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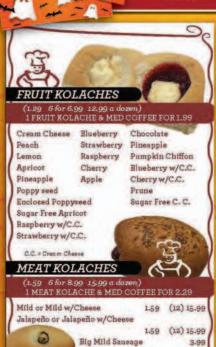
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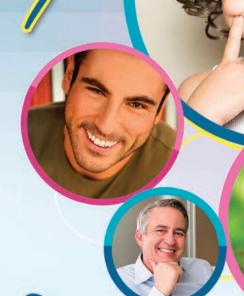


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On The Cover



LaKisha Wells and her best friend and cancer survivor, Christine Bernal, are still standing strong.

Photo by Amy Ramirez.

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Editor's Note

Hello, Friends!

Overall, life has been pretty darn good. Personally, mine has been filled with far more valley experiences then I care to admit, but I've learned that I don't grow as much when I remain on the mountaintop. Time spent in the valley is where all my most valuable lessons have been learned. Valley times have made me realize that I'm much stronger than I ever imagined. I'm OK with being a valley girl!

When I'm high up on the mountain, I find that I'm constantly looking down, but I'm always looking up when I'm in the valley. I think that might be why God lets me spend so much time there. When I'm looking up, I'm looking to Him to handle the problems this life has to offer. I also do my very best spiritual exercises in the valley. I find inner strength that I never imagined, and I come away with just a little bit more wisdom and a lot more inner peace. Although the valley times are difficult, I will continue to take them as they come.

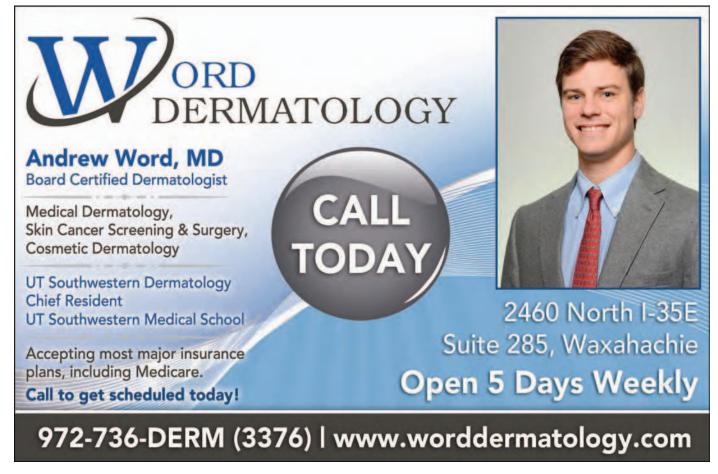
Keep looking up!

Sandra

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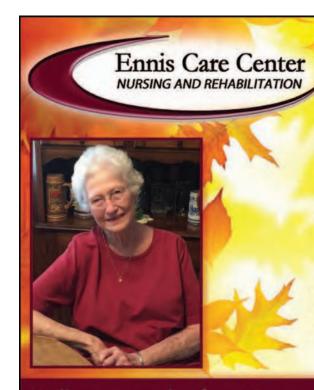


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Life is filled with many ups and downs. The journey can take several twists and turns. Many times a future can be altered by what's happening in the present. Such was the case for LaKisha Wells. LaKisha grew up in Ennis and graduated from Ennis High School in 1995. In her mind, she had her life planned and mapped out. Never in her wildest dreams did she envision coming back home after moving to Dallas to raise breast cancer awareness. "My Aunt, Effie McGraw, was diagnosed at age 52," LaKisha said. "My family had never been touched by cancer prior to this time. I wanted to know more about it."

LaKisha's quest to learn more about the dreaded disease came as she sat with Effie while she was on hospice care. A Susan G. Komen Race for the Cure commercial came on. "I said I wanted to do that walk," she remembered. "Aunt Effie said to go for it." The walk was in October 2006. Effie passed on Memorial Day, five months before the race and four years after receiving her initial diagnosis. "I mourned her passing for a couple months before remembering the conversation we had shared about the Race for the Cure event," LaKisha explained. "I had exactly two-and-a-half months to raise the funds necessary to walk the 60 miles." She raised the money in record time, and she walked alone in memory of her Aunt Effie. "I could feel her spirit with me," she added. "It was difficult, but giving up was never an option."

Her family didn't understand LaKisha's need to learn more about breast cancer. Was it hereditary? Did she or anyone else in the family carry the gene? How do you find out if you have breast cancer or not? There were many questions that she was compelled to find answers to.

Initially, they thought she was glorifying it, when in reality, she wanted to learn as much as she could about it so she could educate others. This education came in handy as several more aunts were diagnosed. Her Aunt Vickie Maxwell was diagnosed a year or so after Effie's passing with a type of bone cancer,

My Sandra Strong

while her Aunt, Charlene Brown, sister to Effie, was diagnosed in 2009. "Charlene had been struggling with breast cancer for years in silence," LaKisha said. "When she finally did go to the doctor, it was too advanced for treatment."

At this time, LaKisha was still advocating alone. She had been educating herself on self-breast exams and early detection, so she could pass that valuable information along to her family members as they began to break their silence. "I now know what to look for in a self-breast exam," she stated. "We could all have the gene within us. My goal is to teach my family and friends how important early detection can be in beating and surviving breast cancer."

Another family member and sister to the previous three, Aunt Georgia Darden, passed in 2010 of cervical cancer that was related to the breast cancer gene that had hit LaKisha's family hard. That same year, another close family member, Kwajalien "Peppermint" Anderson, was also diagnosed, but thanks to LaKisha's mission to raise awareness, she was able to find the lump early and survived.

Also that same year, LaKisha was recruited by the Susan G. Komen Foundation to be one of their keynote speakers and as a volunteer for the organization. As a co-survivor, LaKisha was able to give heartfelt testimonials on her aunts. Each journey may have started with a diagnosis, but each journey was different.











LaKisha was also able to stand firm on the importance of early detection. This forum allowed her to make some necessary noise.

Once again, she participated in the 60-mile event, but she didn't walk alone. The team she organized, Chics in Pink Stilettos, was birthed that year. By the end of the final day, she and her teammate were drained both physically and emotionally, but that didn't stop them from walking the final three miles in their high heels.

Not long after, LaKisha realized her calling was much bigger than walking one event per year and volunteering for someone else's organization. "I learned there was no funding for my hometown," she admitted, thinking all the while that some of the money collected during the annual Race for the Cure events was coming back to the area. "I wanted to do something for my community."

LaKisha wondered if people would come if she organized a nonprofit walk

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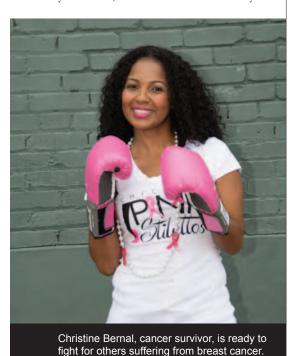
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in Ennis where all proceeds went to Ellis County. The years of experience she gained while associated with Susan G. Komen came in quite handy as she stepped out further, making a little bit more necessary noise. In 2012, the Ennis Pink Power Breast Cancer Awareness Walk was born. Sixty people walked that first year. The number doubled in 2013, and by 2014, registration numbers had tripled. Last year, the event relocated to the downtown area where the city of Ennis offered Main Street as the new venue. There were 16 teams and individuals making up the near 1,000 participants. "In 2015, the event took on a life of its own," LaKisha confessed. "Everyone came together — all ethnicities and backgrounds."

This year, the event will be held on Saturday, October 8. "This is a big year for us," LaKisha stated. "The city











The Chics in Pink Stilettos are on a mission to defeat breast cancer.

has donated two billboards for the cause. Several local businesses will be sponsoring the event T-shirts. It's a great feeling to know people are on board with what the Ennis Pink Power Breast Cancer Awareness Walk is trying to accomplish."

LaKisha knew under-insured individuals were electing to go without annual mammograms. The resources were there, and she wasted no time in finalizing an arrangement with Ennis Radiology that would be beneficial to all concerned. Ennis resident Dolly Dodson was the first to utilize the funds. All donations are made based on an individual's diagnosis and need. "I believe my vision helped grow awareness," LaKisha admitted.

Many times in the early years, LaKisha wanted to throw the proverbial towel in. Thanks to her cousin, Kwajalien "Peppermint" Anderson, who found her lump early and is still cancer-free today, and to her best friend, Christine Bernal, who continues to encourage her as a fiveyear breast cancer survivor, LaKisha is digging her stilettoes in for the long haul. Along with her high-heeled teammates — Valerie Munson, Ashley Turner, Toshar Wilson, Ebony Wilson, Deborah McDowell and Christine — the Chics in Pink Stilettos will keep making noise until the cure for breast cancer is found. "My two friends tell two friends," LaKisha said, "and so on and so on." NOW

Editor's Note: For more details on registering for the Ennis Pink Power Breast Cancer Awareness Walk, call LaKisha Wells at (972) 849-9488 or visit www.ennispinkpowerwalk2016.eventbrite.com. John M. Sullivan, M.D.

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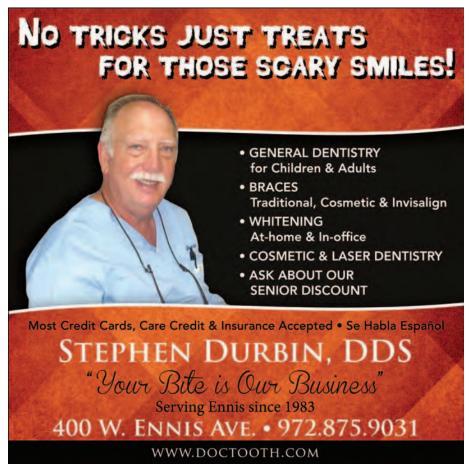


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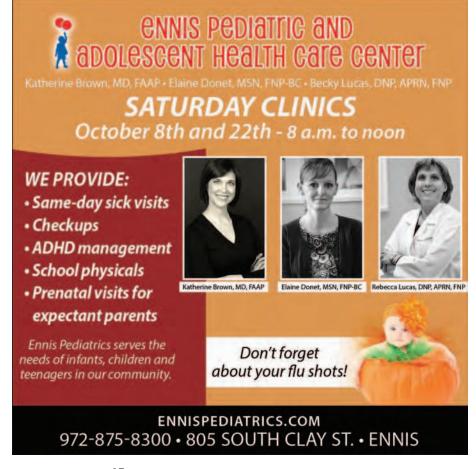














TREASI

At Home With Mark and Ginger Richardson

The treasures that can be found when entering the doors of a home are amazing — the kinds of treasures found deep within the people who live there. Mark and Ginger Richardson are Southern, traditional people of faith who care deeply about their family, their friends and all those they have the opportunity to come in contact with.

Both Mark and Ginger grew up in the area. As other teens did at the time, they cruised the main roads of Ennis on the weekends with friends. One of those evenings brought these two together as friends. They began to spend more and more time together and realized they belonged together. After graduating high school, they married at 19 and then went to college. They knew it was not the path most people took. College usually came before marriage, but they knew they were meant for each other and decided to take the journey together rather than wait.



Within By Debbie Durling

After marriage, Mark and Ginger lived in an apartment for several months — that was until they saw a Jim Walter home on display as they were traveling down I-35 in the Lancaster area. When they saw it, they knew they wanted one just like it. They were so excited about the 912-square-foot "castle" built for them on 8-foot stilts in 1985. The idea was to close in under the house and around the stilts in the future, adding living space to the home.

After really watching Ginger manage a toddler and pregnancy while climbing the many steps to the porch, Mark decided it was time to lower the home to ground level. Later, they added a larger master bedroom and bath. This grew the home to 1,300 square feet.

Mark and Ginger both finished college degrees — pastoral psychology and accounting, respectively. They raised two children and built a life on this wide-open, ranch-style property.









In the past few years, they have shown their commitment to family by building a 1,100-square-foot apartment onto the original house for Mark's mom and adding a four-car garage that sits below a 600-square-foot apartment, originally constructed for their daughter. The property, however, all looks like one abode because when adding on, they consulted an architect who made everything fit perfectly together, while giving each area its own entrance. The outside is covered with beautiful rustic stone and a cedar porch wraps around three sides.

A Texas star-inlaid glass front door opens to the living room. This area has an open concept, allowing the kitchen and dining room to be seen from the front door. Medium-toned, oak cabinets line the back wall next to a welcoming coffee bar for relaxing and



entertaining guests. The walls have a stucco-like texture that complements the casual, calming style of the home. A corner shower is the center attraction of the hall bathroom and yields a great use of space. What was once the master bedroom is now the home office, and it leads into the added-on master bedroom and bath.

Throughout the home Scriptures, crosses and handed-down keepsakes serve as reflections of their beliefs and heritage. One such memento is a cross made by their late friend, Glenn Miller. He ordered the bloodwood from Africa. He carved a beautiful cross with a dove in the center. The dove is not on the front of the cross, but the cross is carved out so the outline of the dove fits

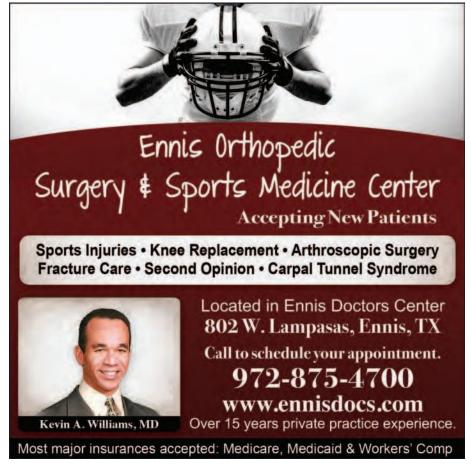




















into it. The actual dove is made of many pieces intricately placed together to form a beautiful rendition of a bird in flight. It is a masterpiece in every sense of the word. Mark smiled as he remembered his friend and the zeal he had for spreading the Gospel in Africa. "He wouldn't stay with the group," Mark laughed. "We would look around, and he would be over somewhere else witnessing to the 'whosoevers,' as Glenn would say."

Other treasured pieces include: a portrait of their family farm in Avalon with cotton in full bloom, a collection of cowboy hats that belonged to Ginger's father and a replica of an actual bale of cotton. Hanging in the kitchen is also a collection of Colonial Homestead plates by Royal similar to those used by her grandmother.

"This is where we dream," Ginger said. They dream about ministry, travel and family. In 1997, Mark and Ginger began attending Refiner's Fire Ministries International, and quickly moved into the role of youth pastors. A singer and pianist, Ginger is on the praise team, which gives her the opportunity to help lead others into worship and a closer encounter with the Lord. Currently, they serve as the Care Pastors, overseeing hospitality, hospital visits and marriage ministry. She is also the director of finance for the city of Corsicana, and Mark works for the city of Ennis as the chief building official.



Helping couples through troubled marriages is a passion they share. "People have to talk," Mark shared. "These days, couples forget to sit down and talk. They don't share what they want to do and the dreams they have."

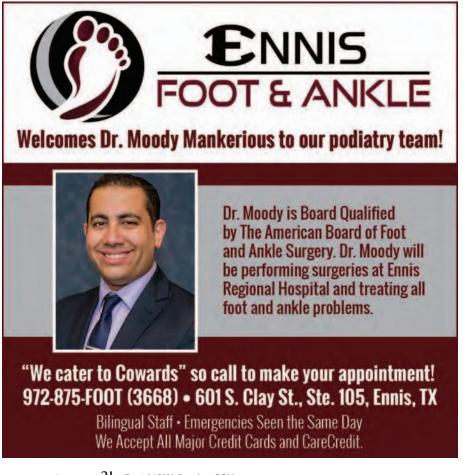
Even though they were made for each other, Mark and Ginger's marriage was not always easy. "Our marriage became the beautiful thing it is when Mark got filled with the Holy Ghost and became the spiritual leader in our home," Ginger said. They give of their time to help other couples find joy in their own marriages.

Some of Mark and Ginger's most treasured moments in their home have been shared with their children and grandchildren. The grandkids love to go for rides with their Memaw and G-Daddy in the couple's side-by-side ATV.

Traveling is another way this couple seeks fulfillment. "The trip we took to Vermont is one of our most memorable," Ginger smiled. They drove 4,650 miles across the Northeast, enjoying great conversation with each other the entire drive. Having no schedule and stopping wherever they felt the nudge, they ran across a bed and breakfast called Hollister Hill Farms. It was like stepping back in time. The farm raised beefalo (a cross between an American bison and a cow), made their own syrup and served farm fresh eggs from their own chickens. "The food was incredible," Ginger recalled. Another unique thing about this B&B was the practice of sugaring. They would boil eggs in syrup and then cool them in the snow. "This makes incredibly delicious eggs," Ginger added.

Mark and Ginger have a glow on their faces as they talk and share about their lives. It's a glow that reveals the deep down peace and joy they share as they navigate life together. Their home is a place of warmth and beauty built over time, just like their marriage and ministry. NOW









Tennessee to Texas has been the route for many a person who calls Texas home, and that is more than true for Scott Dixon, Ennis' city manager. By age 1 he and his family had trekked from Tennessee and were residents of Fort Worth where his parents served as school administrators. Scott was the youngest of six children in his family, and he has a twin sister. "My family, church, teachers and the Boy Scouts of America all helped shape who I am today," Scott said. 'T've had a lot of love and support."

Developing responsible citizens, building character and leadership skills and promoting personal fitness — the true spirit of scouting runs deep in Scott, who rose through the ranks of Boys Scouts to become an Eagle Scout. As an adult, he has earned the right to wear the Gilwell neckerchief, woggle and two wooden beads of a Wood Badge Leader in BSA. "I became very service-oriented because of scouting and the way I was raised," he remarked.

While in school, Scott learned French and then Spanish and served for two years as a missionary in Argentina. He was an Honors College Graduate at the University of North Texas in 2009 with



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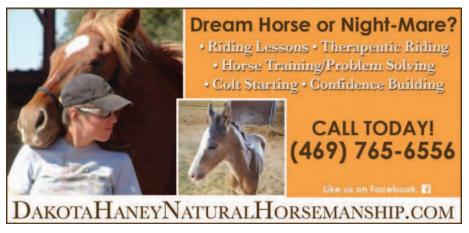




















a bachelor's degree. At the same time, Scott was a rising star from 2000-2009 in the corporate world, with giants such as Merrill Lynch, where he was a financial advisor, and with Compass Bank. "I was the last in and first to go as one of the bank's personal investment officers when cuts had to be made due to the economy," Scott explained. "I had earned sales and achievement awards in the private business sector, but I still had always wanted to serve my community and country. One thing that my time in Argentina taught me was just how great America is, and I definitely developed a pride of patriotism."

After consulting with former clients and friends in public administration who encouraged him to make the change, Scott "launched" back into school. It was a hard sacrifice for his family, but he earned his master's degree from the University of North Texas in public administration in 2011. He served an internship while in school and then served as city manager of Flatonia, Texas, before becoming Ennis' city manager in February 2016.

Residents won't always find Scott sitting behind his desk at City Hall, since his job description involves working with all of the city's departments and representing the city, when necessary, at various functions and meetings. "In general, it's my job as city manager to support Ennis' elected officials in accomplishing goals and objectives. I believe God puts us all where He wants us, and Ennis is destined for growth," he said. "This city is awesome, and I want to work to keep it awesome as it grows."

His enthusiasm is infectious as he greets and works with city employees, visitors and residents. "I am doing what I love by working for this city and being with my family," Scott said. "My family and I 'interviewed' the area and its people



as much as I was being interviewed before I was hired. We loved the smalltown feeling, while recognizing that the people of Ennis and this area are ready for growth. It's only a question of how we grow, not if we will grow. I wanted to be a part of that growth and, personally, grow as well."

Another attractive reason to move nearer to the Metroplex drew Scott and his wife, Kelli, to make the move to Ennis. "We have three daughters, and the oldest is 13. We moved to be closer to their grandparents and other family members. Also, we wanted to give them greater opportunities to do whatever they become interested in doing," he explained. Scott's siblings and their families all reside in Texas, and his extended family remains close.

The move and getting settled in, both on the job and at home, hasn't given Scott much spare time lately. "I'm a member of the Ennis Lions Club International and the Ennis Rotary International, but I haven't been able yet to be as active as I would like. Both are great organizations that do a lot for communities," he said. "In the past, I've been very involved and served on many boards in organizations, but now, when I'm able to get home early in the evenings, I do whatever my kids want to do. I love spending time with them."















The family also likes to travel, and once they're settled in, Scott plans on creating more adventures seeing America with his family. "So far, we've cruised to the Caribbean, Belize and Cozumel, but we're ready to see the U.S. or travel to Europe," he said.

Scott has already made numerous connections across the U.S. and the globe with his city management peers through memberships in the Texas City Managers Association, the Texas Municipal League, the Government Finance Association of Texas and the International City/County Management Association. "UNT also has a strong alumni network. I have learned so much and have received support from so many of my peers in this profession. I have a lot of items on my bucket list of things to do, but I know I want to make a career as a city manager. As such, I have to stay apolitical, but once I retire, I would like to be an elected official in a city or the state of Texas," Scott stated. Elected government service, after all, runs in his blood. Scott's great-greatgrandfather, David John Enderby, served in the Texas legislature.

Serving one's community means personal sacrifice. "I would tell a young person looking at this profession that he or she would have to have a serviceminded attitude as a core attribute. There are lots of personal sacrifices and no riches. A person's motives have to be in the right place to do this job," he explained. "The city manager is the paid professional, since elected officials in Ennis only get a small stipend per meeting. That's true in most communities, counties and even at the state level. There are few, if any, personal advantages for elected officials. I'm working for people who love to serve the community of Ennis and its residents."

Preserving Ennis' rich heritage, while preparing for future growth, is the challenge. "The city of Ennis is destined for growth," Scott stated, "and we have the chance to shape that growth."



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DFW Oral & Maxillofacial Surgery

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Everyone at DFW Oral treats patients like family. They have a great deal of experience in what they do, and they genuinely care.

SAME DAY SMILES

The staff at DFW enables patients to smile, speak and laugh with confidence. — By Virginia Riddle

Dr. Pedro Franco became interested in dentistry at an early age when his dad, a chemical engineer, needed a small tool for a DIY plumbing repair project. He sent young Pedro to a neighbor who was a dentist to get something that would work. "I shadowed that neighbor for a summer after that," Dr. Franco recalled.

Born in Cali, Colombia, Dr. Franco graduated from Pontificia Universidad Javeriana School of Dentistry in Bogota, Colombia, where he also served his oral and maxillofacial surgery residency. He then attended Loyola University in Chicago and served a post-graduate fellowship at Baylor University Medical Center. After establishing a successful practice in Bogota, Dr. Franco returned to Dallas in 2000 to join the faculty at Baylor College of Dentistry, Texas A&M University. He taught there for five

years before reentering private practice, while also still serving as an adjunct faculty member. Voted the Best Dentist of the Year in Dallas, Dr. Franco holds memberships in the American Association of Oral & Maxillofacial Surgeons and the American Dental Association, is a diplomate of the American Board of Oral and Maxillofacial Surgery and president of the American College of Oral and Maxillofacial Surgeons (ACOMS).

Friendly, familiar faces greet patients and their family members at DFW Oral & Maxillofacial Surgery in Ennis. Since 2012, Dr. Franco and his staff have provided Ennis area residents with "teeth in a day" through the dental advances found in the BiteLock system of dental implants. With this system, everybody is a candidate to recover their smile and teeth in one day.

-Business NOW

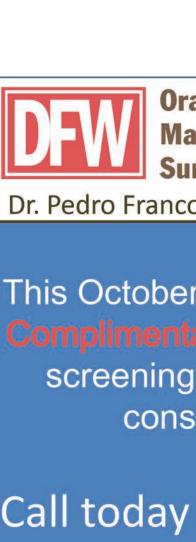
Even if you don't have bone, Dr. Franco and Dr. Price have the expertise to make it happen. Other services include oral surgery, facial reconstruction and facial rejuvenation. "If needed, we can extract a tooth, place an implant and a tooth on the same day," Dr. Franco said. "We treat patients like family — we have a lot of experience in what we do, and we care."

Today, DFW Oral & Maxillofacial Surgery has additional offices in Irving and Mesquite, as well as a new face in the Ennis office. Dr. Howard Price is a native Texan, who is one of Dr. Franco's former students. Dr. Price graduated from Texas A&M University, where he earned his bachelor's degree in chemistry. He attended Baylor College of Dentistry in Dallas, earning his Doctor of Dental Surgery degree. His residency in oral and maxillofacial surgery was completed at the University of Mississippi Medical Center in Jackson, Mississippi.

"Dr. Price and I will be alternating days in the Ennis office," Dr. Franco stated. "We're oral surgeons who use IV anesthesia, and we're always striving to stay current with the advances being made in the medical field. Patients get the best of care here at DFW Oral & Maxillofacial Surgery."

Other highly educated and qualified staff members include: Diana Sandoval, practice manager; Cynthia Rios, patient coordinator; Jackie Hoppenreys and Ivonne Gomez, surgical assistants. "We work as a team to bring patients back to a good, healthy and balanced life," Dr. Franco explained. "A missing or decayed tooth can cause so many health issues and self-confidence problems. Being able to take care of people who haven't been exposed to the best of care is a joy. We have happy and gratified patients."

DFW Oral & Maxillofacial Surgery in Ennis is a fully equipped surgery facility. Additionally, the office participates at the annual Polka Festival and Dentistry from the Heart events. "I love coming to Ennis because people are so grateful, nice and the community is continually growing," Dr. Franco admitted. "We're able to care for so many people who can now smile with confidence. Confident smiles are empowering."



Oral & Maxillofacial Surgery



Dr. Pedro Franco & Dr. Howard Price

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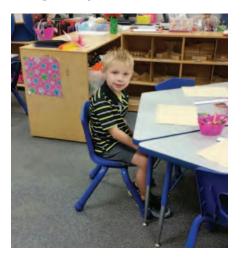


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Around Town NOW



Vanessa Avila enjoys helping customers while working at Factory Connection.



Easton McIntosh is ready for his first ever day of school.



Frances Pool is all smiles as she prepares to serve donuts and coffee.



Chad Guest of Guest Tire and Wheels washes the 85 Speedway mud from the company's race car.



Boy Scout Troop 210 helps at the United Way Kick-off Event.



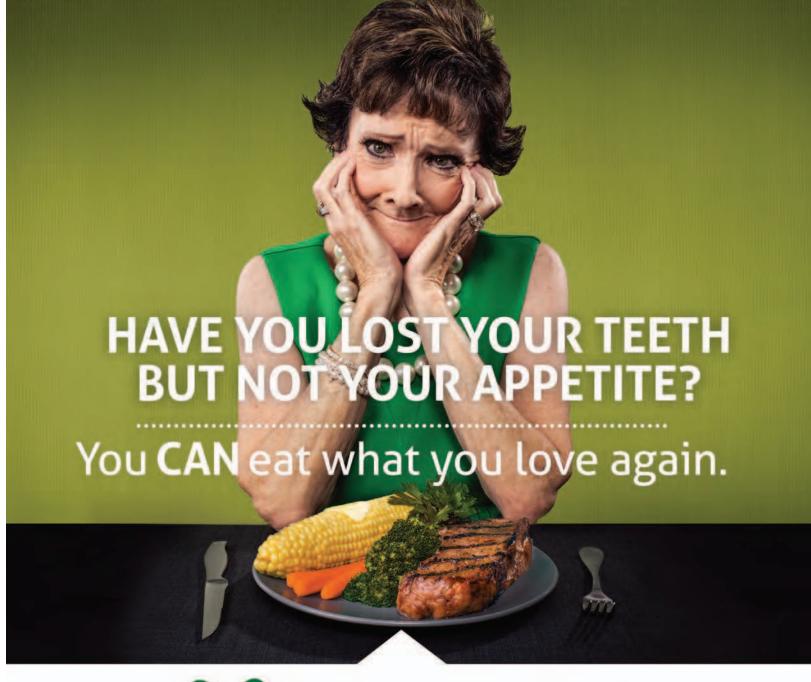
The students in Donna Monreal's first grade class are eager to learn new things.

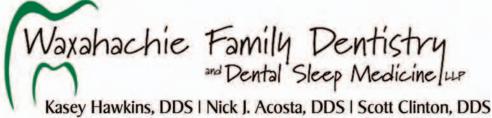


The crew at Kozlovsky's Collision Repair takes time out of a busy day to smile for the camera.



Brody McGahan, son of Justin and Jessica McGahan, is growing up way too fast.





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Vote for Smart Investment Moves

The presidential election is little more than a month away. Like all elections, this one has generated considerable interest, and, as a citizen, you may well be following it closely. But as an investor, how much should you be concerned about the outcome?

Probably not as much as you might think. Historically, the financial markets have done well — and done poorly — under both Democratic and Republican administrations. Also, many factors affecting investment performance have little or nothing to do with the occupant of the White House. Consequently, no one can claim, with any certainty, that one candidate is going to be "better for the markets" than another one.

Still, this isn't to say that any given presidential administration will have no effect at all on investors. For example, a president could propose changes to the laws governing investments, and if Congress passes those laws, investors could be affected.

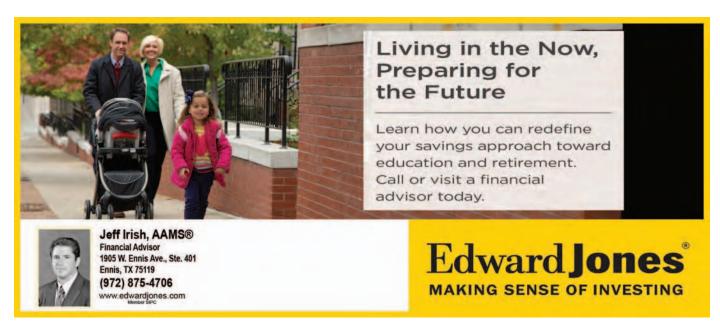
But in looking at the broader picture, there's not much evidence that a particular president is going to affect the overall return of your investment portfolio. As mentioned above, many factors — corporate earnings, interest rates, foreign affairs, even natural disasters — can and will influence the financial markets. But in evaluating a president's potential effect on your investments, you also need to consider something else: Our political system does not readily accommodate radical restructuring of any kind. So it's difficult for any president to implement huge policy shifts — and that's actually good for the financial markets, which, by their nature, dislike uncertainty, chaos and big changes.

The bottom line? From your viewpoint as an investor, don't worry too much about what happens in November. Instead, follow these investment strategies:

- Stay invested. If you stop investing when the market is down in an effort to cut your losses, you may miss the opportunity to participate in the next rally and the early stages of a rally are typically when the biggest gains occur.
- **Diversify.** By spreading your dollars among an array of investments, such as stocks, bonds and other investments, you can help reduce the possibility of your portfolio taking a big hit if a market downturn primarily affected just one type of financial asset. Keep in mind, though, that diversification can't guarantee profits or protect against all losses.
- Stay within your risk tolerance. Investing always involves risk, but you'll probably be more successful (and less stressed out) if you don't stray beyond your individual risk tolerance. At the same time, if you invest too conservatively, you might not achieve the growth potential you need to reach your goals. So you will need to strike an appropriate balance.
- Forget about chasing "hot" stocks. Many so-called "experts" encourage people to invest in today's hot stocks. But by the time you hear about them, these stocks if they were ever hot to begin with have probably already cooled off. More importantly, they might not have been suitable for your needs, anyway. In any case, there's really no shortcut to investment success.

Elections — and even presidents — come and go. But when you vote for solid investment moves, you can help yourself make progress toward your financial goals. **NOW**

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.



Fibromyalgia

- Do you live with constant pain?
- Does your whole body ache and burn?
- Do you experience numbness and tingling?
- Do you feel tender points all over your body?
- Are you always tired and fatigued?
- Are you sleep deprived?
- Do you have recurring headaches?
- Are you irritable all the time?

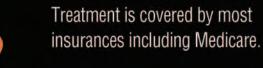
All the above can mean Fibromyalgia

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A Breath of Fresh Air

— By Betty Tryon, BSN

For a group of empty air sacs, the sinuses can cause a lot of problems. They take their name from the bone in which they exist: frontal sinuses located in the forehead, maxillary sinuses behind the cheekbones, ethmoid sinuses in the area that separates the nasal cavity from the brain and sphenoid sinuses are found in the back of the skull.

Anything that interferes with air flowing into the sinuses and the ability of mucus to drain from the sinuses can cause inflammation or sinusitis. The sinuses may become swollen and filled with fluid contaminated with viruses, bacteria and fungi, which lead to the development of a sinus infection. Allergic rhinitis could also create the swelling and inflammation. Other conditions that block the pathway for proper drainage from the sinuses are having nasal polyps and a deviated septum. Polyps are growths within the lining of the sinus cavity, and the septum, if deviated at all, can make one side larger than the other, giving the smaller side a disadvantage in performing its function properly. Having immune system deficiencies also leads to an increased susceptibility to sinusitis and infections.

There are basically three types of sinusitis: acute, subacute and chronic. Acute sinusitis starts suddenly and may last a couple of weeks, unless a secondary bacterial infection develops. Acute sinusitis is most often caused by the common cold and results in

a stuffy nose and headaches. The sinus areas around your face may be tender to the touch and feel as if they are full. Subacute sinusitis may last up to three months. Chronic sinusitis has less to do with bacterial growth and more to do with structural problems, such as polyps and deviated septum and with allergic rhinitis. This type may last three months or even longer.

Treating sinusitis could mean using something as simple as a warm compress on your face or a humidifier in your room, or it could mean something more serious, such as surgery. Of course, much of it depends upon what type of sinus problem you have, what's causing it and the general state of your health. To target specific symptoms of a runny nose, thick mucus, stuffiness, headaches and face pain, over-the-counter medications, such as antihistamines, guaifenesin, decongestants, pain relievers and nasal steroids are beneficial. Your doctor may want to order prescription medication that may be more effective. If you have developed an infection, then you will probably be on antibiotics. If your symptoms continue, you might want to seek help from an otolaryngologist for more specialized care. NOW

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





October 8

Pink Power Breast Cancer Awareness Walk: For full event details and to register a team, visit www.ennispinkpowerwalk2016. eventbrite.com.

4th Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry. For more information, call the dental office at (972) 937-4370.

National Active and Retired Federal Employees Association Chapter 1191monthly meeting: 11:00 a.m.-1:00 p.m., Ryan's Buffet, Hwy 77. The event also includes a guest speaker. For membership information, call (214) 850-4783.

October 11, 25

Ellis County HEALS support group meeting: 6:30 p.m., 408 Water St. For more information, email elliscountyheals@gmail.com or follow them on Facebook.

October 13 — 16

AAA Texas NHRA Fall Nationals: Texas Motorplex. For more details, visit www.texasmotorplex.com.

October 15

Autumn Days in Ennis Fall Festival: 9:00

a.m.-3:00 p.m., downtown Ennis. Arts and crafts, tasty treats, live entertainment and activities for the children. Admission is free.

October 20

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center, 2272 FM 878, Waxahachie. For more information, visit www.wd5ddh.org.

October 20 — 22

Ellis County Youth Commercial Heifer Show & Sale: Oct. 20, cattle check-in; Oct. 21, ranch-beef course presented by Mark Arnold, county extension agent; Oct. 22, cattle judging and auction; Ellis County Expo Center. For more information, call John Paul Dincen III at (214) 236-0407 or on FB at Ellis County Youth Commercial Heifer Show & Sale.

October 28

Halloween Costume Party: 7:00 p.m., Prestonwood Country Club, 15909 Preston Rd., Dallas. Fundraiser will benefit the Heroes, Cops & Kids nonprofit community organization that is comprised of police officers and community leaders who serve Ellis County and its surrounding areas. The event includes a dinner, cash bar, raffle and prizes. Tickets are \$35 per person. They can be purchased at www.PurchaseTicketsNow.com. For more information, call Petya Edwards at (214) 971-5005 or email office@pedwards.org.

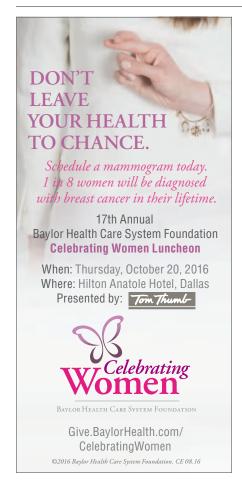
October 29

21st Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips for a day of arts and music. Enjoy a free concert by Restless Heart as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit www.waxahachiecvb.com.

Monster Mash 5K Dash: downtown Ennis. For more information, call (972) 878-2625 or visit www.visitennis.org.

Halloween Bash: 7:00 p.m., SPJST Hall, 1901 E. Ennis Ave. Music will be provided by the Studebakers.

Submissions are welcome and published as space allows. Send your current event details to sandra.strong@nowmagazines.com.









Cooking NOW



In the Kitchen With Johnia Neil

— By Virginia Riddle

With a grandmother, mother and four aunts who were "fabulous" cooks, Johnia Neil didn't have to learn how to cook until 45 years ago when she married Danny Neil, a Marine home from service in Vietnam. "We immediately moved out-of-state, so I learned quickly," Johnia recalled.

After retiring from military life, the couple returned to Texas and raised their two children, Nisa Redd and Jarod Neil, who are excellent cooks. With a collection of 300-plus cookbooks and a bevy of family recipes, Johnia's never at a loss for what to bake or cook. "I also use recipes from magazines, newspapers and Pinterest and prefer baking over cooking," Johnia stated. These days, when not attending a ballgame, her kitchen helpers are her grandchildren, Addy, Cayden and Blaze.

Sad Cake

2 cups Bisquick
1 I-lb. box brown sugar
4 eggs
1 stick margarine, softened
2 tsp. vanilla
1 cup pecans

- **I.** Mix the Bisquick and brown sugar. Add eggs and margarine; stir until smooth.
- **2.** Blend in vanilla and pecans; spread batter into a greased and floured cake pan.
- **3.** Bake at 350 F for 45 minutes; the cake will fall in the center when removed from the oven.

Pecan Delight Ritz Cracker Pie

3 egg whites
1 cup sugar
1 tsp. baking powder
1 tsp. vanilla
20 Ritz Crackers, crushed
1 cup pecans, chopped
Sweetened whipped cream or Cool Whip, to taste

- **I.** Beat egg whites, sugar and baking powder until mixture is glossy.
- 2. Add vanilla; fold in the crackers and pecans.
- **3.** Spread mixture into a greased pie pan; bake 30 minutes at 350 F.

4. Cool and serve with sweetened whipped cream or Cool Whip.

Spam Rolls

These make a great appetizer.

2 12-oz. pkgs. brown-and-serve dinner rolls
1 12-oz. can smoked Spam, grated
4 hard-boiled eggs, grated
1 1-lb. box Velveeta Cheese, grated

- **1.** Hollow out the middle of each roll leaving the bottom intact.
- **2.** In a medium bowl, combine Spam, eggs and cheese; heap a generous spoonful into each roll; place on a baking sheet.
- **3.** Bake rolls according to package instructions.

Creamed Corn

4 lbs. frozen sweet corn 1 16-oz. pkg. cream cheese 1 stick salted butter

3/4 cup heavy whipping cream

4 Tbsp. sugar 1 tsp. pepper 1/2 tsp. salt

1. Place all ingredients into a slow cooker; cook on low-medium heat for at least 4 hours.

Buttermilk Pie

1/2 cup butter, softened

2 cups white sugar

3 heaping Tbsp. flour

3 eggs, beaten

1 cup buttermilk

1 tsp. vanilla

Dash nutmeg (optional)

1 9-inch unbaked pie shell

- 1. Preheat oven to 350 F.
- **2.** Cream butter and sugar until light and fluffy; add flour and eggs.
- **3.** Stir in the buttermilk, vanilla and nutmeg; pour filling into the pie shell.
- **4.** Bake for 45-50 minutes, until set.

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

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- Constant pain on one side of the buttocks
- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately, your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

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