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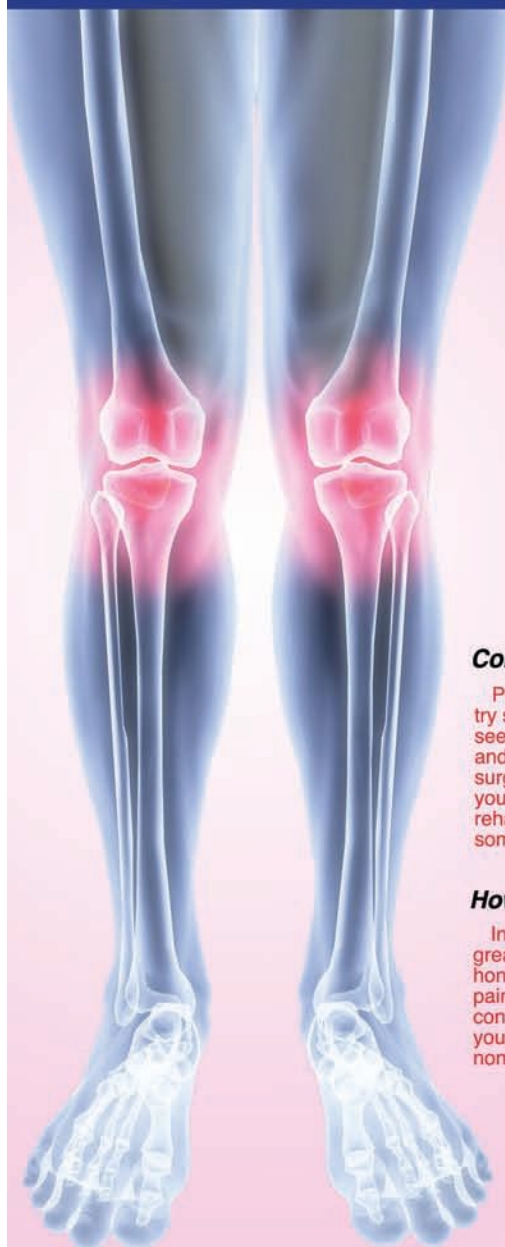


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## ON THE COVER



*For Claude and Maybelle Donaldson,  
70 years of married life just keeps  
getting better.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Falling in step ...*

That's what we're all doing now, with the onset of cooler days. And to ring in harvest time, we have the Autumn Days in Ennis Fall Festival to look forward to on October 18th.

Yes, we're the Bluebonnet City, but the gorgeous autumn colors deserve Ennis' stamp of approval on a special event like Fall Fest to celebrate them. Our Chamber of Commerce and Visitors Bureau put a lot of inspired planning into this great opportunity to

show off our beautiful downtown, and it shows.

That makes me think of someone who has had much to do with the success of Fall Fest. I know our readers are missing former tourism secretary Paula Campo as much as I am. But Paula, who has been recovering from the stroke that took her smiling face from that busy office, is doing well and back from rehab. We are so glad and wish her the best!

*Randy*

Randy Bigham  
EnnisNOW Editor  
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# FRIGHT FLICKS

— By Randy Biggam

*A childhood love of classic horror films brought an Ennis couple together to try their luck at making their own movies. Although they're no longer married, the pair is still one when it comes to the pastime they share. Tommy Slama, former owner of a local video and comic book shop, has nurtured a near lifelong interest in filmmaking. Writing screenplays as a kid, he focused on comedy, his first love. "The stories didn't have much of a plot, just a lot of jokes," he admitted.*





Haley Watson  
and Tommy  
Slama



He's since been able to blend hilarity with horror in the series of independently produced films he and Haley Watson have produced. "We really dig the bad movie," Tommy laughed. "Or I should say the *good* bad movie. You know — goofy, campy stuff. All our movies are really only comedies with a horror theme."

Tommy and Haley make no pretense at being highbrow filmmakers, but their dedication to the craft they've mastered in the indie field is evident and inspiring. Their output may be offbeat, low-budget flicks, but that's the way they want it. So, apparently, does the segment of the movie-going public that has made a cult of B movies. Tommy and Haley's spooky films, a trilogy that will be distributed next year by Whacked Movies, have already met with a positive reception from bloggers and other online reviewers. "But we aren't in this for money," Tommy said. "I enjoy being a storyteller. I'm not trying to be a star. I love the work itself."

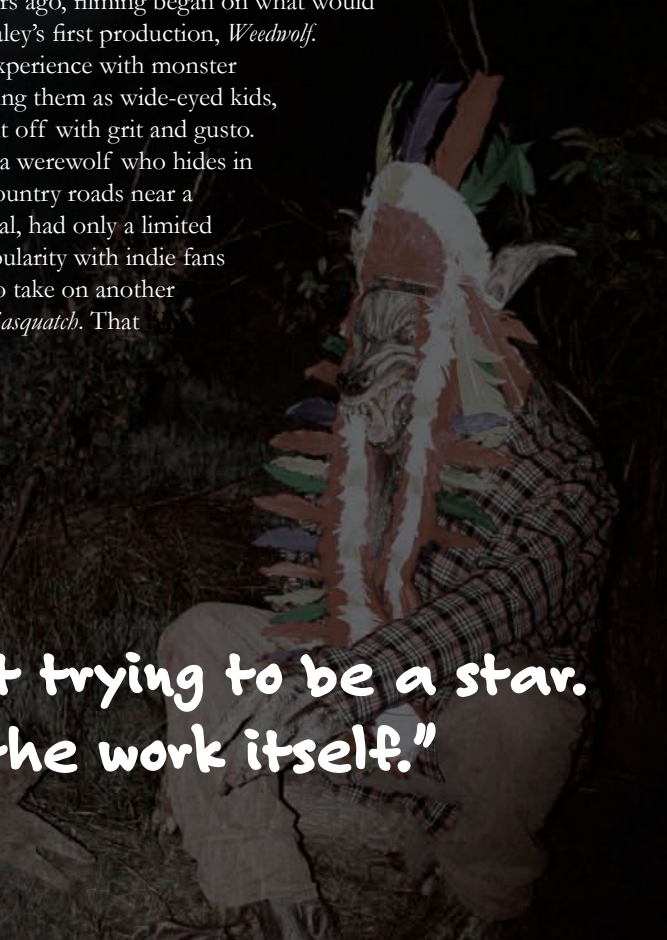
Haley agreed. "We really enjoy the process," she confirmed. "All that goes into the development of a project, and the ability to be hands-on throughout the production, is exciting for us."

The road to success has been a challenging but fulfilling one. "I had gotten to the point where I didn't have dreams anymore," Tommy confessed of the daily grind of his job at a manufacturing plant. "But when I opened my video store, and started meeting people with similar interests, those hopes and dreams came back." The shop didn't last, but his reignited passion for filmmaking has. Armed with new contacts he'd made with musicians, actors and other talent in the Dallas/Fort Worth Metroplex, Tommy set out to learn all he could about making movies. From photographing scenes to editing final cuts, Tommy's crash course soon bore fruit. He met writer-director Calvin Hall who had a "creature feature" script he was shopping around, and Tommy agreed to produce it. Facebook, Craig's List and TexasShortFilms.com offered avenues for rounding up potential cast and crew as well as for generating a buzz in the regional indie market.

Finally, four years ago, filming began on what would be Tommy and Haley's first production, *Weedwolf*.

While their only experience with monster movies was watching them as wide-eyed kids, the couple pulled it off with grit and gusto. The movie, about a werewolf who hides in the weeds along country roads near a town called Normal, had only a limited release, but its popularity with indie fans inspired the duo to take on another project, *Alabama Sasquatch*. That

"I'm not trying to be a star.  
I love the work itself."






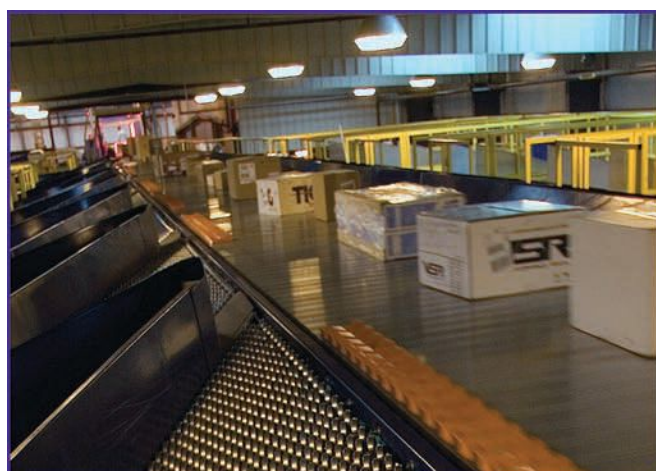
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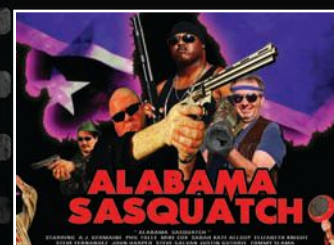
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led to their current production, now nearing completion, of *American Freak Show*, a prequel to *Weedwolf*.

With three films behind them, and all scheduled for release in 2015, Tommy and Haley have honed their skills at direction, editing and even acting. "We had no aspiration to be actors," Tommy explained. "That part we just sort of fell into, but it's been fun."

The pair is in agreement that the most satisfying aspect of their work has been the pure enjoyment they derive from the camaraderie that exists between them and their cast and crew. "We have made



so many friends and now, four years later, we've all become a family," Haley pointed out. "I'm one of the few women involved in the filming, so I tend to be a mothering figure. I like that, and so do they!"

Almost all the actors who appear in Tommy and Haley's movies are culled from a core of local talent hailing from Dallas, Ennis and Corsicana. Moreover, much of the location shooting has taken

## "THE CREATIVE PROCESS FOR US EXTENDS TO THE ACTORS."

place in Ellis County. Although the team is now making impressive waves in the independent market, they still consider themselves to be a bunch of friends making movies on the weekend. Aside from Calvin Hall, the group consists of John Harper, Mike Cox, Steve Fernandez, A.J. and Lisa Jimerson, Jason Guerrero, Phil Tolle, E. Lee Smith, Steve Galvan and Curt Wheeler. In addition, the Justin Guthrie Band has supplied music as well as made personal appearances in the films.

Tommy and Haley are particularly proud of the stories they tell in *Weedwolf*, *Alabama Sasquatch* and *American Freak Show*. "I wouldn't call them 'message films,'" Haley cautioned. "But there is a moral running through them if people care to look at it that way." For one thing, the wolf in the story preys only on those who are committing crimes or leading otherwise less than noble lives. "So if you're breaking rules or not doing what you're supposed to, the wolf might get you!" she giggled. "So although we're not

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glorifying delinquency, we do make fun of it!"

There's not much their films don't make fun of. The characters themselves are a riot. "You will see a lot of B movie stereotypes," Haley continued. "Like the old standby of lawmen who break the law. Then there's your stock character of the cool bad guy, some crazy



townspeople, and we threw in a talk show host with a drinking problem!" Haley herself portrays the matriarch of a weird family, while Tommy plays an overage, dimwit Boy Scout called Bumper, the son of the local sheriff.

Tommy's favorite points in the films are a chase scene he shot and edited and a music track he selected — "Beware of the Full Moon," a song A.J. Jimerson wrote especially for *Weedwolf*. "We wanted a retro feel to it, and A.J. came through with a great 1980s sound," Tommy recalled.

For Haley, watching actors interpret their roles has been a highpoint. "The creative process for us extends to the actors," she clarified. "They have a big say in how their character is portrayed and evolves."

These filmmaking partners have many irons in the fire. Aside from a horror movie anthology, they have plans to produce a creepy satire on urban culture. "Whatever we do, it's the craft and the networking that motivate us," Haley concluded. "It's a lot of work, but it's worth it when we see people laugh at our movies. That's the payoff for us!" **NOW**

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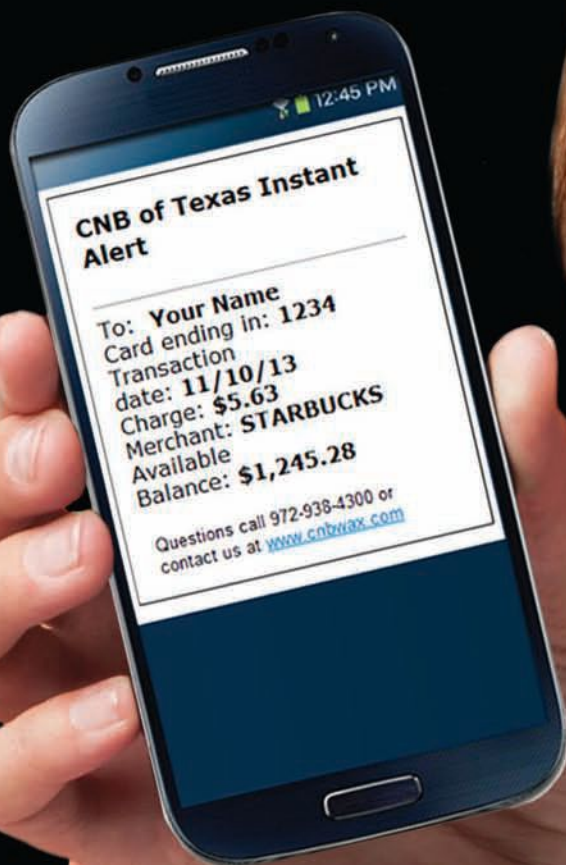
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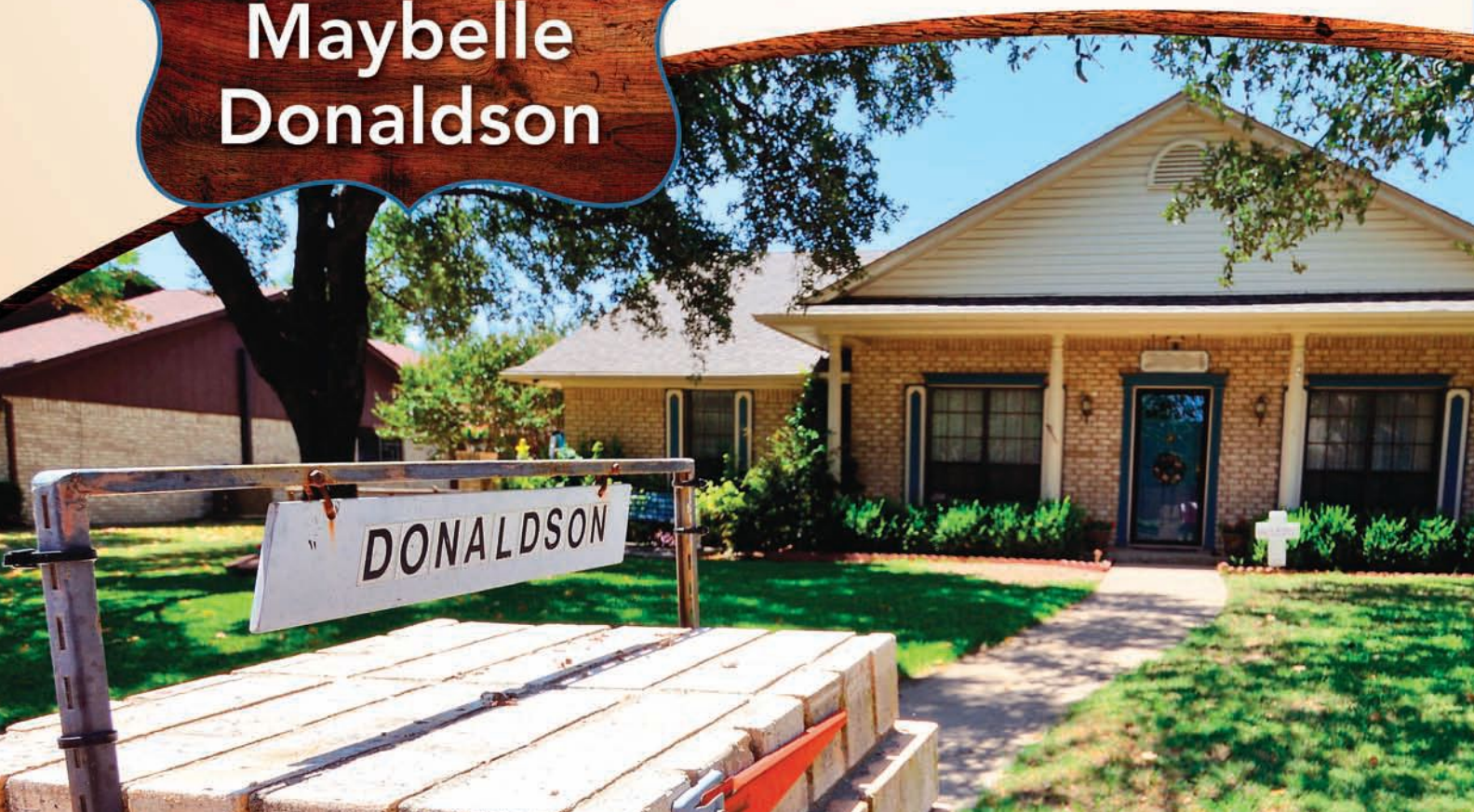
— By Callie Revell

*Claude and Maybelle Donaldson live in the Colonial Estates district of Ennis, where they own a lovely home and actively maintain a beautifully landscaped lawn. Outwardly, they resemble any other couple in Ennis, except for one fact: Claude and Maybelle are 93 years old, and their 71-year marriage is still going strong. Through the course of their lives, they have experienced the highs and lows of history firsthand.*

Claude and Maybelle met on July 14, 1941, which marked the first day of Claude's 45-year career at Ennis Business Forms, now known as Ennis, Inc. Eventually Claude and Maybelle, who already worked there, became a couple. However, they soon ran into a snag. "We had been going together for quite a while when



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**Claude and  
Maybelle  
Donaldson**





he had to go to the service,” Maybelle recalled. “He decided on the Navy. He asked me to marry him before he left, but I said I wouldn’t until the war was over. But things changed.”

As Claude’s work in the military became more dangerous, being assigned to training for submarine warfare, Maybelle thought better of her decision and agreed to tie the knot. The pair married in San Diego, on August 24, 1943.

Claude still remembers the first time he saw a submarine. “Back then, at the theatre, before they showed you the movie, there would be a newsreel,” he recounted. “One night, they showed a submarine launching into the water. The crew took it and went off, then went down and never came back up!” That introduction to the hazards of underwater combat terrified Claude. But as fate would have it, once in the Navy and through boot camp, he was offered the opportunity to train with a submarine crew. His reaction wasn’t surprising: “Not me. Uh-uh!” he told them. But eventually he acquiesced and decided he really enjoyed the work. “So, I went and volunteered,” Claude remembered. “And I spent 27 months on that submarine.”

When Claude and Maybelle returned from California, they built a house in Garrett where Maybelle had grown up.



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"Back in those days, you could buy a really nice house for \$10,000," Claude explained. From there, the couple moved several times before settling into their current home. "That's just the way we were," Claude admitted. "We liked to move around!"

"We sold our house in Garrett in 1958 and moved to Ennis," Maybelle added. The Donaldsons first lived on Lakeshore

Drive before buying a house on Linda Drive in 1965.

"It was a story-and-a-half, and it was just right for our family," Maybelle said. "But Claude started worrying about me falling down stairs, so we moved here. We really enjoy this place."

According to Maybelle, she and Claude



never considered leaving the Ennis area. "It's just home," Maybelle confessed. "I've been here all my life. I like it. The only time we've been away was when we were in San Diego." She reminisced on how much Ennis has changed since she was young. It was a simpler time then.



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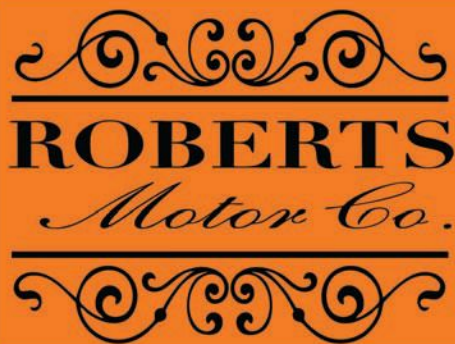


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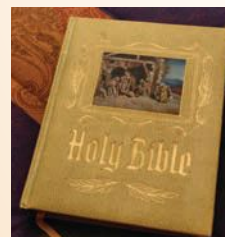
"When I was a girl, my family came into town every Saturday night," she said.

"Mother would sit in the car, while I walked around with my girlfriends, and Daddy went to the domino hall and played 42."

Claude and Maybelle have lived in the home they love for 31 years. "Our daughter found this house, because she was living in the area," Maybelle pointed out. "She told us about it and brought us to look at it. I liked it right away."

Overall, the house is much the same as when they bought it in 1982. "We've made very few changes," Maybelle clarified. Both she and Claude love the location, and they've become friends with their neighbors over the years. "It's the friendliest neighborhood we've ever lived in," Maybelle said.

The decor of the Donaldson home focuses on family. Pictures of their three children, four grandchildren and three great-grandchildren adorn the walls and shelves. "You can see that we love family," Maybelle smiled, gesturing to crayon drawings on the refrigerator and portraits above their sofa. In their spare room, a framed American flag is hung over the bed and a thick white Bible sits nearby. It has a special significance. Claude and Maybelle lost their eldest son in Vietnam on March 9, 1969. "Our son sent us that Bible from Vietnam," she said. "But we didn't receive it until after he was killed."



Although Maybelle doesn't actively collect antiques, there are many in her home. "Of course, our furniture is antique!" she laughed. "We've been married 71 years. Most all of our furniture has been with us throughout the marriage." Her favorite piece is the



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grandfather clock in the living room, a gift from Claude on their 43rd wedding anniversary.

Claude adores Maybelle and doesn't hesitate to mention her talents. "She's an artist," he bragged. "She's painted a lot of beautiful pictures. We've got a house full of them." After sharing his life with her for over seven decades, Claude is still grateful for the woman he loves and the home they've made together. "Every day when she fixes lunch, I sit in that chair and say grace," Claude said. "In my prayer, I thank God for giving me the best wife a man can have. I thank Him for all of our friends and our loved ones. I tell Him, 'We love them and they love us and we all love you, Father, because you do so much for us.'"



Claude's favorite feature of the house is the lush yard, which he literally grew from the ground up. "When we bought this house, it was just a weed patch," he said. "There was no lawn, nothing. It needed a lot of things done. I went to work and made a lawn and put a real fence around it." Claude has also groomed a hedge, planted trees and added other landscape elements. Now, a serene bench in the front yard crowns his accomplishment. "There was just a house here at first," Claude said. "It took a while, but I liked getting the yard to where it is now."

Overall, Claude and Maybelle are thankful for their long life together. And they appreciate the hard work they've put in and the trials they overcame to reach the place of happiness they enjoy now. "I love my home," Maybelle said. "It's a place to relax, to be free."

Claude agreed, adding, "We finally settled down, that's all! And we're very, very happy!" **NOW**

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**Oct 22:** Residents annual fishing trip to Bluebonnet Park.

**Oct 28:** Chili cook-off.

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**Oct 31:** Halloween costume party.

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# LAND OF DISCOV

— By Virginia Riddle



Prof. Tom Vance and Sunday Crider worked together to coordinate Ellie May's excavation.



*It was an otherwise ordinary day for Ellis County gravel pit owner Marty McEwen. But while using a backhoe to remove sand and gravel for sale this past May, he became aware of bits of bone in the mix. Wisely halting his work, he discovered a partially buried prehistoric bone and tusk. Marty contacted a friend, Ken Wolaver, who then consulted with Prof. Tom Vance, his former biology professor at Navarro College-Corsicana. A visit to the site prompted Tom to put his love of paleontological research to work by organizing a controlled excavation of the ancient skeletal remains.*

During this past summer, Sunday Crider of Midlothian, having met Tom on a previous dig in Limestone County, worked as liaison between Tom and groups of five to eight volunteers at a time, who gathered at the excavation site each weekend. Communication was through a Facebook page that Sunday created. Following their paleontology passion, volunteers traveled from the Metroplex, Waco, Limestone County and from all over Ellis County, to work in the hot temperatures. Volunteers had to be at least 16 years old and sign a nondisclosure agreement as to the location, since it was a goal of the group to protect the remains from harm. "When Tom invited me to dig with him, I had no idea what to expect," Sunday admitted. "Once we gridded off the area, we began the systematic digging. As we exposed the second tusk, skull and intact neck vertebrae, I just knew that we had an intact specimen."



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With dental picks, trowels and brushes, volunteers painstakingly uncovered what is believed to be an 18- to 20-year-old female Columbian mammoth. These mammoths date back to the Ice Age and probably resembled today's elephants with a shoulder height of 12-15 feet. Named temporarily for Ellis County and the month of May in which she was found, Ellie May's story may become clearer from lab results that are yet to come. The bones have been protectively wrapped in a way similar to the casting of a broken arm and have been sent to the Perot Museum of Nature and Science in Dallas.

Unlike the Waco Mammoth Site in which a herd of mammoths died trapped in a ravine during a flood, as of yet, there is no indication, such as mollusks or other fossils to indicate that Ellie May died in a flood. Shark teeth have been found, because at one time, this area was completely underwater. The theory that predators killed her seems unlikely since there are no indentations on the bones. Mammoths were herd animals, and yet Ellie May probably died alone. As the first humans to see Ellie May, the volunteers could only speculate on her life and death during the excavation.

"Her death was probably very quick," Tom said. He has also estimated her age based on Ellie May's four sets of molars. "A lot of people are curious about what walked through their backyards," Tom commented. "So I can't place a value on the work done by these volunteers. The gravel pit is kind of a time trip, so a find like this sparks the imagination."

Stacie Rios, also a Midlothian volunteer, enjoyed making her work on Ellie May a family event, since her husband, Gene, and sons Chase, Chandler





Marty McEwen and his dad, Wayne McEwen, were thrilled with the discovery made on their property.

and Chad joined her. "This was the most amazing thing I have ever been a part of," Stacie said. "My husband and sons would dig all day, every day, if they could. Working on Ellie's tusk was memorable. Just exposing it to the elements and literally having it change color before my eyes was an unforgettable experience."

Three generations of the Atchley family of Ennis were represented among the volunteers, as Mandi Atchley had her mother and father and her daughter, Paige, working alongside her. They were disappointed at first by being rained out twice, but were finally rewarded. "It was amazing to look down into the pit and see Ellie May laying there. Really, it was almost startling," Mandi recalled. "This whole experience goes beyond a cash value, since Ellie May was found right here at home. Hopefully, years from now, my daughter can take her children to see Ellie May on exhibit and be able to say, 'Mom helped dig her out.'"

Excited about the dig, Mandi mentioned it to Cassie Ortiz, a drill team director she knew in Waxahachie, who became another volunteer. "It was an amazing experience that I got to share with Mandi and her family outside of school," Cassie remembered. "I learned that it was hard, hot work. We dug out dirt and sand so others could

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get in farther, but it was great to learn and listen to the experts. Ellie May brought everyone together. That was really special."

One of those experts was Bill Abbott of Waxahachie. Retired now, Bill has a Ph.D. in paleontology and taught biology and paleontology on the college level. "I came into the dig late in the game when all the bones were totally exposed," he said. Bill concurred with Tom in that Ellie May's death was probably sudden. Bill has taken samples of micro fossils in hopes of learning more. "Paleontology is a combination of history and science," he revealed. "There is a value in knowing more about the geological environment, the history of the area and about these animals." Besides his interest in paleontology, Bill had another compelling reason to volunteer his time and expertise. "My late wife was named Ellie May, so I *had* to work on this dig," he shared.

Sunday was especially happy to have generations of families volunteering to work together. "I have to attribute my love of discovery to my parents, who instilled in me, as a child, a sense of wonderment and curiosity," she explained. Her dad, Bob Crider of Mexia, also assisted in this dig.

"This has been a very addictive experience," Tom said. "Every time we have moved the dirt or scratched the surface, we have seen something that no one else has ever seen." Like her past, Ellie May's future isn't known at this time. For Tom and others, she will be the topic of scientific papers, but as he remarked, "I want to see the conclusion to Ellie May's story." **NOW**

*Editor's Note: The Perot Museum of Nature and Science will be in charge of bringing Ellie May's story to light, so people for generations to come will be able to enjoy learning about the past.*



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# TO PRUNE OR NOT TO PRUNE



— By Randy Bigham

*The onset of harvest time brings more than the turning of the leaves. For most of us, it means raking them up after their inevitable descent, transforming lawns and driveways everywhere into a crunchy nuisance. Autumn's inception also inspires well-meaning homeowners to prune branches and hedges while the weather is still nice. But increasingly, the word from lawn care specialists and gardeners is to hold off on pruning until winter. Resisting the urge to prune in the fall is the advice of*





famous green thumb Paul James, host of HGTV's Gardening by the Yard. "The tender new growth that would result may not have a chance to harden sufficiently before cold weather arrives," Paul explained, "and that can lead to damage."

Horticulturalist Deborah Brown agreed. "Pruning in late winter, just before spring growth starts," she said, "leaves fresh wounds exposed for only a short time before new growth begins the wound-sealing process."

Gardening author Mike McGrath is more adamant in his advice. "The rules of fall pruning are simple," he maintained. "Prune nothing in the fall! Nada! Zilch! Ladies, hide the pruners from helpful husbands!"

But we yard lovers needn't fret. There's plenty of lawn and garden maintenance for us to accomplish long before winter wields its icy claws.



## Lawn cleanup and maintenance

Keeping lawns free of leaves is the main objective in the fall, so let the raking begin. And we may as well do it the right way. Yes, there's a method to leaf-free madness, as Barbara Pleasant outlines in her book *Compost Gardening*. She recommends raking with the wind (and downhill when possible). Matching your rake to the kind of leaves in your yard and to your body type is also suggested. Your favorite mom-and-pop garden

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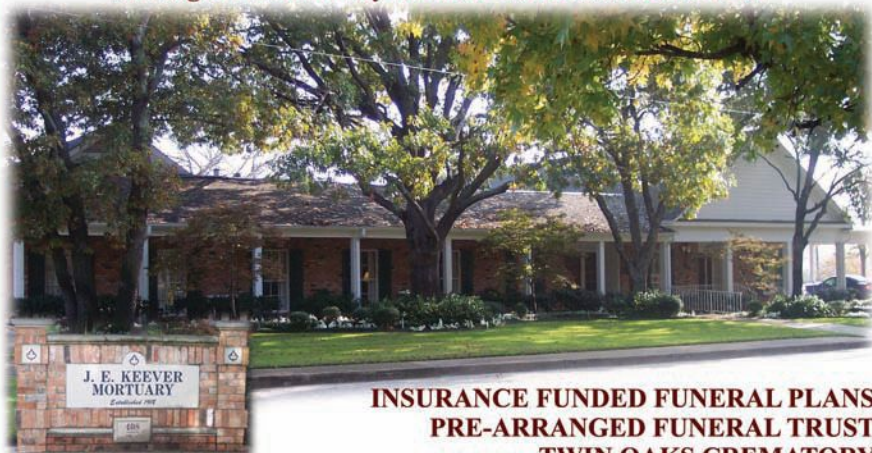
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centers, as well as your local big box stores, offer a range of sizes and weights.

Most importantly, use your shredded leaves as mulch. "Leaves contain some of the nutrients that trees and shrubs have taken out of the soil," Barbara wrote, "and it's in keeping with nature's plan that you should give back some of those purloined nutrients by mowing over part of your annual leaf fall, thus returning organic matter to the soil." Ellis County Master Gardeners are in favor of this form of organic recycling, advising a 3- to 6-inch layer of leaves as mulch in vegetable and flower beds and around trees and bushes.

Writer and avid gardener Lisa Kaplan Gordon suggests patching bare or thin spots of grass during the fall. Remove dead grass and replace with an inch of compost and an appropriate grass seed suited to shade or sun. "You'll want to keep the patch moist," Lisa said, "so lightly water once a day until the seed germinates, and the new grass gets about 1-inch tall."

## Planting and transplanting

Fall is a good time for planting vines and ground covers from containers. Cool-season annuals like pansies, daffodils, dianthus and ornamental kale or cabbage are ripe for autumnal planting, as are leeks, garlic and onions, especially





those “from bulbs in soil enriched with organic matter.”

Paul James believes container plants deserve more attention from fall gardeners than they receive. “You can take cuttings of various annuals and root them in either water or a potting medium such as vermiculite, perlite or soil-less potting mix,” he instructed. Paul also recommends transplanting potted perennials into the garden.

## Fertilizing

Roger Cook of *This Old House* magazine reminds his readers fall is the optimum time for fertilizing their lawns. “Taking the time to fertilize in the fall will strengthen your plants’ and lawn’s roots, giving them a strong base on which to thrive next spring,” he pointed out. He recommends a formula of 20-8-8 (nitrogen-phosphorus-potassium) for the best blade, foliage and root growth and trace element absorption. Check with your local Master Gardeners for the ideal time for lawn fertilization. Roger also suggests fertilizing shrubs and trees in the fall. “I recommend applying one to three

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pounds of slow-release nitrogen per 1,000 square feet of bed and cultivating lightly," he shared.

## Pruning

While fall pruning isn't advocated by most professionals, there are some basics to remember and apply to the task when trimming is safer for the plants. Mike McGrath expounded on why it's advisable not to prune until winter. "As I try to stress every year at this time, pruning now stimulates new growth just when the plants are trying to go dormant, and this severely weakens the plants."

Once winter has arrived, pruning is recommended to promote overall plant health, encourage flower and fruit development, control size and eliminate broken, hazardous branches. For large, established trees, pruning is best left to qualified professionals. A number of knowledgeable, reputable tree trimming services provide care programs and fertilization. Some employ certified arborists to assist clients and offer tree trimming along with traditional lawn and garden packages.

Among shrubs to prune in winter are hydrangeas and camellias. Trees to be pruned at the same time include: juniper, spruce, Bradford pear, honey locust and poplar. Trees *not* to prune in winter are maple, birch, dogwood, walnut and elm.

Whether raking and mulching or planting and fertilizing, remember to pace yourself. As Barbara Pleasant wrote in *Compost Gardening*, "Leaf season will last for several weeks, so you have plenty of time to let yourself enjoy the weather and the work!" **NOW**

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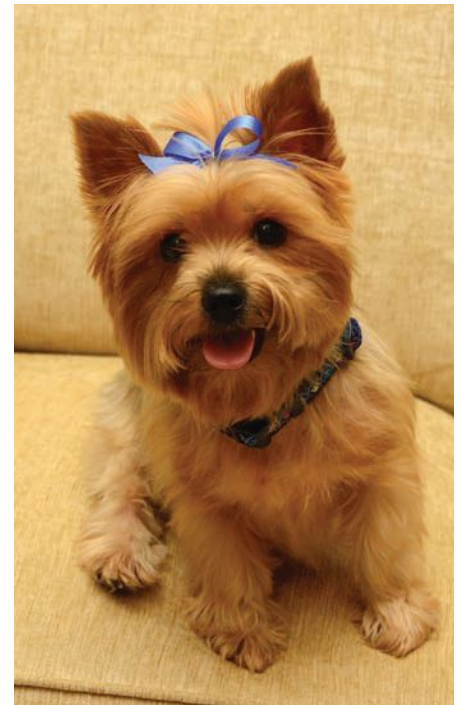
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Samantha and Rachael Brock, owners of Pet Lovers, joined here by their mother, Kim Brock, love their job sitting for Ennis area animals.



# Whiskers and Paws

*Caring for pets is a sister act for Samantha and Rachael Brock.*

— By Randy Bigham

In just a few months, Samantha and Rachael Brock have turned their affection for animals into a thriving business. Pet Lovers, the perfect name for these sisters' pet sitting service, has been in operation only since January, but the owners have been preparing for it all their lives.

"We've been rescuing animals since we were able to walk, I think," laughed Samantha, clarifying that while rescue work is not officially part of their service, they do often help find homes for abandoned or neglected dogs and cats.

Rachael agreed. "As little kids our first dog, Pokey, was a rescue," she recalled. "We found her and kept her and looked

after her when she had puppies. So we've been at it a long time."

Pet Lovers is primarily a day care service for pets — from dogs and cats to horses and goats, even chickens. "We once looked after 13 donkeys, so you name it, we take care of it," Rachael shared. In addition to supplying daily feeding and other general care, Pet Lovers offers a taxi service for animals to and from appointments with their veterinarian.

"But what we mainly do is provide in-home, daily pet care," Samantha added. "We go to clients' homes or to their farms to feed and exercise their pets while they're away for a weekend, or on vacation." Although Pet Lovers doesn't currently offer



boarding amenities, the business is in the process of scouting a good location for a facility to house pets whose owners prefer to bring them in for around-the-clock supervision. But the service the sisters and their staff already provide has proven a hit with customers.

"We have found that clients really appreciate the in-home service," Samantha explained. "It's more comfortable for the pets and more convenient for their owners."

Customers can rely on the sisters' dedication to quality care for the animals left in their hands. "We are very attached to our own dogs and worry over the littlest things, so people can count on the fact that their pets are safe with us," Rachael pointed out. Although dogs and cats often suffer anxiety when their owners are absent, Samantha, Rachael and their team are experts at making the transition as pleasant as possible. The sisters' calm personalities go a long way toward helping soothe the animals, so they eat better and are less stressed overall.

Pet Lovers generally provides multiple, half-hour home visits. "We come into clients' homes to feed their pets, let them out in their backyards, or take them on walks," Samantha said. "And we try to play with them, so they get to have some fun, too." The business also offers overnight visits, which have become so popular that Samantha admits to spending only about eight days a month in her own home. "On the overnight stays," she informed, "we generally spend about 12 hours in the client's home. This allows us to get to know the pets better and to be on hand for all their needs during that time."

Rachael and Samantha are particularly happy to provide a valuable service to Ennis residents. "And we're grateful to the community for supporting us," Samantha said.

But these pet-loving sisters mostly enjoy the reception they get from the animals they meet. Sometimes, an owner will warn them that their dog or cat is shy or standoffish but that doesn't faze them. "They're in our laps in 30 seconds!" Samantha smiled. **NOW**



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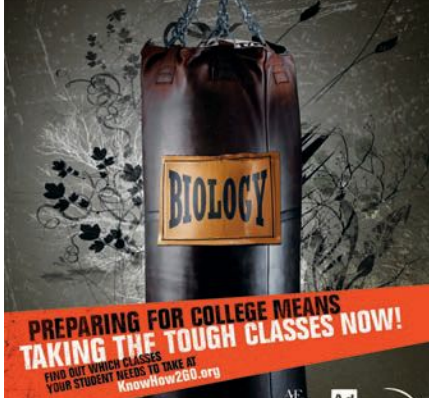
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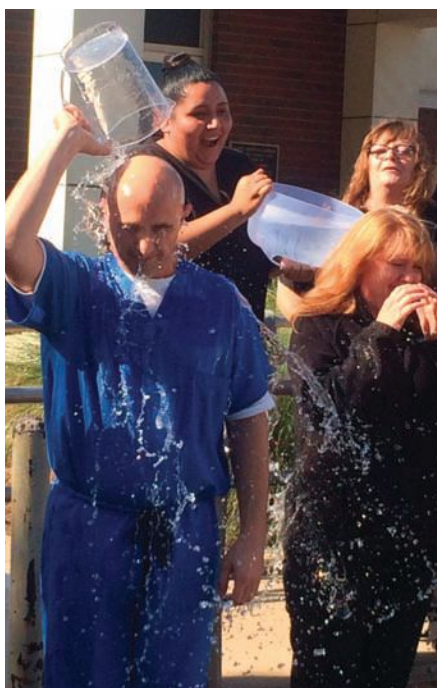
*Wendy Hall goes shopping in a Solomon Islands village market.*



*Tom and Margaret Newell of Bubba's BBQ & Steakhouse host a Business After Hours event.*



*Dominic, Mandi and baby Golde Tartaglia enjoy a walk in downtown Ennis.*



*Dr. John Sullivan raises ALS research awareness by taking the ice bucket challenge.*



*Jennifer Mills feeds the ducks at Old City Lake Park.*



*The Chamber of Commerce hosts a ribbon cutting for Ennis Pharmacy.*



*Carlina Rodriguez discusses with Randy Bigham the progress he is making with his new prosthetic leg.*



*Margaret Wade, Shellie Heard and Ella Heard provide cooking demonstrations at Ennis Farmers Market.*



*The fish are still biting at Lake Clark near Kachina Prairie.*



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# Women Must Know What to Expect from Social Security

Everyone needs to be aware of the financial resources they will have available in retirement. But if you're a woman, you must be particularly diligent, for a variety of reasons. And that means you'll need to know just what to expect from Social Security.

Why should you, as a woman, pay extra attention to Social Security? For one thing, women often take time off from their careers to care for children and older parents, so they may accumulate less money in employer-sponsored retirement accounts, such as 401(k) plans. And women still live several years longer than men, according to the Census Bureau.

Clearly, then, you need to get the most you can from Social Security. To do so, you will need to consider at least three key factors:

**Age** — You can start taking retirement benefits as early as 62, but your benefits may be reduced by up to 30 percent unless you wait until your full retirement age, which is likely 66 or 67. If you delay taking benefits until 70, your monthly benefits may be up to a third larger than if you started collecting Social Security at your full retirement age. You'll need to weigh a variety of factors — such as family longevity, income from employer-sponsored retirement plans and your anticipated financial needs — in determining when you should start taking Social Security.

**Employment** — If you work while receiving Social Security benefits before you reach full retirement age, your benefits will be reduced by \$1 for every \$2 you earn over an annual limit, which generally increases each year. In the year you reach full retirement age, your benefits will be reduced by \$1 for every \$3 you earn over the limit before your birthday. But once you reach full retirement age, your benefits will no longer be adjusted for earned income.

**Marital status** — As a spouse, you can generally receive Social Security payments based on your own earnings record or collect

a spousal benefit of up to 50 percent of your husband's Social Security benefit. The benefit will be reduced if you start taking it before your full retirement age. To start collecting Social Security spousal benefits, you must be at least 62 years old, and your husband must also have filed for his own benefits. If you're divorced, and you're not currently married, you can generally receive benefits on your ex-husband's Social Security record, as long as you meet certain conditions. (For example, you had to have been married to your ex-husband for at least 10 years.)

No matter how much Social Security you ultimately receive, it's almost certainly not going to be enough to provide all the income you'll need. So during your working years, try to contribute as much as you can, for as long as you can, to your IRA and your 401(k) or other employer-sponsored retirement plan. At the same time, look for other investment opportunities. And when you reach retirement, create a withdrawal strategy that allows you to stretch out the income you receive from your investments for as long as you can.

By saving and investing as much as possible during your working years, maximizing your Social Security payments and carefully managing your financial assets when you're retired, you can help improve your chances of enjoying the retirement lifestyle you deserve. **NOW**

*This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.*

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Irish is an Edward Jones representative based in Ennis.*

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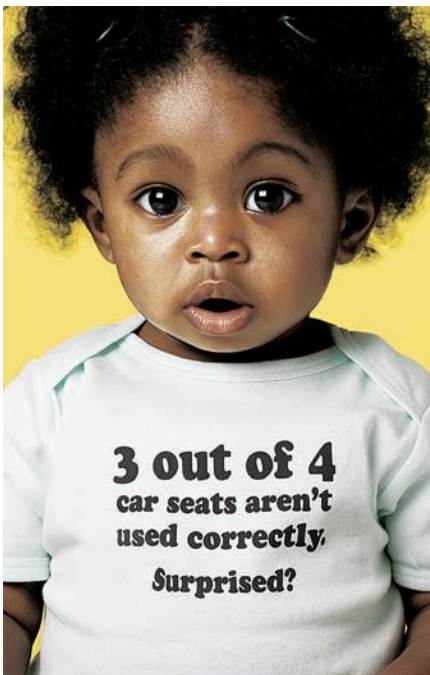
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## Testosterone Therapy: Cause for Pause

Testosterone therapy has been all the rage in recent years. Promises of increased energy, stamina and sexual performance have been enough to drive even the most reluctant of men into physician offices. Male enhancement centers have sprung up everywhere touting improved motivation, weight loss and stronger bones. It sounds too good to be true — and maybe it is.

First, the measure of testosterone itself requires consideration. Many physicians measure only the total testosterone, which affords an incomplete picture of testicular function. A better marker is an assay of the free testosterone which measures the amount of active testosterone in the body. Some insurance companies will not pay for free testosterone assay.

Further, the normal range for testosterone is very wide. Normal men may have testosterone levels as low as 300 or as high as 1,100. Physicians are often pressed to push the dose of testosterone supplementation to the upper limits of that range, which may not be normal in that individual. Pushing the dose of supplementation may not improve symptoms but may increase the incidence of serious side-effects.

Speaking of side-effects, testosterone therapy is known to be associated with fluid retention. In doing so, it may be tied to an increased incidence of hypertension and swelling in the feet. Testosterone may worsen pre-existing liver disease or may unmask an underlying, undiagnosed liver problem. Men who take large doses of acetaminophen (Tylenol) or who drink alcohol heavily may be especially vulnerable.

Perhaps most importantly, supplemental testosterone therapy may increase a man's incidence of stroke or heart attack. Further studies about the link between heart disease and testosterone are ongoing but this has the potential to be a game-changer for physicians everywhere. Since

cardiovascular disease claims the lives of 50 percent of the U.S. population, physicians are reluctant to prescribe therapy that may worsen that statistic. The mechanism by which testosterone therapy may increase cardiovascular risk may be tied to its propensity to increase blood clot formation.

If that is not enough, there is a questioned link between prostate cancer and supplemental testosterone therapy. Most physicians do not believe that testosterone causes cancer but rather believe that it may cause the growth of cancer cells that may already be present. Periodic PSA assessments should be performed while men are being treated. Testosterone has often been reported to be associated with an increased risk of sleep apnea and decreased sperm production. Uncomfortable complications of treatment may include painful enlargement of the male breasts.

So, what is a man to do given the current state of the art? For men who are asymptomatic, testosterone measurement and treatment is not recommended. The controversy is simply too great to advise treatment in these men. In men who are significantly symptomatic for decreased testosterone, the man should be advised about the risks and benefits of hormone supplementation. If treatment is elected, it should be prescribed at the lowest dose required to achieve therapeutic hormone levels. Periodic reassessment should be performed and heart disease risk factor modification afforded to the affected man. **NOW**

*Larry A. Jinks, M.D., F.A.C.P.  
Internal Medicine  
Ennis Doctors Center*



### October 1 — 27

Screams Halloween Theme Park:  
7:30 p.m.-1:30 a.m., 2511 FM 66, Waxahachie.  
Event offers five haunted attractions, live music, games, rides, food and drink. Costumes and masks are not allowed in theme park. For tickets and information, visit [www.screamspark.com](http://www.screamspark.com).

### October 3 — 19

*Leading Ladies* by Ken Ludwig: **Fridays and Saturdays**, 7:30 p.m.; **Sundays**, 2:30 p.m., Ennis Public Theatre, 2905-C N. Kaufman St. Two out-of-work Shakespearean actors pose as nephews to an ailing old lady, hoping to nab her fortune. For more information, call (972) 878-7529 or visit [www.ennispublictheatre.com](http://www.ennispublictheatre.com).

### October 4 — 25

Ennis Farmers Market: **Saturdays**, 8:00 a.m.-1:00 p.m., N. Dallas St. Event features locally grown produce, organic beef, seeds, canned and jarred condiments and sauces and many other vendor offerings. For more information, call the Ennis Visitors & Convention Bureau at (972) 878-4748 or visit [www.visitennis.org](http://www.visitennis.org).

### October 10

Texans Against Breast Cancer Annual

### "Kickin' for a Cause" Fundraiser:

7:00-11:00 p.m., Western Kountry Klub, Hwy 287 at Lakeview Rd., Midlothian. Live performances, live and silent auctions and refreshments of BBQ and soft drinks will be available. BYOB. Tickets: \$15 at the door. Net proceeds will be donated to Susan G. Komen for the Cure. To donate to the silent auction or for more information, call (214) 205-1798. For reservations, call (817) 800-4585.

### October 10 — 26

*A Bad Year for Tomatoes*: **Fridays and Saturdays**, 7:30 p.m., **Sunday Aug. 24**: 2:30 p.m., Theatre Rocks, 505 N.W. Main St. Written by John Patrick, the comedy follows the misadventures of a TV star trying to lead the simple life in a country town. For tickets and information, call (972) 878-5126 or visit [www.theatrerocks.com](http://www.theatrerocks.com).

### October 16

Halloween at Myrtle Cemetery – A Tour with Jim Templin: 6:00 p.m. Historian Jim Templin will lead a walking tour of the graves of notable locals, sharing insight into their lives and deaths. Kids are welcome and attendees are encouraged to wear costumes. Sponsored by the Ennis Historical Society.

### October 18

Autumn Days in Ennis Fall Festival: 10:00 a.m.-4:00 p.m., downtown Ennis. Event features musical entertainment, food vendors and children's activities, including face painting, petting zoo and photo booth. Log on to [www.visitennis.org](http://www.visitennis.org) to download a 2014 vendor application. This year's festival will operate in conjunction with Ennis Farmers Market. For more information on sponsorships, call the Ennis Chamber of Commerce at (972) 878-2625.

### October 25

Monster Mash 5-K Dash and 1-Mile Fun Run: 7:00 a.m. registration, downtown Ennis. Benefiting Ennis YMCA, the race is operated in conjunction with Ennis Farmers Market and is open to all. Mascot run is set for 7:45 a.m., fun run for 8:00 a.m. and 5-K for 8:30 a.m. Registration for the 5-K and 1-Mile is \$25 each. Event features live music at the market following the race.

*Submissions are welcome and published as space allows. Send your current event details to [randy.bigham@nowmagazines.com](mailto:randy.bigham@nowmagazines.com).*

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## In the Kitchen With Martha Wilson

— By Randy Bigham

Martha Wilson credits her love of preparing great meals to her mother and grandmother. “They were wonderful cooks,” she remembered. “Something delicious always awaited me when I got home from school.” Martha has since furthered that tradition as a wife and mother herself.

Although a stay-at-home mom for 16 years, Martha worked as a secretary for Ennis Business Forms (now Ennis Inc.) and the United Agricultural Corporation. Following the example set by her mother and grandmother, as well as her mother-in-law, from whom she learned invaluable tips, Martha enjoys serving big meals for family get-togethers. She is also known in the community for the scrumptious dishes she makes for the sick and bereaved. “A little of your time can mean so much,” she said. **NOW**

### Mama Theo’s Fried Chicken

**1 whole chicken, cut into parts**  
**Flour, in sufficient amount to coat**  
**Salt and pepper, to taste**  
**Mazola or Canola oil, in desired amount**

1. Coat chicken pieces with enough flour to cover; add salt and pepper.
2. Place chicken in pan with enough oil to cover the chicken about halfway.
3. Cook on medium to high heat, without lid, until chicken starts to brown.
4. Turn chicken over and lower temperature; place lid loosely on pan, venting slightly.
5. Simmer for 40 minutes; drain chicken on paper towel.

### Gladys’ Banana Pudding

**1 cup sugar or Splenda**  
**1/3 cup flour**

**3 eggs**  
**1/2 cup milk**  
**1/2 cup evaporated milk**  
**2 Tbsp. butter or margarine**  
**1 tsp. vanilla flavoring**  
**3 or 4 bananas**  
**Vanilla wafers**

1. Combine sugar and flour; add eggs and mix well; add milk and evaporated milk.
2. Cook on stove, stirring constantly, until the mixture thickens and begins to bubble.
3. Remove from burner; add butter and vanilla. Cut up bananas in desired size and stir into mixture.
4. Layer wafers and pudding in a bowl and top with wafers.

### Martha’s Swiss Steak

**2 1-lb. round steak cuts**  
**Flour, in sufficient amount to coat**  
**Salt and pepper, to taste**

**Canola oil in desired amount**  
**3/4 of a bell pepper, chopped**  
**1 onion, chopped**  
**1 Tbsp. butter or margarine**  
**1 14.5-oz. can stewed tomatoes**  
**1 small can tomato sauce**  
**1 cup sliced carrots (canned or fresh)**

1. Preheat oven to 325 F. Cut steak in pieces of desired size; coat in flour, salt and pepper.
2. Place in greased pan and brown.
3. Sauté bell pepper and onion in butter in a separate pan.
4. Place steak in a 9.5x13-inch Pyrex dish, along with sautéed vegetables and remaining ingredients.
5. Cover with foil and cook for about 1 1/2 hours.

### Carrie’s Taco Casserole

**1 1/2 lbs. ground beef**  
**1 pkg. taco seasoning**  
**1 15-oz. can diced tomatoes**  
**3 eggs**  
**1 16-oz. carton cottage cheese**  
**Longhorn or cheddar cheese, shredded**  
**Flour tortillas in desired number, buttered**

1. Preheat oven to 325 F. Brown and drain beef, add seasoning and tomatoes; cook for 10 minutes.
2. Beat eggs in a bowl; add cottage cheese and a handful of shredded cheese; set aside.
3. Pour some of the beef mixture in the bottom of 9.5x13-inch Pyrex dish.
4. Warm a few tortillas and place over mixture, add 2 more layers of beef mixture and tortillas.
5. Add egg mixture and cook for 30 minutes. Top with thick layer of shredded cheese, and cook 5 minutes or until melted.

### Martha’s Orange Dessert

**1 small pkg. orange Jell-O**  
**1 small can crushed pineapple, drained**  
**1 16-oz. carton cottage cheese**  
**1 8-oz. carton Cool Whip**

1. Mix Jell-O, pineapple and cottage cheese.
2. Place in refrigerator to chill for 30 minutes to an hour.
3. Add Cool Whip and mix well. Refrigerate until ready to serve.



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