

EnnisNOW

M A G A Z I N E

OCTOBER 2017

A man and a woman are sitting on a concrete porch in front of a blue door. The man, on the left, has short brown hair and a beard, wearing a blue and red plaid shirt over a grey t-shirt and blue jeans. He is holding a small, scruffy dog with brown and grey fur. The woman, on the right, has long blonde hair and is wearing a grey sweatshirt and blue jeans. They are both smiling at the camera. A potted aloe vera plant is on the left side of the porch.

Embracing Life on Preston

Happy Accidents
Chop, Crop and Grow
Staying Connected
In the Kitchen With
Nate Bullington

At Home With
Jeremy and Claire Simmons

Passing
the Flame

Liz Moucka Krajca imparts
Sokol's rich gymnastics heritage

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ON THE COVER



*Jeremy and Claire Simmons
are proof you can
come home again.*

Photo by Amy Ramirez.

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Editor's Note

Autumn has arrived!

And I know this how? Because it's time to climb up into the attic for the fall decorations. I never need to wonder what containers hold fall leaves, pumpkins and the miniature hay bales that may or may not have survived the heat of summer. Those containers are a deep orange, much like the changes I'm seeing in the leaves on the trees in the neighborhood.

I'm not sure who originally came up with the idea of color-coding, but I would love to one day shake their hand because I'm a color-coding fanatic. My calendar looks like a Lite-Brite board. Birthdays and anniversaries are highlighted in neon yellow. The dates grandchildren come to visit are highlighted in neon pink. A quick glance at the dates highlighted in blue take me back to vacation days I've taken thus far, while green represents church happenings and any upcoming appointments with the doctor or dentist. Obviously, the pink days will always be my favorite!

What color represents the favorite things in your life?

Sandra

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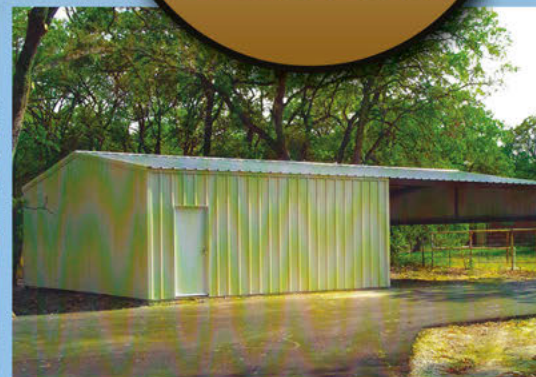


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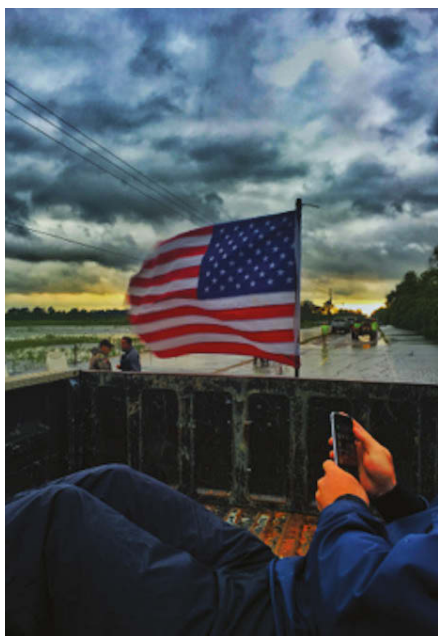
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Bradley Tyner snaps a photo as he travels with his Ennis crew from one location to another during the Hurricane Harvey rescue efforts.



Chris Duval works with other volunteers helping Hurricane Harvey victims.



DFW Oral & Maxillofacial Surgery brought the Irving shelter enough toothpaste, toothbrushes, deodorant, soap and feminine products for 200 people.



Mackenzie Hart, Ava Riley and Sarah Morales sell Kool-Aide and cookies to help raise money for hurricane victims. EFD came by and donated.



Matt Keever rescues one of many pets stranded in the high waters.



Ben Walbert and Dale Nalepinski from Indiana drop off many bags of clothing at Soul's Harbor for hurricane victims, after first traveling to Port Arthur with water and other supplies.



Mayor Angie Juenemann comforts a young refugee who is staying at one of the two local motels — Comfort Inn and Motel 6 — that have been designated as shelters.



Pastor Steve Brody and several from his congregation at St. Mary Baptist Church in Bardwell team up with Unity in the Community to provide a meal for the refugees staying in Ennis.



Scottie Stice, state director for SBTC Disaster Relief, stops to pump gas at the Ennis QT while on his way home to Palmer after more than two weeks in South Texas aiding hurricane victims.



Texas Strong



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of *Texans*. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! **NOW**

Becky Walker • Managing Editor • NOW Magazines

State and National Organizations:

Red Cross of North Texas • (214) 678-4800
<http://www.redcross.org/local/texas/north-texas>
 Text Harvey to 90999 to make a \$10 donation.
 Corsicana Office: (903) 874-4551

North Texas Food Bank:
 Donations of food and funds to replenish their available food supply are needed. Contact ntfb.org.

Save the Children Flood Fund • SavetheChildren.org

The Texas Lions Foundation:
 The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800
texasbaptistmen.org • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

Community Organizations:

Salvation Army
Corsicana location: 212 E. 1st Street • (903) 874-7131
Waxahachie location: 620 Farley St. • (972) 937-7727

Habitat for Humanity • (972) 937-2797
elliscountyhfh@gmail.com • www.ellishabitat.org

Ellis County Emergency Management • Stephanie Parker
 (972) 825-5199

Volunteering: We send trained emergency volunteers out in the field first when people come looking for a way to help out.
What you can do: Send money/gift cards. All drop off locations in Houston and the surrounding areas have been overrun with clothing. They don't have space for more.

Waxahachie Emergency Management Coordinator Lt. Marcus Brown
 His assistant: Sheila Adams • (469) 309-4000

Unity in the Community of Ennis
 Contact Shirley and Charlotte Watson at (214) 475-0042.
 Refugees are currently staying at Motel 6 and Comfort Inn in Ennis. Local churches are preparing meals daily for the refugees. They are also helping with hygiene items and the basics.

Camp Hoblitzelle • 8060 Singleton Rd. • Midlothian, TX 76065
 (972) 723-2387

The United Way of West Ellis County
 207 N. 8th St. Midlothian, TX 76065 • (972) 723-9280

The Oaks Fellowship
 Is working with Convoy of Hope to identify opportunities to mobilize teams to serve in the areas impacted by the hurricane. Visit community.theoaksonline.org for updates.

Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.

Watched by both young and old, gymnastics is one of the most popular Olympic sports. Many also enjoy watching the sport during the many televised competitions in between Olympic years. The speed, agility and gracefulness of athletes from around the world competing at that level is inspirational, especially to youth. Who knows? The next Gabby Douglas, Simone Biles or Sam Mikulak may be ready to start their road to Olympic fame by joining the Sokol gymnastics training program this year. "Our focus is on strengthening the body and providing the basics in gymnastics," Liz Moucka Krajca, the Sokol gymnastics manager, stated.

The Czech word, *sokol*, means "falcon" in English, and just as that courageous, agile and beautiful bird soars high, so do Sokol gymnasts. Founded in 1862, in Bohemia, by Dr. Miroslav Tyrš and Jindřich Fügner, the Sokol organization has promoted patriotism, fraternalism and physical fitness through calisthenics and gymnastics for all ability levels and ages over the years. The Rev. Josef Arnošt Begmann, the "father" of Czech immigration to Texas, encouraged many Czech immigrants from Bohemia and Moravia to settle on relatively cheap farmland that was being offered in Texas starting in the 1850s. After the founding and spread of Sokol gymnastics across Europe, many of those immigrants stayed fit by doing daily gymnastics workouts onboard ships while making their way to ports along the East Coast, New Orleans, Louisiana or Galveston. Sokol units were formed, along with churches and schools, in many of the predominately Czech communities established during the 1800s. Texas cities that still have Sokol units today include Ennis, Corpus Christi, Dallas, Fort Worth, Houston and West. "We celebrated our 100th anniversary of being 'Sokol Strong' in 2008," Liz recalled.

An Ennis native, Liz grew up in the gymnastics program and Sokol tradition, since her father, Leslie Moucka, was the hall's manager during the 1950s and '60s.

— By Virginia Riddle

PASSING THE

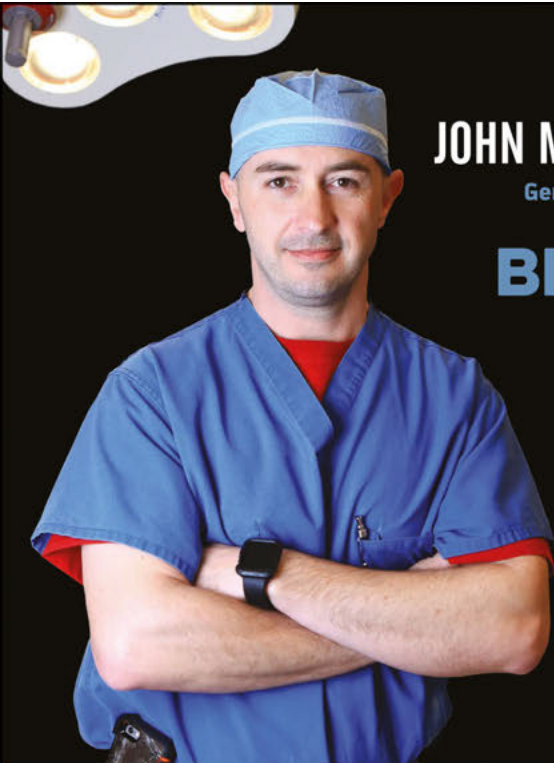
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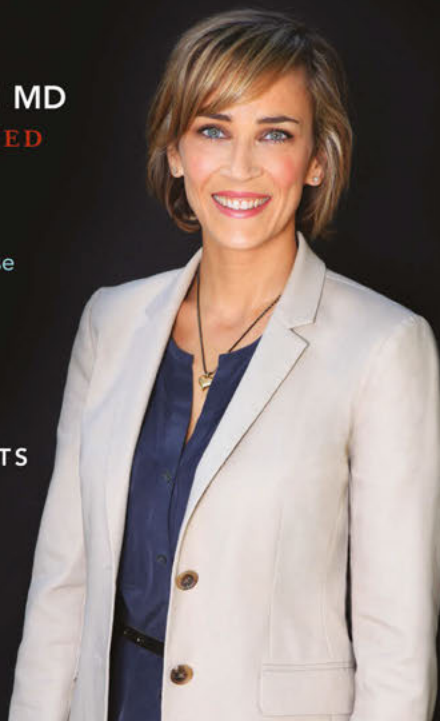
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After college, she did not participate in Sokol until rejoining 10 years ago. Now semiretired, she's enjoying her third year as the gym manager.

Gymnastics classes are offered to youth from ages 3 through the teenage years, with the age and ability breakdowns of beginner tots, second year tots, novice and levels 1 through 4. The club is a member of USA Gymnastics and competes in Southern District (Texas and Oklahoma) Sokol slets (gatherings in English) every June and the American Sokol Organization slet, which is held every four years. Medals are awarded at those competitions and during annual unit competitions. "We generally have six to 10 coaches every year," Liz said. "Many of them grew up in Sokol, learning how to teach gymnastics and tumbling at the American Sokol Instructors School. Our instructors are also USAG safety certified, and we always have at least two staff present who are first aid/CPR certified. Some instructors have been professional coaches in the Metroplex, and some have competed as cheerleaders on the national level." Cheerleading clinics are offered each year during the weeks prior to high school and junior high cheerleading tryouts.

The Sokol philosophy applies to all ages and abilities, even if one doesn't strive for stardom. "We offer volleyball, Zumba toning and water aerobics for adults of all ages and physical ability levels. The Zumba and cheer clinics are open to the public, with no Sokol membership required. Gymnastics and volleyball fees include a membership to the Sokol swimming pool. Zumba and volleyball offer a vigorous workout, but the senior exercise and water aerobics offer a low-impact activity for adults who just want to improve their overall health, well-being and fitness levels.






“The senior class includes a calisthenics program that integrates with the calisthenics taught to younger gymnasts. When everyone, ages 5 through octogenarians, takes to the field during their slet, their workout has a kaleidoscopic effect when viewed in a stadium setting,” Liz said. “Sokol is for everyone.

“Another one of our most popular physical activities is often overlooked as being exercise,” Liz stated. “The Sokol Hall sponsors dances for the public during festivals, and a Friday night dance band usually plays once a month in the clubroom. Dancing is exercise. We do the polka and schottische, along with country western dances.”

Sokol was founded on the philosophy that physically fit, mentally alert and culturally well-developed people make a strong community. The Sokol gym programs annually participate in the Ennis Polka Festival Parade and the Ennis Parade of Lights. “The older gymnasts walk alongside our parade floats and break out into cartwheels and handsprings ever so often,” Liz said. The group also participates annually at the State Fair of Texas’ Heritage Day.

Community is expressed in other ways. To help fund the gymnasts’ travel expenses, the Ennis Sewing Circle, which meets at the Sokol, annually donates a quilt to be raffled off, and bake sales are held. The Sokol organization also provides one or two college scholarships each year to deserving members.




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A former photographer, writer and editor for construction trade magazines, Liz was also an English and history teacher. "I love watching the kids develop their skills and seeing them improve week after week," she said. She's able to provide smaller classes in a fully equipped gym. This enables coaches to really focus on individual needs, with little wait time for participants. "We are challenged in a rural area to find qualified coaches and instructors, so I'm always recruiting," Liz said. "We want this program to fight the nationwide obesity problem, so we provide coaches who can really relate to children and adults in the classes and give all participants a full gym experience."

"The flame of our gymnastics heritage has passed through an unbroken chain of instructors for over 100 years," Liz remarked. "Many local names most Ennisites will recognize include members of the Laznovsky, Jurecik, Hamilton, Liska, Houdek, Hajek, Kalat, Mach, Slovak, Toth and Betik families," she said. "They dedicated many decades of their lives to teaching the gymnastics program, but there have been dozens of other instructors throughout the years who have taught as their job and family circumstances allowed. This chain of members has been our strength."

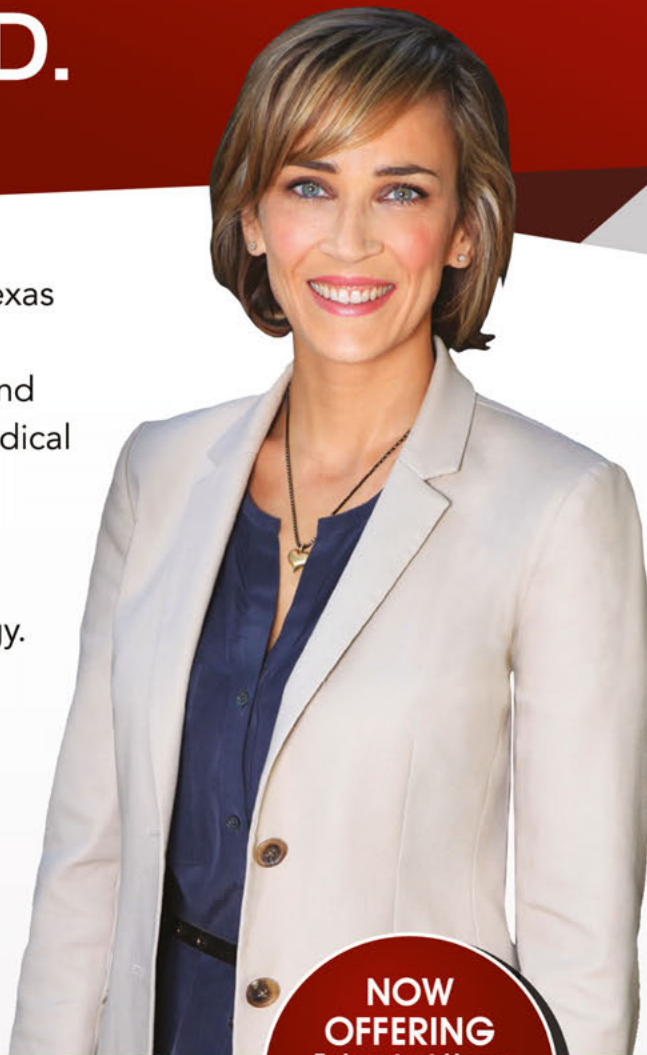
These past few years, Liz has enjoyed getting reacquainted with people she has known in Sokol over the years. The community spirit so fostered in years past in Sokol is alive and well today. **NOW**

Editor's Note: For more information, email Liz at fitness@sokolenniss.com or Facebook at Sokol Strong, Sokol Pool and Sokol Ennis.

Meg Sullivan, M.D.

Cardiology

Dr. Sullivan graduated from The University of Texas Health Science Center at San Antonio and completed her residency in internal medicine and fellowship in cardiology at Baylor University Medical Center in Dallas. Dr. Sullivan practices general cardiology including outpatient stress testing, echocardiography, preoperative assessment, pacemaker evaluation and preventive cardiology. She is accepting new patients.



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Embracing Life on Preston

☀ AT HOME WITH JEREMY AND CLAIRE SIMMONS



— By Virginia Riddle

Jeremy Simmons didn't marry the girl next door, but he did marry Claire, who grew up, just like Jeremy, on Ennis' Preston Street. And wouldn't you know it — their first home, bought in October 2016 right before their wedding the next month, is on Preston Street! "While we were growing up, our parents owned homes about a mile apart," Jeremy recalled.

Their lives have run a parallel course in many other ways. Jeremy and Claire met through mutual friends while

attending Ennis High School. "I knew his sister," Claire said. After graduation, Dallas Baptist University was the college of choice for them. Jeremy majored in political science and English, and Claire's area of interest was in communications. With degrees in hand, both chose the alternative certification program to become teachers. Jeremy is now in his second year as an English teacher at his alma mater, EHS, while Claire is teaching elementary art for a third year. "I love teaching art," she said.

An attractive 1950s post-WWII cottage, the couple's home was completely remodeled professionally by Wildwood Restoration before they bought it. "It was so nice," Claire said. "We didn't even have to paint anything. We just moved in our furniture." As with many young married couples through the ages, Jeremy and Claire requested donations of their parents' heirloom furnishings and have turned their mutual interest in antiquing into an adventure to acquire more vintage furnishings from the 1950s era. "We didn't really have anything when we moved into our home, so it's been fun decorating it," Claire remarked.



A welcoming front stoop is surrounded by colorful seasonal flowers in gardens that Jeremy and Claire planted. An American flag flies proudly above the garden, and the tree-shaded lot provides a pleasing backdrop to the yard's wishing well. These Ennis natives posted a welcome sign just inside their front door since they enjoy entertaining friends and family.

Most likely, walls came tumbling down during the remodeling. The result is an open living and dining room which appears even larger than its real square footage due to the large windows set in every exterior wall, a nice feature left over from a pre-air conditioning time. Throughout the home, the original hardwood floors are polished to a new shine. "We love having real hardwood and our sectional sofa," Claire stated. "It's so comfy."


The sectional sofa wraps around two walls and is flanked on one side by a bookcase loaded with treasured tomes. Both Jeremy and Claire are avid readers and prefer books to e-readers. Ceiling fans provide comfort, as well as add to

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the period feeling of the home. The dining room table and chairs were a vintage find in an antique store. "This was the first thing we bought," Jeremy explained. The couple likes to play board games — from the old family favorites to newly created ones — with friends once a week. The table is perfect for that shared time. "There are really a lot of cool new games available," Jeremy added.

Everyone can feel at home in the kitchen with its window to the world above a farm sink surrounded by butcher block counters. Soft green walls are accented by the clean white of the stove's tile surround and the shabby chic shiplap wall on which a chalkboard hangs. It was a gift from Claire's mom. Claire enjoys updating it to a seasonal theme. A newly installed kitchen island houses

the dishwasher. The hot water heater is artfully concealed behind a pantry-type door, and the former ironing board wall storage now provides display shelving. Copper bowls for Scout, the couple's Catahoula Leopard, mixed-breed rescue dog, lay beneath the shelves. Scout is named after one of the main characters in *To Kill a Mockingbird*.

A laundry room and pantry area lead to the back door. Beyond is the fenced backyard enjoyed by Scout. A picnic table under a mature pecan tree provides the couple a place to enjoy lunches together and entertain friends.

Originally, most likely a two-bedroom, one-bath home, Jeremy and Claire's home was reconfigured to an updated three/two combo, which gives them both their own office space. A mandolin and collection of guitars decorate Jeremy's office walls. He's working on a master's degree in political science through Southern New Hampshire University. "This is a great place to get papers and discussion boards done," he confessed. Jeremy relaxes with his music, a passion that he's pursued since age 13. A Dr

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Pepper bottle artfully displayed with a vintage camera in the hall outside his office, speaks of Jeremy's love of the popular soft drink.

Claire's office hosts another vintage find — a child's study desk. Across the hall, the original bath carries through the soft, green- and white-color scheme with its sea shell shower curtain. Wall cut-out shelving is filled with functional woven basket storage.

A wedding portrait of Jeremy and one of Claire hang in the master bedroom. "My mother is a professional photographer. She took those of us, but not on our wedding day," Claire recalled. They were married in her parents' backyard, followed by a reception in Waxahachie's Chautauqua Pavilion. "It was risky having it outside, but the risk paid off," Claire explained. "We had absolutely perfect weather that day."

"We tried to stay pretty traditional when we were planning our wedding," Jeremy added.

Photos of a bright flower and a bison that walks Caprock Canyon State Park decorate walls and are Claire's creations. Jeremy and Claire enjoy traveling, especially to national and state parks where they camp. "We went to Arkansas for our honeymoon, and we've been to Big Bend National Park," Claire remembered. "We camped a lot while we were dating."

The couple are members of Tabernacle Baptist Church, where they lead the college group, and Jeremy plays guitar in the worship band. Last



Christmas, their first in this home, was special. "With both our families living in Ennis, we don't have to travel during holidays," Jeremy said.

"We had a real Christmas tree," Claire added.

Last year was momentous in another way. Jeremy was awarded an AVID, Advancement Via Individual Determination (a college readiness program), Teacher of the Year honor. "This award meant so much to me, since it's voted on by the students," he said.

"It was a stressful past year. We got married, bought a house and it was my first year of teaching," Jeremy recalled. "However, we represent generations in Ennis, and we plan to continue that legacy." **NOW**

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With busy fingers at work and yarn unwinding orderly from the ceramic yarn bowl she custom-designed herself, Beth Ham crochets yet another gift for a family member or friend or creates another bear to donate to the Mother Bear Project. The Mother Bear Project sends the bears as gifts of love to children who are affected by the AIDS epidemic in emerging nations. "I donate a lot of bears for the project, and I also crochet items for the American Red Cross," Beth said.

Crafting and sewing were skills Beth learned working alongside her mother, while growing up in Pennsylvania. "My mom, who had cerebral palsy, was a stay-at-home-mom. Our whole basement was a crafts room," Beth recalled. Beth's dad also enjoyed crafts, and she has wonderful memories of times spent crafting with family.

Inspiration is "everywhere" for Beth. "It's in things I read about, see and hear," she said. "My favorite author when I was a kid



**"I love watching
the thing I'm
making emerge."**

ts

— By Virginia Riddle

was Phyllis Whitney. I read a book about Hawaii and then painted a picture from her descriptive words."

Spinning yarn became Beth's passion when she learned to spin after joining a spinning group in The Colony where she and her husband, George, and their sons, Jonathan and Ryan, lived before moving to their land in Bristol nearly two years ago.

Beth belonged to a crochet group while in The Colony, but now she belongs to several online crochet groups on Facebook, as well as the knitting group at the Waxahachie Senior Center. "We make squares for a Crochet Hugs blanket whenever someone in one of the Facebook groups dies. The squares are then sent to one person in the group who puts them together and presents the blanket to the person's family. It's hugs of love," Beth said.

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Many of Beth's crocheted creations are useful items that decorate her home. She has crocheted storage bins for her collection of yarn and a bedspread for her son. Paper weaving creates useful bags of laminated catalog pages. Whenever she can't use the item she's created, it finds its way to one of the several shops in the area where Beth has a booth.

Beth has perfected her crocheting techniques and now posts training videos on YouTube and has co-authored a crochet book, *Flower Loom Crochet*, with Kristen Mangus. "I've been crocheting since I was 11 years old when I learned from my aunt and cousin, so I feel as though I'm an expert, but I'm not an expert in my other arts and craft mediums," Beth explained. "Crochet was a creative release for me, but now it's a job, so ceramics and glass painting have now become my release."

It was a natural transition for Beth to start creating ceramic yarn bowls that she paints in decorative themes. She uses the Waxahachie Senior Center kilns to fire her works, so she donates pieces for them to sell to help support the center. "I started learning about ceramics at a local shop. I've made yarn bowls with a Van Gogh's *The Starry Night* theme, and a bowl I made for my sister had a daisy theme, which is her favorite flower."

The yarn bowls are purchased in bisque form. Beth then sands and scrapes away any flaws, and wipes the form with a damp sponge. "I prefer using blank, not sculpted pieces, so I can apply my own art," she said. Research and sketches drawn on paper follow. Using a graphite pencil, Beth draws her planned sketch onto the piece and uses colored glazes to complete her design. After the piece dries completely, she applies several coats of clear glaze over the entire piece and


allows it to dry completely before firing it in the kiln. The graphite burns off during the firing, leaving the beauty.

Her painting isn't just reserved for ceramics. Beth also paints on glass. Just as with her ceramics, she sketches her design or, with the glass, Beth will use a stencil. Often a photograph will inspire her free-hand sketches. She favors glass paint in pen form, which she copies directly onto the glass from her sketch. After allowing the paint to cure for about eight hours, Beth fires her glass art in her home oven at 375 F for 40 minutes. The glass remains in her oven while gradually cooling. Glass beer pitchers with matching glasses, mugs with bluebonnets, painted fruit jars, Christmas plates and ornaments, magnets with painted flowers and the family's crests for Ham and Morrison names are all part of Beth's painted collection.



Like a lot of dedicated crafters, Beth is challenged to find time to create everything she wants to try. "I have a hard time saying, 'No,'" she said. Other challenges come when she can picture the item in her head, but can't find just the right color to use or when directions are poorly written. "Sometimes I will make something that I know I won't use personally, but I want the challenge," Beth explained. When she wants to "Zen out," Beth colors postcards or doodles with colored pens.

She met her husband, George, in an American Sign Language class at Tennessee Temple University. She cares for their autistic son, Ryan, who's 26 years old. Ryan attends the Ennis Workshop three days a week. The couple's 28-year-old son, Jonathan, is a graduate of the University of North Texas. He lives in their former home in



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The family enjoys traveling. "When the kids were growing up, we took them to places on many road trips and flights, which was a nice benefit of working for an airline. We also love living closer to Groesbeck, Texas, where we like to go, so we can spoil a very special 2-year-old nephew," Beth said.

But the joy of dwelling within her creative world always draws Beth back. "I love watching the thing I'm making emerge," she said. There is great satisfaction when it comes out right. "When it comes out wrong," she admitted, "sometimes, it's a very happy accident." **NOW**



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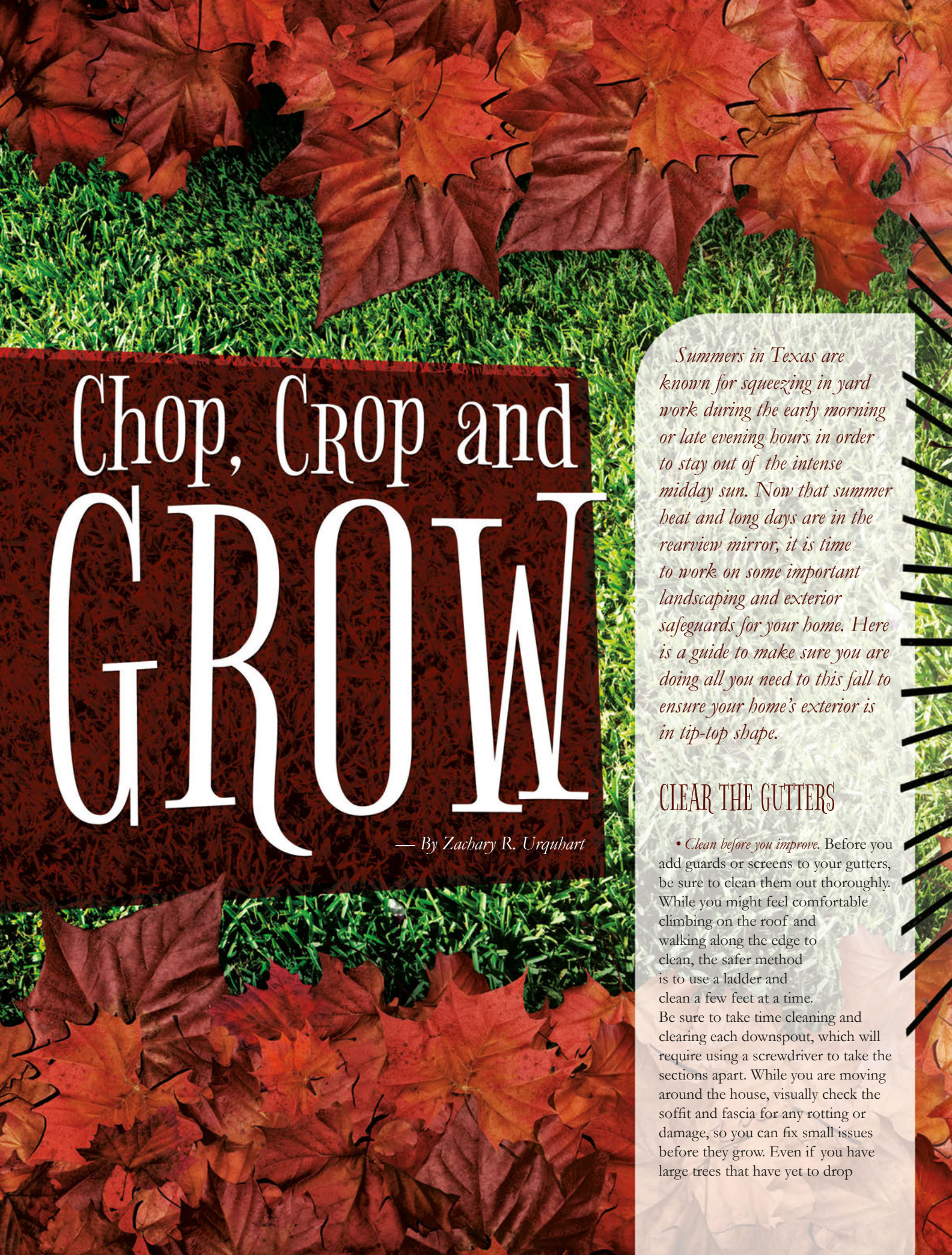
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— By Zachary R. Urquhart

Summers in Texas are known for squeezing in yard work during the early morning or late evening hours in order to stay out of the intense midday sun. Now that summer heat and long days are in the rearview mirror, it is time to work on some important landscaping and exterior safeguards for your home. Here is a guide to make sure you are doing all you need to this fall to ensure your home's exterior is in tip-top shape.

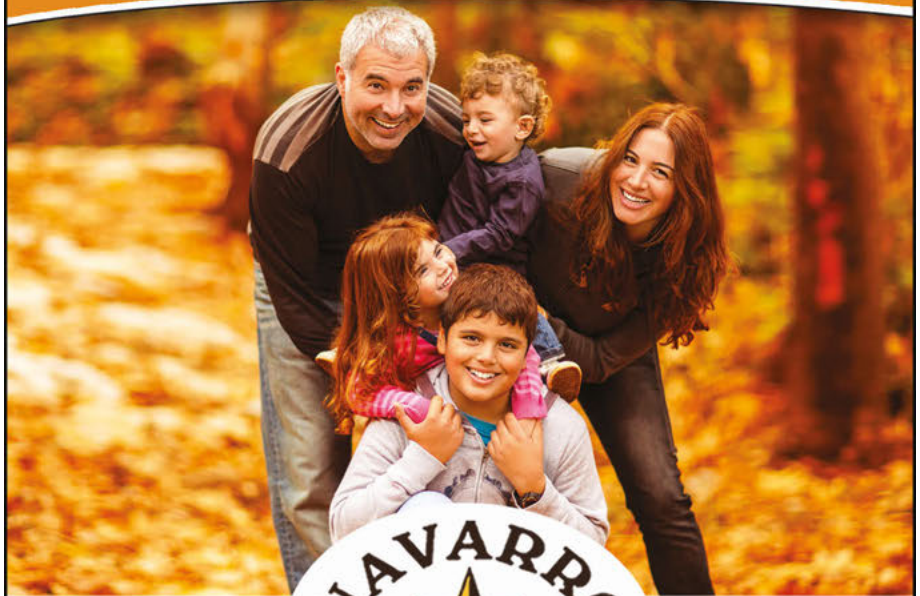
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TO TRIM OR NOT TO TRIM

- *Fewer limbs mean fewer leaves and more problems.* One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.

- *Know what to cut.* Though you are waiting to do any major pruning, figuring out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees.





And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

- *Shrubs need time.* When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

WHAT TO PLANT

- *Winter grass helps your lawn.* Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.¹

- *Make this season count.* Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties



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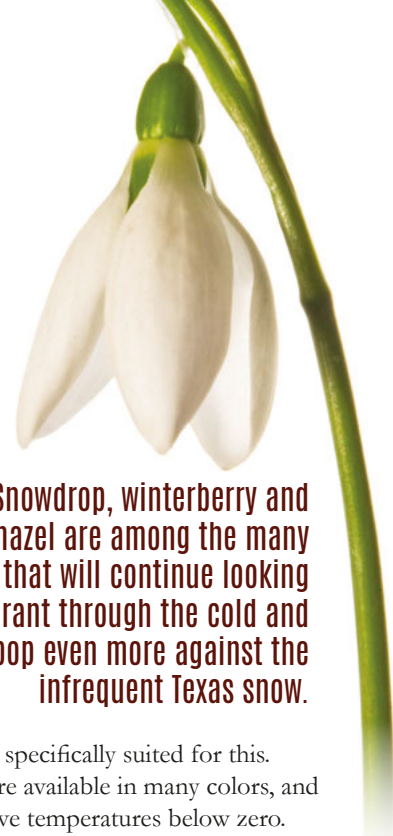
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Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.

of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.²

• *Get ready for what comes next.* In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.³

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! **NOW**

Sources:

¹<http://homeguides.sfgate.com/types-grass-can-planted-late-fall-early-winter-27552.html>

²<https://www.houselogic.com/photos/yard-patio/winter-plants/slide/flowering-quince-chaenomeles/#slide/4>

³<http://www.sunset.com/garden/flowers-plants/bulbs-to-plant-in-fall/view-all>

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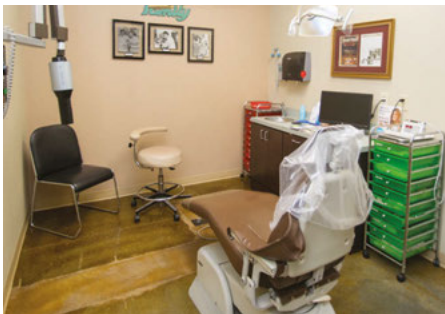
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Dr. Williams and her dedicated staff at Ferris Family Dentistry offer the newest technology to meet the dental needs of their patients.



Staying Connected

Dr. Virginia Williams brings dentistry into the here and now with technology. — By Sandra Strong

Having good memories of dental appointments as a child makes all the difference as an adult — just ask Dr. Virginia Williams, a sixth-generation doctor of dentistry. “My dad was my dentist, and my mom was my hygienist,” Dr. Williams remembered. “I have very fond memories of those days as a child.”

Dr. Williams and the staff at Ferris Family Dentistry take great pride in offering those same positive dental experiences to their patients. The main goal at Ferris Family Dentistry is overall patient care. “Each morning, we have what we call ‘morning huddles,’” Dr. Williams shared. “These meetings prepare us for the day ahead.” The staff of nine, including Dr. Williams and Office Manager Angela Bruner, begin each morning upbeat and ready, and they carry that same enthusiasm throughout the day.

Being patient-focused means having a listening ear. It also means offering the most comfortable dental experience possible. “Laughter is so important, so humor is a big thing in the office,” Angela admitted. “We are like a family here, and our patients are an extension of that family. We make phone calls and send greeting cards to patients as our way of staying connected.”

Dr. Williams and Angela had the same vision to open a local dental office that offered the best in patient care. Although Dr. Williams does come from a long line of dentists, she’s made it a priority to separate herself from the old ways of doing things by bringing Ferris Family Dentistry into the here and now. “One big thing that has changed is that we are a completely digital practice,” Dr. Williams explained. “We also offer the newest technology when it comes to one-day crowns, teeth whitening and dentures.”

Business **NOW**

Teeth whitening allows patients to leave the office not only with pearly white teeth, but teeth that are smooth and have little to no sensitivity. Top-of-the-line dentures offer the same aesthetically pleasing look, accompanied with the same great comfort. An anesthesiologist is made available for patients who experience anxiety from less-than-positive experiences they may have had prior to their visit to Ferris Family Dentistry.

"We are like a family here, and our patients are an extension of that family."

The one-day crowns offered at Ferris Family Dentistry set a quality standard that's difficult to beat. "The one-day crown looks and feels just like the crowns we used to wait for from the lab. In the past, patients had to wear a temporary crown for three weeks and come back for a second visit. One-day crowns may take a three-hour visit, but the patient doesn't have to miss work or be numb a second time," Dr. Williams stated. "They look and feel the same, but it only takes about three hours from start to finish, and the patient can actually watch their crown being designed and milled." The use of this modern technology has proven to be a great investment. "It has certainly infused life into the practice," Dr. Williams added.

"We have set the bar for this area," Angela reiterated, "and it's been set high." This standard of quality includes many payment options that include all PPO insurances, most major credit cards and Care Credit options.

Six generations in any one family is a great testimony to the same career choice, but to be the only female has its merits, as well. "I *believe* I'm the only sixth-generation dentist, and I *know* I'm the only sixth-generation female," Dr. Williams said with a humble tone to her voice. "I opened the practice here in April 2013, but I've been practicing since 2007." The road ahead for Dr. Williams and Ferris Family Dentistry looks pearly white and full of positive possibilities. **NOW**

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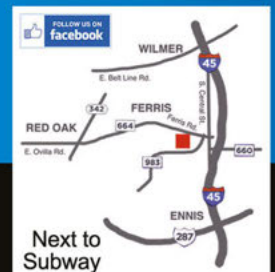


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During graduation ceremonies, Faith Browning receives two degrees — a bachelor's and a master's — from Integrity Seminary.



A ribbon cutting is held for Brianna Sewell's Allstate Insurance.



Nova Curry and Levi Walker listen and read along to a story on tape.



James Gauna and his brother, Martin, visit the Cowboys facility at Ford Center in Frisco.



First-graders Cali C. and Hazel P. take a break from word identification to smile for the camera.



Rod and Chris Cordsen spend time over the Labor Day weekend remodeling the home that's been in the family for four generations.



Easton McIntosh gets ready to enjoy a bath bomb while looking forward to the prize found inside.



Sky Phillips and her miniature zebu, Brutus, share a special moment.



New Way Learning Academy celebrates their grand opening with a Chamber of Commerce ribbon cutting.

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Fall Forecast

Can You Save for College and Retirement?

Few of us have unlimited financial resources — which means that almost all of us need to prioritize our financial goals. Consequently, you'll have some decisions to make if you'd like to help pay for your children's college educations someday while, at the same time, saving for your own retirement.

Your first step in addressing these objectives is to maintain realistic expectations. Consider the issue of paying for college. Right now, the average four-year cost (tuition, fees, room and board) is about \$80,000 for in-state students at public universities and approximately \$180,000 for private schools, according to the College Board. And these costs are likely to keep rising in the years ahead. Can you save this much for your kids' education?

Instead of committing yourself to putting away this type of money, take a holistic approach to saving for your children's higher education. After all, you probably won't be the only one to help pay for college. Depending on your income and assets, your family might be eligible for some needs-based financial aid awarded by the college. Also, you should encourage your children to apply for as many scholarships as possible — but keep in mind that most scholarships don't provide a "full ride." Here's the bottom line: Don't assume you will receive so much aid that you don't need to save for college at all, but don't burden yourself with the expectation that you need to pick up the full tab for your children's schooling.

On a practical level, you may want to commit to putting a certain amount per month into a college savings vehicle, such as a 529 plan. You can generally invest in the 529 plan offered by most states, but in some cases, you may be eligible for a state income tax incentive. Also, all withdrawals from 529 plans will be

free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named. (Withdrawals for expenses other than qualified education expenditures may be subject to federal and state taxes and a 10-percent penalty on the earnings.)

By starting your 529 plan early, when your children are young, you'll give the investments within the plan more time to grow. Plus, you can make smaller contributions on a regular basis, rather than come up with big lump sums later on. And by following this approach, you may be in a better financial position for investing in your IRA and your 401(k) or other employer-sponsored retirement plan. Obviously, it's to your benefit to contribute as much as you can to these plans, which offer tax advantages and a wide range of investment options. If you're investing in a 401(k) or similar employer-backed plan, try to boost your contributions every time your salary increases. At the very least, always put in enough to earn your employer's matching contribution, if one is offered. And once your children are through with college, you can discontinue saving in your 529 plan (although you may want to open another one in the future for your grandchildren) and devote more money to your retirement accounts.

It can certainly be challenging to save for education and retirement — but with discipline and perseverance, it can be done. So, give it the "old college try." **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.

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October 6 — 22

Theatre Rocks! presents *Night Comes Early*. 505 N.W. Main St. For more information and to reserve tickets, visit www.theatrerocks.com.

October 7

Jazz Under the Stars: 7:00-9:00 p.m., Minnie McDowal Park, downtown Ennis. Come out and enjoy a free concert by the Marcel Ivery Memorial Jazz Group.

5th 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.

October 12 — 15

AAA Texas NHRA Fall Nationals: Texas Motorplex. Features the biggest names in drag racing. For more information, call (972) 878-2641 or visit www.texasmotorplex.com.

October 13 — 28

The Addams Family: Ennis Public Theatre. For full details, pricing and curtain times, visit www.ennispublictheatre.com.

October 14

Ennis Pink Power Breast Cancer Awareness Walk: historic downtown Ennis. For more information, visit www.eventbrite.com/e/ennis-pink-power-5k-walk-fundraiser-tickets-34818303483.

October 20

Veterans Expo 2017: 9:00 a.m.-3:00 p.m., TSTC North Texas Campus, 119 N. Lawrence, Red Oak. Veterans are welcome to gain veteran benefit information and learn about nonprofit organizations, veteran service organizations and schools that work with veterans. Contact Rachel Mims, rachel.mims@tstc.edu or (254) 867-3651.

October 21

Autumn Days in Ennis Fall Festival: 9:00 a.m.-3:00 p.m., historic downtown Ennis. Have fun with the corn pit, the hay maze and live music.

October 26 — 29

Theatre Rocks! presents *Arsenic and Old Lace*. 505 S.W. Main St. For more information and to reserve tickets, visit www.theatrerocks.com.

October 28

Season Finale of the Ennis Farmers Market: historic downtown Ennis.

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. The

event includes a free concert, more than 250 artisan booths, food and so much more. For more information, call the Waxahachie CVB at (469) 309-4040 or visit www.waxahachiecvb.com.

Ennis YMCA Monster Mash 5K Dash: historic downtown Ennis. Call (972) 878-4748 for more details.

Fundraiser for Angela's Surgery: 11:00 a.m.-6:00 p.m., The Pit Stop BBQ, 3921 Hwy. 287, Reagor Springs. Event includes a live band, live auction, door prizes, great food and raffles. Call (972) 775-0316 or (214) 930-3458 for more info.

Ongoing:

Mondays

Sign Language Class: 4:00-5:30 p.m., Ennis Public Library, 501 W. Ennis Ave. Classes are free and available for all ages. No sign up required.

Second Mondays

Parkinson's Support Group: Ennis Regional Medical Center.

Third Mondays

Ellis County Veterans Networking Group: 6:00 p.m., Ryan's Steakhouse, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

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

Fourth Mondays

Texas Master Naturalists Indian Trails Chapter: 6:00 p.m., First United Methodist Church, Waxahachie. The program begins at 7:00 p.m. For more information about the group, visit www.txmn.org/indiantrail.

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

Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at ccurry_98@yahoo.com.

First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210

N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at SeldomSeenQuilting@gmail.com for more information.

Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. For more information, contact Barb at (214) 463-5064 or email barb.jacobs19@yahoo.com. Reservations are due Sunday before the meeting.

Thursdays

Chess: 5:30-7:30 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Elementary age and above. No sign up required.

Ellis County Bible Study Fellowship Satellite Class: 6:30 p.m., Waxahachie Bible Church, 621 N. Grand Ave., Waxahachie. This is a nondenominational Bible study class. For more information, call Lou Archibald at (214) 850-5303.

Fourth Thursdays

MACS: 6:00 p.m., Tabernacle Baptist Church Life Center. Evening includes a covered dish meal and a program of singing or informational message.

Second Thursdays

Mom's Connected meeting: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Call the church office at (972) 875-3861 for more information.

First and Third Fridays

MOPS meeting: 9:30-11:30 a.m. during regular school semester, Tabernacle Baptist Church, 1200 County Club Rd. A ministry for mothers of preschoolers in the Ennis community. Visit www.tabernaclefamily.org/mops/.

Second Fridays

Alzheimer's Family Caregiver Support Group: 9:30-10:30 a.m., Ennis Regional Medical Center.

Fourth Saturdays

Bristol Opry: 7:00 p.m., featuring local singers and musicians. Sponsored by Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

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



In the Kitchen With Nate Bullington

— *By Virginia Riddle*

Time spent in his early years at his mother's side in the kitchen, combined with a culinary school education, prepared Nate Bullington for his career as an Ennis ISD chef. "My mother gave me the job of stirring gravy so it wouldn't scorch, and culinary school helped me learn the fundamentals and basic techniques. From there, cooking is a big experiment," Nate explained.

This native of Omaha, Nebraska, enjoys cooking with his wife, Diana, who is also an excellent cook. "We collaborate on ideas in the kitchen," Nate said. In his spare time, Nate enjoys working on their Ennis area ranch, hunting, fishing and golfing. "I enjoy family meals — the more, the merrier," he shared. "A cookout on the ranch is my favorite way to relax." **NOW**

Braised Beef Short Ribs

2 Tbsp. canola oil
6 2-inch-thick short ribs with bones
Kosher salt, to taste
Freshly ground pepper, to taste
1 large onion, finely chopped
2 carrots, sliced
3 celery ribs, sliced
3 garlic cloves, thickly sliced
1 750-milliliter bottle dry red wine
3 cups beef stock
4 thyme sprigs

- 1.** In a large, heavy-bottomed skillet, heat the oil; season ribs with salt and pepper.
- 2.** Add ribs to oil; cook 18 minutes over moderate heat, turning once until ribs are brown. Place ribs in a shallow baking dish, making one layer.
- 3.** Place the onion, carrots, celery and garlic in the skillet; cook over medium heat,

stirring constantly for about 20 minutes until vegetables are soft and lightly browned.

- 4.** Add the wine; reduce heat by half. Add the stock and sprigs; bring mixture to a boil over high heat. Pour mixture over the ribs; cover.
- 5.** Preheat the oven to 350 F; cook mixture in the lower 1/3 of the oven until the meat is tender but not falling apart.
- 6.** Uncover; braise mixture for 45 minutes, turning the ribs once or twice, until the sauce is reduced by half and the meat is very tender.
- 7.** Transfer mixture to a clean, shallow baking dish, discarding the bones. Strain the sauce, skimming fat off; pour sauce over the meat.

Pepper Crusted New York Strip

Steaks:

4 6- to 8-oz. New York strip steaks,
less than 1 1/2-inches thick
Kosher salt, to taste
4 Tbsp. cracked peppercorns

1 Tbsp. unsalted butter
1 tsp. olive oil

Beurre Rouge Sauce
(Red Wine Butter Sauce):

1 cup dry red wine
1/2 cup red-wine vinegar
3 Tbsp. shallots, minced
Pinch sugar
2 sticks cold, unsalted butter, cut into
1/2-inch cubes
Coarse salt, to taste

- 1.** For steaks: Remove the steaks from the refrigerator 30 minutes-1 hour prior to cooking; sprinkle sides with salt.
- 2.** Spread peppercorns evenly on a plate; press all sides of the steaks into the peppercorns until surfaces are coated.
- 3.** In a medium skillet, over medium heat, melt the butter and olive oil until golden and smoking; gently place the steaks in the oil.
- 4.** Cook steaks for 4 minutes on each side, until medium-rare; remove from pan. Place steaks on a plate; tent with foil.
- 5.** Pour off excess fat; don't wipe or scrape the skillet. Prepare Beurre Rouge Sauce.
- 6.** For Beurre Rouge Sauce: Place first four ingredients in a small saucepan. Over medium heat, bring mixture to a boil; reduce to simmer for 15-20 minutes until liquid reduces to 2-3 Tbsp.
- 7.** On low heat, slowly whisk in butter; mix well. Season with salt; serve warm over strips.

Roasted Brussels Sprouts

10 slices bacon, finely chopped
2 lbs. Brussels sprouts, halved,
stems removed
3 Tbsp. extra-virgin olive oil
1 tsp. kosher salt
1/2 tsp. black pepper
2 1/2 Tbsp. balsamic vinegar
1 Tbsp. maple syrup

- 1.** Preheat oven to 350 F; lay bacon strips flat on a foil-lined baking sheet. Don't overlap the bacon.
- 2.** Roast until crisp; transfer to a paper-lined plate. Reserve the grease.
- 3.** Increase oven to 425 F; place Brussels sprouts on a freshly-lined aluminum foil baking sheet. Mix grease, olive oil, salt and pepper. Pour over Brussels sprouts.
- 4.** Roast until sprouts are tender and caramelized, stirring once. Add vinegar and syrup; toss until sprouts are evenly coated.
- 5.** Before serving, top with bacon.

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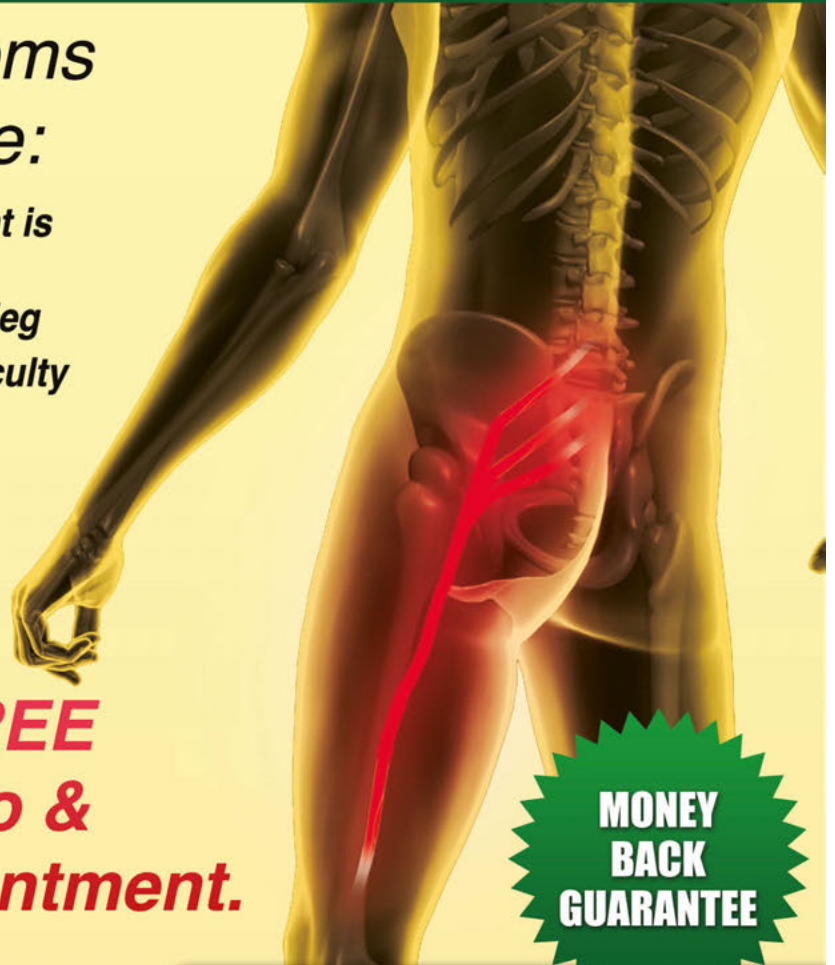
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