 W Lampasas, Ste. 111 • Ennis • 972-875-2424', and 'We accept most insurances and Medicare.'.

A vertical advertisement for Skin Deep Med Spa. At the top is a photo of a woman's face. The text reads: 'Skin Deep Med Spa', 'Don't be scared... to treat yourself', 'Offering the Best in: Botox, Dermal Fillers, Body and Facial Sculpting, Sclerotherapy, Hydra facials & Mesotherapy and Dermasmooth', 'CLAYTON SHAGAL', 'Skin Care Products', 'Designed for medically superior skin health.', 'Dermasmooth', 'A pain free, No downtime alternative to Fractional laser treatments for your face. A treatment that intensifies cell turnover, treating sun damage, fine lines and wrinkles. It promotes anti-aging benefits showing improvement in texture, tone, and firmness leaving it vibrant and silky smooth!', 'Call us today for your new look! (903) 654-0968 or (903) 229-3511', 'We ♥ Texting!', 'BRANDY RAY RN, C-ANS — CERTIFIED AESTHETIC NURSE SPECIALIST At the office of Dr. Craig Yetter 2203 W. Lampasas, Ste. 111 • Ennis', 'www.trulyskindeep.com!', and 'Follow us on Facebook'. There are several small photos showing skin treatments: 'HYDRAFACIAL', 'GLYSAL PEEL FACIAL', 'Sclerotherapy spider veins disappear!', and 'SCLEROTHERAPY'.

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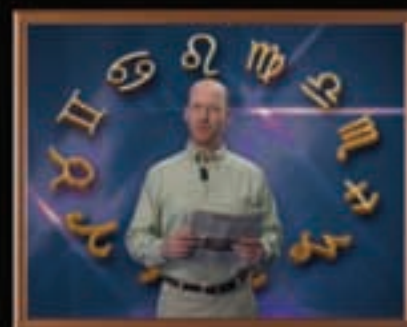
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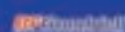
From back row: Frank Mejorado,
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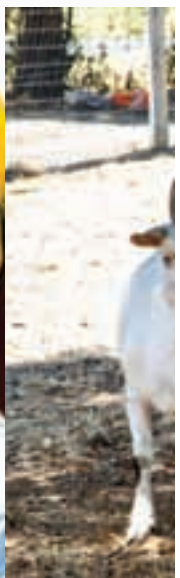


Modern Day

Drs. Bolittle

— By Sandra Strong

Life for Norman and Sandra Williams is anything but dull. If they aren't busying themselves doing something for others, they don't feel as if they are really living. While some individuals are adopting children in need or opening their homes to foster children, Norman and Sandra are offering a "forever home" for stray animals in need. "Living out here on Highway 34 makes it real easy to adopt all the strays that come along," Sandra said, as Norman just smiled in agreement. "I remember one time when someone left a baby kitten in a cup in our mailbox."





“Animals have distinct personalities, traits, wants and needs.”

“The strays just seem to gravitate to our home,” Norman added.

Norman and Sandra were destined to be “modern day Drs. Dolittle” they’ve become since moving to Ennis on July 4, 2004. Their love for animals was strong long before they ever met and married. Norman grew up in Italy, Texas, while Sandra’s early years were spent in West Texas. “Some people are born animal

lovers,” Norman stated, “while others learn from seeing. I learned from my dad.”

Sandra was reared in the city, so there were never any animals in the house. First grade was a year she still vividly recalls. “I got my first dog that year,” she confessed. “He was a Shepherd named Rex. I’ve had so many more since then. I really do believe I was destined to be an animal caretaker and caregiver. They do require so much work, but it’s good work.”

Norman is a bailiff in Dallas County, while Sandra works in the office of the Attorney General. They meet lots of people in their lines of work, and they hear so many stories, too. Norman was intrigued with one story in particular about a trio they now call the three amigos. The heartwarming tale began outside a wedding chapel in Garland. A Great Dane named Judy and a goat named Minnelli were



spotted wandering around, obviously lost. Come to find out, Judy had escaped from her owners, and Minnelli just followed along. A call was made to Eastlake Animal Hospital in North Dallas. They quickly came and rescued the lost pair.

Somehow Dallas County officials found out about the goat, and that’s when everyone concerned realized that Judy and Minnelli were “joined at the hip” so to speak. “A goat is considered livestock, so she had to be quarantined at a different location, far away from Judy,” Sandra explained. “When they were



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separated, the dog barked and the goat bleated.”

Minnelli was finally reunited with Judy at Eastlake after 10 long days. During this 10-day separation period, it seemed as if everyone was looking for the animals’ owners. They were having no luck at all. After several media outlets carried the story, Norman felt the need to do something more than just talk about the pair. “The first thing I did was make a phone call to Sandra,” Norman said.

In July of 2010, almost immediately following her answer in the affirmative, the couple began what they thought would be a fairly easy adoption process. “Boy, were we mistaken,” Sandra said.

Since the story had been publicized on a national level, Eastlake had to make sure the duo would go to the best home. Scads of paperwork was filled out and retuned in July, and Norman and Sandra began the waiting game. As they followed the ongoing story on the Internet, they learned about Lucky, the three-legged Labrador Retriever. “When the owners saw the other two animals on television,” Norman stated, “they decided to drop Lucky off at Eastlake, too.”



“What started as two,” Sandra said, “quickly became three.”

Finally in November after waiting what seemed like forever, staff from Eastlake called the couple and made plans for a home visit. “They had gone through hundreds of applications from people who wanted to adopt these guys,” Sandra explained. “We were one of the top five being considered.”

Once Eastlake staffers completed their visit, they told Norman and Sandra they



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would get back to them at a later date, because they still had several other homes to visit before making their final decision. "They left here at 3:00 p.m.," Norman said, "and called back that same day around 6:00 p.m."

The following Sunday, Eastlake held an adoption fair, where Norman, Sandra, Judy, Minnelli and Lucky finally met in person. *National Geographic* magazine had been following the story from the very beginning, so it made perfect sense to have them present during this first meeting. In fact, the magazine interviewed Norman and Sandra at this same time.

Thanksgiving was only two short weeks away, so Norman and Sandra didn't pick up their three new family members until the day following the holiday. "We waited to pick them up," Sandra confessed, "because we didn't want them to be all alone while we were with family in Amarillo."

Needless to say, the "going away party" at Eastlake was second to none. The trailer the couple used to load Minnelli was aptly named the Mayflower, after a horse they used to have. The two dogs were loaded in the back seat of the pickup truck. "We still refer to the trip



as the maiden voyage of the Mayflower," Sandra said, with great emotion.

The three amigos came home to a small house of their very own, equipped with heat and air conditioning. Norman and Sandra gave the trio the forever home they deserved — a place where they could heal and be together for the rest of their days. As Judy recuperated from her heart worm treatments, Minnelli regained weight, and Lucky's coat grew

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back thick and blonde. “Their journey was complete. They had come home,” Sandra said, “and they knew it.”

“Animals have distinct personalities, traits, wants and needs,” Norman explained when asked why they do what they do. “They are very much like children that never really grow up.”



*We're kind of
like Noah's Ark
out here. We're
just waiting
on the flood."*

“They needed someone to love and care for them in a really bad way,” Sandra added. “We’re kind of like Noah’s Ark out here. We’re just waiting on the flood.”

Adopting and giving stray animals a home is just what Norman and Sandra do. This is evident with the other dogs, cats, ducks and chickens that call their modest abode on Highway 34 home. While it is rewarding and heartwarming, it can also be bittersweet and heartbreaking at the same time. The Williams know just how heartbreaking any loss can be. They experienced it firsthand when Judy passed in July from the residual effects of her battle with heartworms. “The animals are the story,” Sandra said with a tearful voice. “We’re merely the guardians. It’s just who we are.” **NOW**

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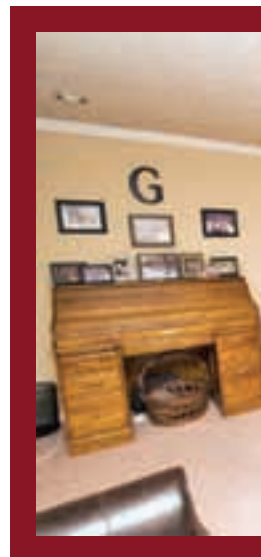
At Home With *Lane and Brooke Grayson*

Around the *Kitchen Table*

— By Sydni Thomas

A long bench stretches along one side of the wooden slab. Slat-backed chairs line the other sides. It was the thickest, heaviest table they could find. Shortly after getting married, Lane and Brooke Grayson started searching for a table that would be the centerpiece of their future family. Sixteen years later the table is near capacity at each of the three meals they share around it daily.

Lane and Brooke have lived most of their lives in Ennis and wanted their four children, Blake, Sam, Drew and Olivia, to do the same. The family has moved several times across town, and the table is the one possession that has made each trip. For the past three years they have lived in a leased three-bedroom, two-and-a-half-bath home. Its proximity to work, church and school enticed the family. The land also gave the kids room to explore, ride four-wheelers and play with their German Shepherds, Roxie and Dixie. Lane also enjoys being able to have a place to work on projects, like restoring a



1947 Ford 8N tractor, similar to the ones his grandfather used to work on.

"We don't define our home by these four walls," Lane said. "Home is what you make it. No matter where or what kind of house we live in, our home is found in each other."

As the only girl, Olivia gets her own room, which daily evolves into more of a princess room to fit her theatrical personality. The boys all bunk together in beds made out of warehouse shelves. It's rare to find anyone hanging out in the bedrooms in the Grayson home. If they aren't outside, they're probably in the kitchen with Brooke. Each of the children knows how to cook and enjoys doing so for their family. The kitchen is the main room for congregating during nonschool hours. "Our family loves breakfast," Brooke said. "All the kids enjoy cooking and do it for us often. Just the other day Drew made us breakfast. Mexican food comes in a close second."

"You can tell how happy I am, just by looking at me," Lane laughed. "Brooke makes great pork chops and King Ranch Chicken. The boys and I should push away from the table more often, but it's all so good!"

Shortly after moving in, Lane and Brooke converted the garage into a school room, where the family spends most of their day. When it came time for



Blake to start school, Lane and Brooke made the decision to homeschool him until they felt it was time for him to enter public school. Each of the children

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Dr. David and Natasha Marcial

Scoliosis is a sideways curving of the spine that often gets started in childhood, when the bones of the spine are still growing. In many cases, the exact cause of scoliosis is unknown.

Scoliosis is detected by uneven shoulder heights, a loss of structural balance or a change in posture. It is thought that scoliosis is the result of a hereditary problem or an adaptation of some type of trauma, such as the birth process, or an injury, such as falling off a bicycle. It usually starts with problems in the lower back.

Because spinal bones continue to grow well into the early 20s, if left uncorrected, scoliosis often worsens. Unfortunately, the most common treatment approach has been to wait and see how bad it gets, resorting to unsightly braces or eventually surgery, if it progresses too far.

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followed in Blake's footsteps. This year Blake began attending his first year of public school at Ennis High School. Brooke keeps the children well-rounded by exposing them to other cultures, music and sports, in addition to the typical school curriculum. They frequent the tennis center as a family to get in their daily activity. While the boys play, Olivia is the official ball fetcher.

"Brooke does everything," Lane said. "I serve as custodian and disciplinarian."

I have the ability to take them to work if I want, and I get to come home and eat lunch with them often. Homeschooling takes a lot of sacrifice, but it has been a great blessing. The main reason we homeschool is so we can integrate our faith and value system, which is led by God, into our children."

Brooke and Lane also stress the importance of giving back to others during the lessons to their children. For the past two years, the family has made

regular trips to Hospitality House in Huntsville, Texas. They participate in a program set up to give families of the incarcerated somewhere to stay while they are in town visiting their loved ones. The Graysons help with the upkeep of the 5,000-square-foot house and prayer gardens. The family is also very active with Baylor Baptist Church. They help lead vacation Bible schools, attend Royal Ambassador camps and are in the process of developing an after-school,

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tutorial program for kids who live at Creekside Terrace Apartments. "We minister together as a family," Lane said. "We encourage our kids to be aware of the needs of others. Missions are the best way to do so."

From the beginning, Brooke and Lane wanted their children to experience a life filled with fellowship and support from their church family. They received support from their Baylor Baptist family in a different way with the births of their last two children. After the births of Blake and Sam, Brooke wanted to give home delivery a chance when she became pregnant with Drew. She woke up one morning knowing it was her delivery date and told Lane not to work too long.

Family, friends and the Grayson's Sunday school class began coming over

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that morning for support. The kitchen was filled with ladies cooking, and Brooke played hostess to all of the other guests who filled the house and porch. Around lunch she called Lane at work to ask when he was coming home. Still not believing she was going to deliver that day, Lane kept working and did not make it home until after four. Brooke gave birth later that same evening aided by a midwife, who graciously allowed Lane to deliver Drew. Home delivery was



such a success for the Grayson's that they did it again for Olivia's arrival. Immediately after each birth the door opened and Brooke and Lane were surrounded by their family, friends and church.

"There is something special about having those you love and worship with around you directly after that," Lane said. "It's a great way to begin a life and a blessing.

Brooke is so strong. During 12 hours of labor she walked around the house being a great hostess. She'd stop every now and then for a contraction and then would go back to working."

"I'm no stronger than any other women," Brooke said. "Our bodies were made to do this naturally. This experience was great and completely different than the ones I had in the hospital. I liked that the other children were able to come in and meet their siblings almost immediately."

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The family comes together for almost every meal each day around the table in their breakfast area. The table has held Brooke's pork chops, seen several different houses, served as a waiting room as two lives came into the world and been the centerpiece for many family discussions. "This table is very important in our lives," Lane said. "I bought the biggest and heaviest one I could find. We get mad and glad around this table." Meals, guests, entertainment and fellowship around a family table help ground and define this close-knit family. **NOW**

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From left to right: Karolyn and Bobby Bailey standing by a coffee table they made from a door.

Words to Live by

— By Sandra Strong

Some people have green thumbs. They can make a flower grow from a crack in the sidewalk. Some have athletic ability beyond measure. Then you have people like Karolyn Bailey. Every bone in her body is artistic. "I did macramé as a young teenager," Karolyn said, smiling as she was asked to recall when her artistic journey first began. "Whatever the fad was at the time, I seemed to grab onto it."



Karolyn, it would be fair to say, is a “Jane-of-all-trades” when it comes to crafting handmade items. What began with simple macramé plant hangers grew into a full-time hobby. “I saw a macramé Christmas tree made from green yarn,” she explained. “Over the years, I’ve probably made 50 of them.”

At the age of 16, she began to work her magic with wood. Her father, Bob Boaz, being the patient man he was, would cut out the shapes she envisioned. Once they were cut, Karolyn would begin the process of painting them, and for her, the more details the better. “I made elves, tumbling Santas and Aunt Jemima dolls,” she admitted. “Ducks and chickens became recipe holders. The split mouth in the geese I made held a basket of flowers.”

The partnership between father and daughter was a very good one. Not only did they construct whimsical, unique folk



art, they forged a close bond that will always be remembered. “I have two other sisters who didn’t find art interesting,” she confessed. “My parents and I did artwork together; we enjoyed our time together. They’re wonderful memories I will always cherish.” Once Karolyn married, her husband took over where her father left off. “Now Bobby cuts all my wood pieces,” she said.

Karolyn has not limited herself to macramé and wood. Over the years, she has fashioned sterling silver jewelry with a variety of crystal beads and charms; she has hand painted T-shirts, adding an array of sequin embellishments; she has turned sweatshirts inside-out to create folk art United States flags; and she designs and

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Each page is unique. The only time she duplicated a layout was during the times she taught classes on scrapbooking. "I cannot sit still," she laughed, mentioning she has also tried her hand at floral arrangements. "I have to always be doing something, so I'm always trying new ideas. I get involved with whatever fad is happening at the time."

A little over two years ago while homebound for three months following

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knee replacement surgery, Karolyn jumped on the newest fad — wooden crosses and cross walls. “I started doing crosses because they were something I could do while mending,” she stated. “I had to be off my feet, but I still needed to keep myself busy.” Still today, Bobby cuts the wood into several different shapes and sizes while Karolyn continues the process of deciding whether to layer them or craft them in one piece.

When asked to think back on all the crosses they have made, from the first one to their most favorite, Karolyn takes only a moment to answer. “Our favorite one is hanging on a wall at home,” she answered. “I shared the first one like it with a friend.” The duplicated cross design is layered, as most of her cross designs are. “The back layer is a chocolate brown. The middle layer is an olive green,” she said. “The top layer is a cross cut from metal. It’s painted an off-white. It’s got a weathered look; it’s roughed up to look old.” Karolyn mounted the three-piece cross on a section of rustic tin and then framed it in an old window pane.

Karolyn has made so many crosses over the years. She takes great pride in making sure no two are exactly alike. Construction materials consist of wood, glue, nails, scrapbook paper, rustic tin and a huge selection of embellishments. “If the nails are seen on the top side of the cross, it only adds to its rustic

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appearance," she said. Pink and white or blue and white designs have proven to be the perfect baby shower gifts. Zebra prints and Aggie crosses have also been popular requests. As the Texas Rangers baseball team made it to the World Series, Karolyn had the bright idea to make crosses to commemorate that memory. "I put the first one on Facebook and it sold immediately," she said. "It doesn't matter who won the World Series, it's still a milestone for the Rangers and their fans. The cross could be looked at as a collectible."

All Karolyn's family members have at least one of her crosses, if not more. She has gifted many to friends and is always happy to take special orders. "My greatest satisfaction comes when I am crafting a cross as a gift," she added. "To walk into a home and see one of my creations on the wall makes me feel very good."

For Karolyn, inspiration comes from something she has seen or something she has found appealing. Anything unique and original works for her. "Each piece is aged, no two are alike," she said. "I will always use different scrapbook paper and embellishments to make them all one-of-a-kind. Sometimes a stone will prompt the size, color and detail of a cross."

"Bobby would be upset with me if I failed to mention our latest venture," Karolyn said, referring to the tables she and Bobby construct from old doors.

"We find them [old doors] on weekend scavenger hunts, at flea markets and antique shops. We buy them and refurbish them into a table," Bobby said. "Deck posts become legs. We leave the knobs and as much hardware on them as we can. It adds to their character."

Karolyn and Bobby are so opposite, but so alike. She is loud, he is quiet. But, they both have natural, God-given talent. "And we have this need to stay busy," Karolyn laughed. "We don't do this for the money; we do it to be able to share our talent with others. We enjoy what we do and we love to see others enjoy it, too."

Her dad always taught Karolyn to do all things to the very best of her ability and with all her heart. This lesson is one she has carried throughout her life, whether it was taking care of her family or crafting the newest fad. "Working this way and living by these words," she added, "makes me a much happier person." **NOW**

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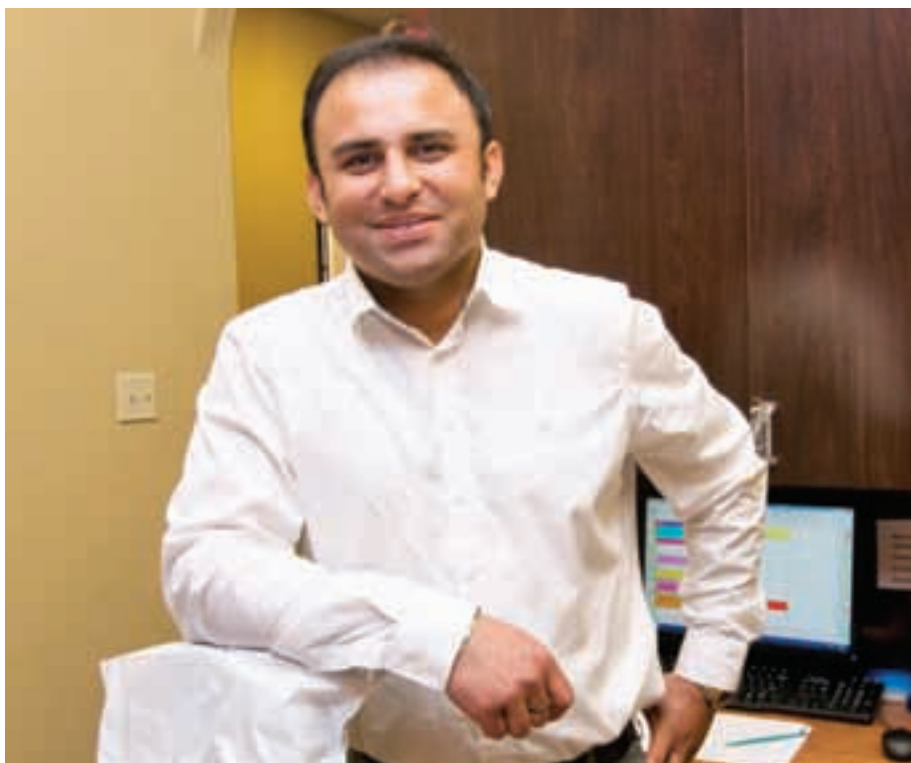
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Dr. Gaurav Puri and his staff are ready to help make your smile the best it can be in his state-of-the-art facility.



That Every Day Smile

Experience the difference between a dental office and a dental home at Family Smiles.

— By Sandra Strong

Are strong, healthy teeth important to you? Do you like to “start every day off with a great smile?” If you answered yes to either or both of these questions, then Family Smiles may be the general dentistry office for you.

Dr. Gaurav Puri, BDS, MS, completed his specialty training in prosthodontics at Marquette University School of Dentistry, in Milwaukee, Wisconsin, in 2005. He taught clinical dentistry at Tufts University School of Dental Medicine, in Boston, Massachusetts, and worked in a private practice setting in Spokane, Washington, before relocating to the Dallas/Ft. Worth Metroplex. He opened the Family Smiles location in Ennis, directly behind Chili’s, in January 2011.

Dr. Puri and his staff are dedicated to delivering the highest level of treatment to their patients along with care and respect to their individual needs. Popular specialties include dentures, partials, crowns, bridges and veneers. “The Ennis office also offers braces and teeth whitening,” Dr. Puri said. And let’s not forget the quality customer service that’s so important to a successful business.

Dr. Puri has six locations overall, stretching from Burleson to Palestine. He wanted to add a general dentist who could easily relate with children to his Ennis location. Dr. Praveena Shetty came on board in February 2011, not long after she graduated from Boston University. “She has a full knowledge

Business **NOW**

of general dentistry,” Dr. Puri added.

Dr. Puri encourages you to stop by and visit the new state-of-the-art dental facility, which features digital X-rays. “Digital X-rays offer much less radiation exposure than regular X-rays,” Dr. Puri explained. “We have wall-mounted TVs in every room, and we also offer nitrous sedation (laughing gas) to make the overall dental experience as comfortable as possible.” Areas of dental expertise include: diagnostic, preventative, cosmetic, restorative, endodontic, periodontic, redodontic, oral surgery and care for TMJ (Temporomandibular Joint Disorder).

Family Smiles is a family-friendly dental office catering to patients from 6 months old and up. When asked about dental advice in preventing early cavities, Dr. Puri emphasized foods to avoid and brushing at a young age. “Children should start brushing their teeth twice a day by the age of 1. It’s so important for them to start brushing early and make it a lifetime habit,” he explained. “They need to avoid sticky food and candy and replace soft drinks with natural fruit juices.”

Family Smiles accepts Medicaid, CHIPS and most PPO insurances. They also offer Care Credit for patients with no dental insurance. Same-day and emergency appointments are available, and walks-in are always welcome. As another courtesy to patients, the business office at Family Smiles will handle all the insurance billing for you. The best thing to do is call to ensure Family Smiles accepts your particular insurance plan.

One special that will remain in place until early 2012 is the \$1 Toothache Visit. “This visit includes any necessary X-rays, an initial exam and a consultation with the doctor,” Dr. Puri said, also stating that treatment is not included in the \$1 fee. “The main goal in this special is to pinpoint the problem area and go from there.”

Family Smiles is the place for you and your family if you want to spend less and smile more. You do want to start every day off with a smile, don’t you? **NOW**

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Brady Payne shows off his prize while dove hunting.



Chad, Skyler and Penny Mach ride bikes on the trails at Bardwell.



At the convocation greeting EISD teachers and staff for the new school year, a drum corps helps emphasize the "new beat" within Ennis ISD.



Paula Wright and Daisy and Allen Morris greet Chamber auction attendees.



Dr. Bill Davis and EnnisNow's Linda Roberson share a smile at the Chamber auction.

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*Terri Miller, Lorena Mendez,
Donna Dodson (Se Habla Español)*

October is National Breast Cancer Awareness Month

— By Jaime Choate, RT(R)(CT)

There's no denying breast cancer is scary, but statistics prove there are realistic expectations for survival — with early detection being a key factor. In fact, over 2 million breast cancer survivors are alive in America today. If breast cancer is found early, the five-year survival rate is 96 percent.

Mammography is the best screening tool used today for the early detection of breast cancer. It can find cancers when they are too small to be felt and most responsive to treatment. Mammography is a screening tool that uses X-rays to create images of the breast. These images, called mammograms, are used to find early signs of breast cancer such as a dense mass or clusters of calcium. While any health decision is a personal one that involves weighing benefits and risks, the American Cancer Society and the Susan G. Komen Foundation recommend yearly mammograms starting at age 40. Don't let lack of knowledge or some one else's experience prevent you from getting your mammogram.

Avoid using deodorants, anti-perspirants or lotions in the breast and underarm area on the day of the exam. Ingredients in these products can show up on a mammogram and make it harder to interpret. Getting a screening mammogram takes about 15 minutes. Two views of each breast are taken, one with the X-ray beam aimed from top to bottom, and the other from side to side. Sometimes, the pressure can be uncomfortable, but it usually only lasts a few seconds. Taking acetaminophen or ibuprofen an hour before the exam may help. Don't hesitate to ask the technologist questions and discuss the procedure with them.


X-ray images of the breast can be captured on film (standard mammography) or stored directly onto a computer (digital mammography). Film and digital mammography are similar in their ability to detect cancer. Because digital images are viewed on a computer, they can be lightened or darkened and certain sections can be enlarged and examined more closely. The ability to control the images on a computer makes digital mammography more accurate than standard film mammography for some women.

If a finding is abnormal you will be called back for a follow-up visit. If you are called back, don't panic. Most abnormal findings are not breast cancer.

Combining mammography with a clinical breast exam may improve its ability to find cancer. It is important for you to be an active participant in your health care. Know what is normal for you, and see your health care provider if you notice any of the following:

- Lump, hard knot or thickening inside the breast.
- Swelling, warmth, redness or darkening of the breast.
- Change in the size or shape of the breast.
- Dimpling or puckering of the skin.
- Itchy, scaly sore or rash on the nipple.
- Pulling in of your nipple or other parts of the breast.
- Nipple discharge that starts suddenly.
- New pain in one spot that doesn't go away. **NOW**

Jaime Choate, RT(R)(CT)
Imaging Services Director
Ennis Regional Medical Center



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Plan for the Expected — But Prepare for the Unexpected

— By *Jeff Irish*

To enjoy a comfortable retirement lifestyle, you'll need to have adequate financial resources in place. And that means you must plan for the expected — but prepare for the unexpected.

In planning for the “expected” aspects of your retirement, consider these factors:

- **Your vision of your retirement lifestyle** — What do you want to do during your retirement years? Spend more time with your family? Volunteer? Open your own business? Your expectations of your retirement lifestyle will dictate, to a large extent, your savings and investment strategies.

- **Your expenses** — Once you've established a vision for your retirement lifestyle, you can begin to estimate the expenses you expect to incur during your retirement years.

- **Your income** — You can expect to receive income from a variety of sources: Social Security, pensions, part-time employment and investments, such as your IRA, 401(k) and any taxable investment accounts you may have. You'll need to estimate about how much income all these sources could provide.

- **Your withdrawal rate** — If your investments are going to provide a significant part of your retirement income, you need to carefully manage annual withdrawals from your portfolio. Your withdrawal rate is key in helping to ensure your portfolio provides for your needs as long as you need it.

- **Your portfolio reliance rate** — Related to your portfolio withdrawal rate is your portfolio reliance rate — how much you rely on your portfolio to provide income. For instance, if you will need \$50,000 per year in retirement, and \$30,000 will come from your portfolio, your reliance rate will be 60 percent (\$30,000 divided by \$50,000). Your reliance rate will help determine how sensitive your

strategy might be to outside events, such as market fluctuations.

While you need to be familiar with these expected elements of your retirement, you also must be prepared for the unexpected aspects, such as these:

- **Living longer than you expect** — How long you can expect to live is somewhat of a mystery. If you were to live longer than you anticipate, would you be financially prepared? To help make sure your money lasts throughout your lifetime, you may need to consider investments that can provide you with a lifetime income stream. And your longevity will obviously also affect your annual portfolio withdrawal rate.

- **Inflation** — At an average inflation rate of three percent, your cost of living will double in about 24 years. That's why, even in retirement, you will need some growth-oriented investments, such as quality stocks to ensure you can maintain your desired retirement lifestyle. But if the unexpected happens, and inflation takes off at a much higher than average level, you may need to consider a greater amount of investments that offer the potential for rising income.

- **Health care** — Even after you're on Medicare, which won't cover everything, you need to prepare for the unexpected, such as a lengthy illness or the need for some type of long-term care. You may also wish to “self-insure” to a certain extent by setting aside funds in a liquid, stable account.

By positioning your investment portfolio for both the expected and the unexpected, you can go a long way toward enjoying the retirement lifestyle you seek. So plan ahead — and make the necessary adjustments as time goes by. **NOW**

Jeff Irish is an Edward Jones financial advisor based in Ennis.

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Calendar

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Month of October

Ennis Public Theatre's Got Talent: Ennis Public Theatre, 2705 N. Kaufman Street, Suite C. If you have talent, or know someone who does, the theater stage will be turned over to you. Call (972) 878-7529 or visit ennispublictheatre.com for upcoming entry details and for your chance to compete for cash prizes. If you do not compete, you have the opportunity to come to every performance and see a different show each time.

October 7

Austin's Annual Chili Supper: 5:00-7:00 p.m., Austin Elementary, 1500 Austin Blvd. Chili will be provided by Wendy's. Event also includes hot dogs, games, raffles and a cake walk. For more information, contact Jami Navarro at jnavarro@nowmagazines.com.

October 8

Blessing of the Animals in celebration of the Feast of St. Francis of Assisi: 10:00 a.m., St. Thomas Church, 901 Park Street. Ellis County SPCA, along with Tails of Hope Pet Rescue, will microchip pets for \$20. All pets are welcome, but make sure they are on a leash or in a crate. For more details, call (972) 875-2423.

October 14

12th Annual Lights of Ennis Gala: 7:00 p.m.,

Historic Raphael House, 500 West Ennis Avenue. Theme: cool and casual, \$125 per person. For more information on the Gala or on sponsorship, call Harriett Adams at (972) 878-2400.

Ellis County Big Picture Luncheon: 11:30 a.m.-1:00 p.m., Southwestern Assemblies of God University. Free luncheon for those in Ellis County who want to get involved with Big Brothers Big Sisters through volunteering and donations. For more details, contact Diana Phillips at (972) 573-2420 or dphillips@bbbstx.org.

October 15

Waxahachie Fun Run Car Show: 10:00 a.m.-3:00 p.m., Getzendaner Memorial Park. Entry fee is \$20. Contact Mark McClain at (214) 725-7258 for more information.

Refiner's Fire Ministries presents comedienne, Miss Dickie: 7:00 p.m., 1611 West Ennis Avenue. Free for singles and couples, 18 and over. (972) 865-6006.

October 16

Celebrate Your Boss Day

October 25

WRC Pregnancy Center of Ellis County

Fundraising Dinner: 7:00 p.m., Creekside Church on Highway 287 between Waxahachie and Midlothian. Guest speaker is Kerby Anderson, national director of Probe Ministries and radio host of *Point of View*. Tickets are complimentary, but reservations are required. For more information or to make reservations, call (972) 878-0784 or (972) 938-7900.

Ongoing:

Fourth Mondays

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue.

Thursdays

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

Third Fridays

Veterans Networking Group: 6:00 p.m., Zula's Coffee House, 1804 West Highway 287 Business. For more information, contact Mike Lamb at (214) 763-0378 or at vetsnetgrp@att.net.

Submissions are welcome and published as space allows. Send your event details to sskoda.nowmag@sbcglobal.net.



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In The Kitchen With Susan St. Clair

— *By Sandra Strong*

When it comes to cooking, Susan St. Clair has a technique all her own. “Quick and easy,” she laughed. “And I love garlic – regular garlic and garlic with parsley.” She never studied cooking, but she feels she learned how to cook from one of the best. “The inspiration to cook comes from my granny,” Susan explained. “While growing up, I would sit with her in the kitchen and watch her every move. She cooked dinner every night for as long as I can remember.”

Most of Susan’s recipes are inherited from her granny, as well as some favorites from friends that she has revamped to make her own. “I love home-style cooking and baking,” she admitted. “My boys love cakes and cookies, while my husband loves anything chocolate.” **NOW**

Granny’s Quick Apple Dumplings

1 can crescent rolls
1/2 stick butter, melted
Cinnamon, to taste
Sugar, to taste
1 1/2 pints whipping cream, unwhipped
1 large Granny Smith apple, cut into 8 pieces
Vanilla ice cream (optional)

1. Flatten rolls onto counter. Spread with butter and then sprinkle with cinnamon and sugar.
2. Put one piece of apple near the small end of the roll. Roll toward large end, making sure to tuck the ends under.
3. Place in shallow baking dish with the

- seam down. Repeat until all rolls are done.
4. Pour whipping cream over the rolls. Sprinkle again with cinnamon and sugar.
5. Bake at 350 F until browned, making sure all cream has been absorbed.
6. Top with vanilla ice cream if desired.

Quick and Easy Cherry Cheesecake

8 oz. cream cheese, softened
8 oz. can Eagle Brand milk
1/3 cup lemon juice
1 tsp. vanilla extract
12 oz. can cherry pie filling
Graham cracker pie shell

1. Blend first 5 ingredients until smooth.
2. Pour mixture into the pie shell and

refrigerate until firm.

Chili Cornbread Casserole

2 boxes Jiffy cornbread mix
8 oz. can sweet corn, drained
1 lb. hamburger meat
Garlic, to taste
Salt, to taste
8 oz. can Hormel chili without beans
Shredded cheddar cheese, to taste

1. Prepare cornbread mixture per box directions. Stir corn into the cornbread. Set mixture to the side.
2. Brown hamburger meat. Drain and then add garlic and salt to taste. Add chili and stir.
3. Spray baking dish with non-stick spray for best results. Pour half of the cornbread mixture into a baking dish.
4. Pour in all the meat mixture. Sprinkle heavily with cheese.
5. Pour the remaining cornbread mixture on top. Bake according to box instructions.

Quick Beef Stroganoff

1 small onion, chopped
1 clove garlic, minced
1 tsp. butter or margarine
1 Tbsp. vegetable oil
1 1/2 lbs. round steak
2 cups canned mushrooms, drained
8 oz. can cream of chicken soup
Salt and pepper, to taste
1/2 Tbsp. Worcestershire sauce
1 cup light sour cream

1. Cook onion and garlic in butter and oil in a nonstick frying pan or heavy pot with lid until softened.
2. Cut the steak in strips or cubes. Add the meat and mushrooms to the onion mixture. Cook until the meat is browned.
3. Add soup, salt, pepper and Worcestershire sauce stirring well to loosen all the browned bits from the pan. Cover and simmer on low for 10 minutes.
4. Remove from heat; slowly stir in the sour cream. Return to low heat, but do not boil.
5. Can be served over hot noodles or mashed potatoes.

To view recipes from current and previous issues, visit www.nowmagazines.com.