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M A G A Z I N E

November 2008

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of a
Promise**

**Hometown
Son**

**Little Girl
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Below Appraisal Value! 3-2-2, 1534 sf in a great neighborhood. Open floor plan with split bedrooms. Ennis - \$147,000



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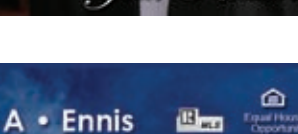
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One of the many
outbuildings on the
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Photo by Monica J. Pechal.

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Editor's Note

Autumn Greetings!

Crisp fall days bring all the exultant pleasures of football games, family gatherings and brisk walks among falling leaves. Evenings offer the quiet delight of pulling out a favorite sweater to snuggle into on a cool night while sipping hot tea or reading a cozy mystery. Parents look forward to the return of their college students for holiday breaks. Retailers anticipate the cheerful crowds, searching for just the right gift for the coming season.

Pumpkins, hay bales and brilliantly hued early sunsets paint Ennis with a glow that reminds us of the blessings we are grateful for this Thanksgiving. Although this year has brought hard times as well as good, we can still appreciate that life is for the living. So, let us all lift up our faces and awaken to the possibilities the season brings.





Happy Thanksgiving to each one of my readers,

Kelly Kovar



EnnisNOW Editor

P.S. Do not forget to vote on November 4!







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Power of a Promise

— By Sandra McIntosh

The power of a promise between two sisters is a very strong bond indeed. After learning her sister, Susan G. Komen, was dying of breast cancer, Nancy C. Brinker made a commitment to spend the rest of her life in the fight to eradicate breast cancer once and for all. The battle began in 1982 with the Susan G. Komen for the Cure event, and has grown into a breast cancer movement known as the Breast Cancer 3-Day, which reaches around the world.

This year, as in so many years past, the desire to help find a cure landed close to home. The original promise between two sisters inspired Sharon Kozlovsky Montelongo and Monica Kozlovsky Moren, sisters who were born and reared in Ennis, to participate in the 60-mile walk for those who are unable to do so. “Monica and I had been attending the 5K walk/run Susan G. Komen Race for the Cure event since 1990,” Sharon said, referring back to the initial event that started it all. “It was a short day trip. We’d walk and then spend the rest of the day going to garage sales.” It was what they called a “sister trip.”

Nearly 12 months ago, Sharon received a brochure in the mail pertaining to the 3-Day event. “We looked at one another and wondered if we could do it,” she said. “We had always heard so much about what a great event it is.” The

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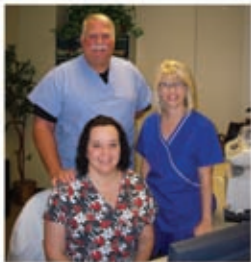
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sisters, both healthy and breast cancer free, quickly decided they were up for the physical, emotional and mental challenges the race is guaranteed to provide beginning November 7 and culminating with a victory gathering at the end of the journey on November 9.

"We know we are going to feel every range of emotion possible," Monica stated, "but we already feel the weekend is going to be life-changing. We're looking forward to talking to survivors and family members of those who fought the fight and didn't get the chance to walk for the cure."

"This walk is going to be nothing compared to what breast cancer patients go through," Sharon lamented. "It's a cause that's definitely worth walking for, and because we're women, it's personal." They both agreed they would want someone to walk for them if the situations should ever be reversed.

Just as quickly as the two made the decision to participate, the training and fundraising began. To walk, each participant is required to raise \$2,200. Coming from a large family, Sharon and Monica were sure they would get the financial help they needed. Their three brothers and two older sisters came through for them in a very big way. "Our three brothers agreed to have a car wash on Polka Festival weekend," Sharon said, as both young women began to laugh. "They all agreed to wear pink two-piece bikini swimsuits to drum up lots of donations." One brother, Michael Kozlovsky, began to have second thoughts. "He asked us, 'What if we raised the money before the scheduled car wash, could we forego the bikinis?'" Sharon remembered. "Thanks to Michael and his wife, Robbi, we raised the majority of the money at a huge family garage sale. The whole family has been so supportive."

Throughout the year, the sisters have attended several meetings they hope have prepared them for the journey ahead. They were taught how and what to pack, what to expect along the way and what all would be offered when they returned to camp each

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evening. While studying diligently on how best to prevent blisters, the two are excited about the overall experience. They look forward to seeing the white remembrance tent on the first evening as it stands out among hundreds of hot pink tents, much like a beacon calling the walkers home.

Sharon and Monica, up until September, had been training by themselves whenever they had time to spare from their busy schedules as

**“We’re walking for
a cure because
everyone deserves
a lifetime.”**

wives and moms. Last month, they attended the training walk held here in Ennis. “We walked 18 miles during the training walk,” Sharon said. “We were exhausted.” The training has prepared them for the approximately 20 miles they will walk each day. Every two miles they will be expecting what is called a “short stop.” “It’s a place to take a quick potty break and grab a cup of water,” Monica explained. “The pit stops are every three to five miles. Hopefully, we’ll be able to slow down and catch our breath at these.”

Needless to say, Sharon and Monica surpassed the monetary goal. Then they gained 16 more walkers from Monica’s workplace. “We started as a team of two,” Sharon stated. “When people at Monica’s work got on board, we became known as ‘Koz for the Cure’ and our monetary goal went from \$4,400 to \$40,000 in a matter of weeks.” They have been blown away by the generosity of others; not only those who have donated time and money, but also the many others who have already thanked them for walking for those who are unable to do so.

One of the main things the sisters have learned thus far is the importance of annual mammograms and early detection. “Learning how to do self-breast exams is also very important,” Sharon

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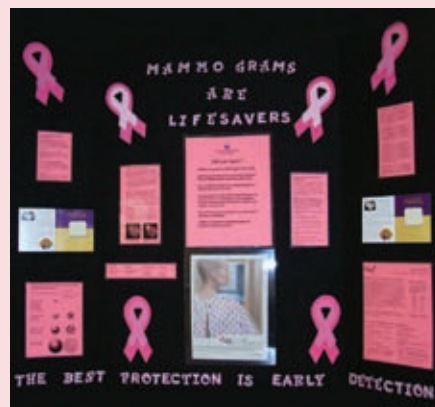
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expressed. "Just to know it's no longer the death sentence it once was is comforting. There are so many more survivors today." Four tips the Susan G. Komen for the Cure recommends are:

- Know your risks. Talk to your family, learn the family history and talk to your physician about your personal risk of breast cancer.
- Get screened. Ask your doctor what tests are right for you if you are



"We're all winners."

at a higher risk based on family history. Undergo an annual mammogram starting at age 40. A clinical breast exam is recommended at least every three years starting at the age of 20.

• Know your own body. Know what is normal for you. If you see signs such as, but not limited to, a lump, a hard knot or thickening, swelling, redness and a noticeable change in size and shape of the breast, you need to see your health care provider immediately. It is always better to be safe, than sorry.

• Make healthy lifestyle choices. You can do this by maintaining a healthy weight, adding exercise to your daily routine, eating healthy and limiting alcohol intake.

Sharon and Monica have no doubts whatsoever that they will finish the race. For them, being first does not matter. "We're walking for a cure because everyone deserves a lifetime," Sharon said, as Monica emotionally agreed. "We're all winners. It's like the motto says, 'No one finishes until we all finish!'" **NOW**

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A man and a woman are standing on a stone path in front of a rustic house. The man is wearing a brown cowboy hat, a plaid shirt, and jeans. The woman is wearing a yellow top and jeans. They are both smiling. The house behind them has a corrugated metal roof and is surrounded by trees and vines.

The Test

of Time

— By Kelly Kovar

The stone house that David and Debbie Hedgpeth call home is surrounded by unique outbuildings, including a line shack made of vintage tin and a reconstructed Amish barn from Illinois. A garden surrounds a miniature stone replica of their house. “That is the ‘garden house’ and I go in there to read my Bible and pray,” Debbie mentioned. “We love the outbuildings; we think they bring our place character. We bought this property in 1997 and it took two years to clear. It was solid mesquite trees; you couldn’t even see the ground.” One of the finds they made, as they removed the mesquites, was a gorgeous pecan tree. “That tree is over 200 years old.”

“That is the biggest pecan tree I have ever seen,” David added. The Hedgpeths’ appreciation of beautiful old things extends beyond the trees on their property. They are both collectors of antique furnishings and household items.

David works for FFE Transportation, a trucking company. “I work at the corporate office, and I’m over the risk management, compliance and safety departments,” he stated. He commutes to the

A large stone house with a corrugated metal roof and a stone chimney. The house is surrounded by a green lawn and trees. A wooden fence is in the foreground.

**At Home With
David and Debbie Hedgpeth**





metroplex every week day.

Debbie owns The Farmhouse, a downtown Ennis ladies fashion and accessories boutique, selling Brighton and other brands. "I love the old buildings downtown," Debbie said, "They have such character. She is a member of the Circle of Friends



women's group and is involved in preparing for their November 22 home tour, the proceeds of which will go to the Make-a-Wish Foundation. "It is such a worthy cause." Tickets can be purchased at The Farmhouse on Main Street, Brown Street Café or Lisa Marak Photography.

Although the Hedgpeths' home is new, they designed it to capture the character of the vintage style they love. "We had collected stuff for about eight years before we even started building, because we already knew what we



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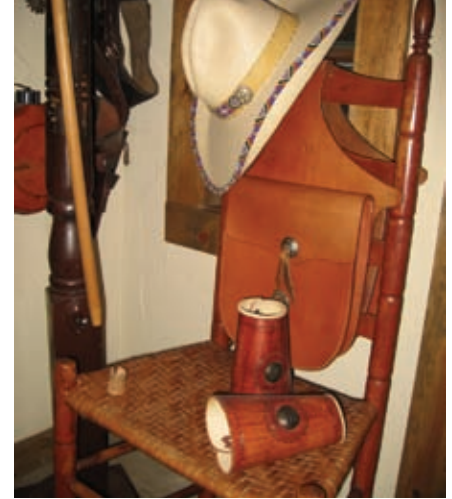
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BEFORE AND AFTER PICTURES OF ACTUAL PATIENTS





wanted," David explained. "Every door in here is [solid Cyprus and] came from a plantation house in Monroe, Louisiana." The kitchen light fixture dates back to 1865 and came from an old general store. Most of the other light fixtures in the house are also antiques.

The period and style the Hedgpeths collect is called "primitive." "Oak was a rich man's wood, so pine was used for things people made out of necessity," David expounded. Hand-carved kitchen implements, rolling pins, butter molds

and butter pats, along with pine furniture from the Southern states, especially Texas primitives from the late 1800s and early 1900s, furnish and decorate all of the couple's rooms. "The rolling pins are part of my 'Treen' collection."

They each have their favorite collectibles. "I especially collect crocks," David said, pointing out some of his favorite brown Texas crocks. "Crocks and crock jugs each had a purpose, whether for butter, pickles or canning. I also collect wooden wall boxes. They are all handmade; there are no two

alike anywhere. They were made to store anything and everything, from salt to tobacco."

"I love antique baskets," Debbie added. "I was originally attracted to primitives because of the look of the patina, because primitives are worn. You may get a beautiful wooden bowl, and on one side it is almost completely worn through where someone turned it. I even have bowls with holes that someone had repaired using tin cans. Primitives have withstood the test of time. I think most people have a true

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love of them because of the memories they bring — just like I used to sit on the ice cream freezer while my father would turn the crank, and we knew it was going to be so good. All of this stuff has a story to tell.”

Every detail of the home has been the recipient of thoughtful planning in creating the ambiance of a period home, down to the barn wood-patterned concrete floor and the wraparound porch. “My goal was to make the house give the appearance of the late 1800s/early 1900s, because that is the era that we like,” David said. The ceiling

is dark-stained beadboard, accented with beams from an early 1800s era log house from Fredericksburg. The kitchen cabinets are beadboard with pine trim.

Debbie’s large kitchen/great room is a wonderful gathering place for family and friends. English linen-covered, down-filled couches and chairs in a vintage floral print are clustered around the fireplace, but one can just as easily see the television while sitting upon them. A specially designed cabinet that houses electronics and cherished antique quilts is nearby. In



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the kitchen area, an extra large round table is ringed with red hardback chairs. Neighbors and visitors can find a comfy perch right in the kitchen on a handy overstuffed couch, where they have a close-up view of Debbie baking dinner in her 1920s era cast-iron stove.

Each room in the home is a host to the couple's collections. "One of the things I think is very neat is the miniature crocks David has collected," Debbie said of the tiny salesmen's sample crocks displayed in the guest room, formerly her grown son's room. "A lot of the things we have in our home are family items, like my grandmother's Bible. Another thing that we collect is mottos. We found out that in the 1800s people gave these mottos for consolation gifts. They are usually scriptural. They are punched paper, and the motto is sewn in with a needle."

Even the Hedgpeths' bathrooms are a trip down memory lane. In one bath, green fixtures are from the 1920s and Debbie's beloved cow pictures set a peaceful mood. In the master bathroom, white dominates, accented by a chocolate and white shower curtain and vintage portraits of babies. The window valance is made of ladies' antique white leather gloves.

Throughout the home, Debbie has arranged collections such as vintage chalkware carnival gifts and antique checkerboards. "I collect children's boots. I mix my son's boots in because he loved them." She also likes old luggage, clocks and antique dressmaker forms.



The master bedroom is a lamp-lit respite with a bed handmade by David. Overstuffed chairs flank the stone fireplace on either side of a pink and red rug, which is a reproduction of the one Jacqueline Kennedy commissioned and used in the White House. Some of Debbie's dearest treasures are here, such as a lingerie chest purchased at an estate sale; a Tiffany lamp, which was a gift from her mother; and a child's primitive chair from a Louisiana plantation slave quarters.



"When I think about the original owner of any piece I have, I think about how they felt when they got it," Debbie mused. Framed portraits of parents, grandparents and great-grandparents demonstrate the Hedgpeths' value of family heritage. "David and I feel like our home is so special and it is not because of what we have; I just feel that this house tells the story of me and him." **XXX**

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At 95 years old, Odell Kelley is thankful to be the oldest male resident at Trinity Mission. He is one of 12 children and has lived in Ellis County since 1925. As a child there would be 35 to 40 relatives who would get together for Thanksgiving dinner to enjoy the food that they had grown on their farm. Odell is most thankful for his family.

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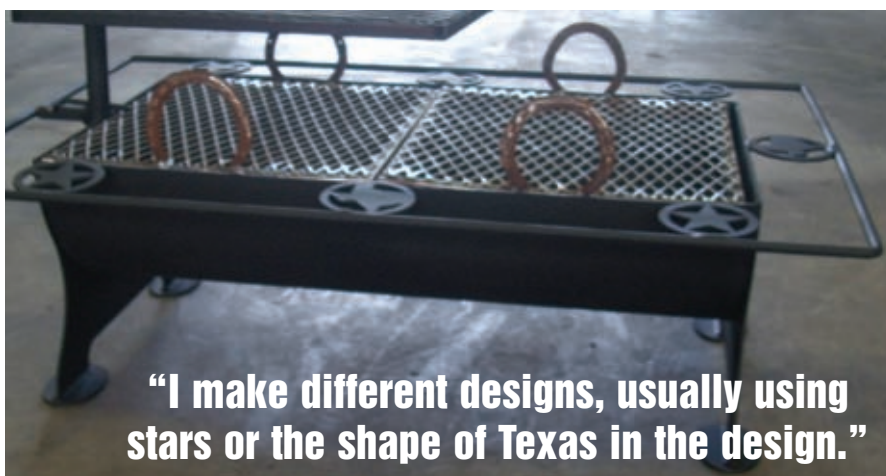
Chris Valek, Jr. is creating weighty works of art that weather time and use. His canvas is iron and his paintbrush is a torch; Chris is a metalworker. “I like the welding,” he said. “I like making stuff fit together. If it is not hard, I don’t like to do it. I like cutting metal to size and seeing if a design is going to work.”

When Chris begins a piece of metalwork, he first has to be sure he has all the materials he needs on hand. “I buy loads and loads of metal tubing. You cut it and when you weld it, it melts the ends together.” He also uses sheet metal. “When you buy a sheet, it looks like a piece of iron plywood. I do all my welding with iron.”

In addition to raw materials, metalworking requires specific attire. “The worst part about it is the special equipment you have to wear,” he explained. Chris is quick to point out, however, the importance of always taking the necessary safety measures.

He first learned metal working in Al Linson’s shop class at Ennis Junior High School. “The good thing about learning at school and going to the 4-H shows is that everything you do has to be safe,” Chris mentioned. From the very beginning, he learned to employ safe metalworking practices. “You have

your heavy-duty gloves. You wear a special flame-resistant jacket. You have to wear a helmet and boots. You can’t wear white shirts because the torch reflects off your shirt into the helmet and blinds you while you are working. You have to be very careful to change if you rip your jeans, because the



“I make different designs, usually using stars or the shape of Texas in the design.”

sparks are going to catch the little frays on fire. If you are cutting, you use special, dark safety glasses. When I paint, I wear a respirator.”

In his neat and organized shop, Chris, an Ennis High School junior, stays busy mainly by creating large items, such as

decorative camp cookers, small grills, large round cookers and fire pits, potbellied stoves and smokers. Sometimes, he makes smaller items like garden hose holders, squirrel feeders, racks for firewood and decorative shelf brackets. "Cookers are the main thing I make," Chris said. "They are a really neat design. You can use charcoal or wood in the bottom." He learned to make the cookers in his junior high shop class, and still keeps the first one he ever made at his deer lease. Chris builds a ring around the outside of his cookers, which is not only decorative,



but also protects the user or someone walking by from getting too close to the actual fire. The cookers have a grill, which is on a lever that can spin the grill off of the cooker, to remove the food from the fire. "I make different designs, usually using stars or the shape of Texas in the design. I made one for a guy who owns a housing development with about 50 houses for people who have their own planes and a runway. He wanted a big grill there for everybody to cook on, and he wanted their logo, AE, on the cooker."

"On the smokers, I use the same basic design. I put horseshoes on some and I change little things." Smokers have either two or four wheels, and weigh 400 to 500 pounds; they include a bean cooker, a shelf and a thermometer. Potbellied stoves that burn wood or charcoal are something Chris makes a lot of in the colder months.

Chris draws the designs he uses with

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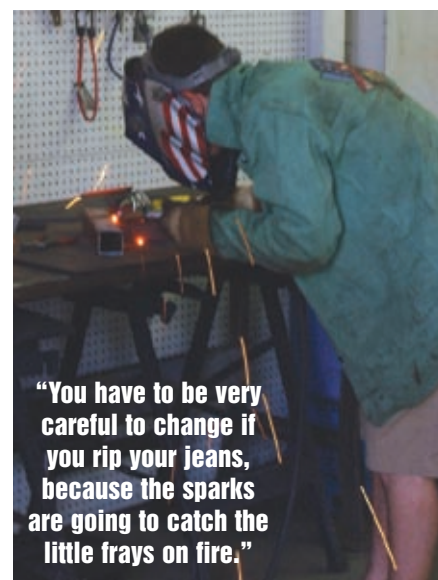
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**"You have to be very
careful to change if
you rip your jeans,
because the sparks
are going to catch the
little frays on fire."**

on hand for pieces I will build. You have to be careful; you can't use a licensed design, like the Dallas Cowboys' logo." Some people like to have their name, cattle brand or college name welded onto a piece. "When I need to do lettering, I type in what I need on my computer, put it on a zip drive, and plug in my drive to the computer-controlled plasma cutter, and it cuts it out."

Welders, torches, plasma cutters, paint compressors and saws are the exciting tools of his art, but Chris never loses sight of his creative passion for his work. "I really like welding. It is not hard once you learn what you are doing." **NOW**

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Hometown

— By Faith Browning

Year after year, Ennis has continually taken pride in producing outstanding football players, such as this season's senior, Deonte McDade. This hometown son began playing football in seventh grade and has started most every game since his sophomore year at Ennis High School (EHS). "I'm in the game the majority of the time," he proudly stated.

Deonte's regular positions are receiver or quarterback, but he is one of those rare players who can assist in almost every position. "He is a contributor. He is a versatile player and he can play so many positions," Coach Sam Harrell explained. "That makes him a very marketable player with the colleges." Harrell went on to explain how Deonte plays with consistency, whether it be on offense or defense. "We really enjoy having him on our team. He's not only a good football player for us, but a good young man, too."

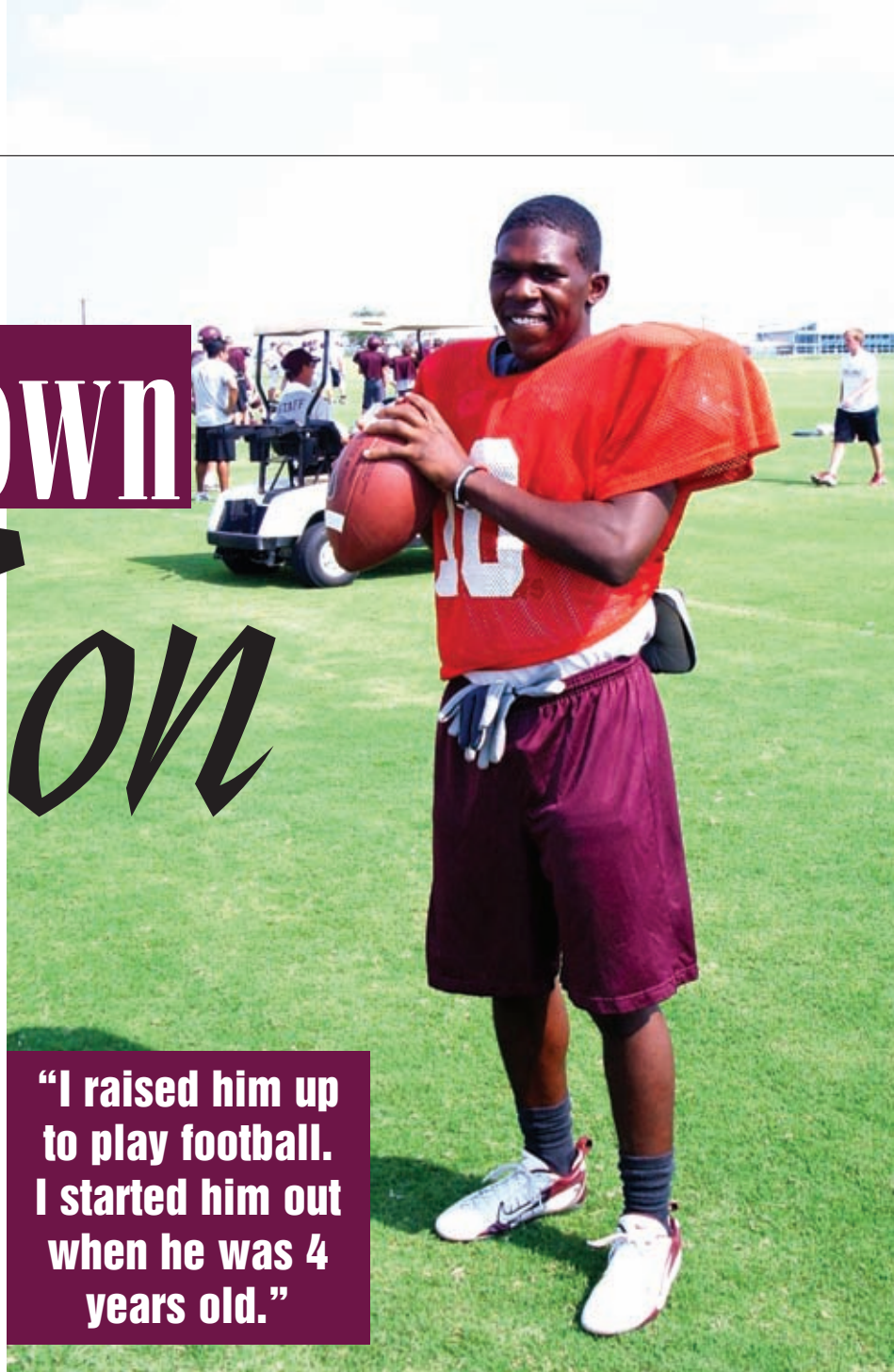
It could be said Deonte's love for the game is in his DNA. His father, Billy Dewayne McDade, played football for Ennis and graduated in 1990 with a football scholarship to Oklahoma University. "I raised him up to play football," Billy said. "I started him out when he was 4 years old." He can clearly recall the heartwarming occasions of showing his little boy how to throw and catch a football. "He's a pretty

"I raised him up to play football. I started him out when he was 4 years old."

good kid. I don't have to worry about him. He's really laid back, which I think he gets from me."

Deonte is currently living with his grandparents, Billy Earle and Sarah McDade, who are two of his biggest fans. Sarah has many cherished photographs decorating their home, but her face lit up when she proudly showed a photo of Deonte scoring the winning touchdown at last season's playoff game against Waco High School. "He is a very good player," Sarah said. "I don't get very loud at the games, but my husband is loud enough for the both of us."

Family is the major component which has molded this humble, well-mannered young man into the stable, easygoing, team-player that he is today. The majority of Deonte's family members, on both sides, have resided in Ennis for many



years. This large family core provides him with an abundant cheering section. "They come to all my games," Deonte said. Some of his family can be identified wearing either an Ennis T-shirt with his name and the number 10 on the back or with his picture on the front or back.



In spite of all the attention he gets from his family during his games, Deonte claimed it does not go to his head. If you ask Deonte who his hero is, he will tell you straightforwardly that it is his mother, Shenequa McDade. Deonte's mother and his 10-year-old twin brother and sister, Bryson and Brianna, are major factors in his life and at all his games. "I like having a younger brother and sister," he said, "but they are sometimes double the trouble." During football season weekends, Deonte spends his time watching Bryson following in his cleats by playing football and also proudly sporting the McDade Number 10 on his jersey.

The value of hard work and practice is always on Deonte's mind. "The coaches teach us how to eat right so we will do well in our conditioning and practice. They tell us we should eat healthy foods before games." Three days a week, three to four hours a day, you can find the young men who make up the EHS football team diligently running drills for the love of the game.

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During the summer, Deonte has always worked hard to hone his skills by attending football camps sponsored by local college teams. At the camps, he made many friends from all over the state and learned to interact with many different personalities. "Football is fun and you learn to work well with others," he commented. This past summer he attended camp at Texas



Christian University, and the summer before, he spent time at Baylor University in Waco.

As with many young players, Deonte aspires to play for a national team, preferably the Dallas Cowboys. "Hopefully, I can go pro someday, but I understand that football might not last forever." His game plan for the future is logical and realistic. He plans to major in education, so he can always fall back on his dream of teaching and coaching football.

Making good grades in school comes as naturally to Deonte as playing football. His favorite subject in school has always been English. Due to his good grades and outstanding playing skills, he has many eyes watching his progress this year. So far, he has received an offer from Southern Methodist University (SMU), but the season is still young. "All the colleges I have talked to that are recruiting me as an athlete, need me to play different positions. When I get there, I will play where they need me most."

Deonte's heart is already set on Ennis playing in the play-offs. His love for the game is what keeps him focused on the good things of the game and in life. **NOW**



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The Many Hats *Dr. Blair*

— By Kelly Kovar

When Dr. Raymond Blair Jr. and Courtney, his wife of 8 and 1/2 years moved here last year with their son, Wesley, they were looking for a town where they could make a difference. “Courtney and I are real interested in just being a part of Ennis,” Raymond said. “We moved to Ennis to stay and to be a part of the community. As a new family doc, I wanted to be in a place where I would really be needed and wanted and where I could set up a family practice, as well as do hospital and nursing home work. I wear my pediatrician hat to do well-baby care, and I provide newborn care at the hospital.”

“I get to see the whole realm of patients. Most of my patients go ahead and have their well-woman care done by me,” Dr. Blair said, explaining that he also has experience with dermatology, geriatrics, internal medicine and psychiatry. “If you need to see a specialist like a general surgeon or a neurologist, I refer, but I do all the work I can do myself, like minor surgery for skin cancer, here in the clinic.” He has

found that his patients really like to avoid making lots of trips to Dallas, so he manages his own diabetic and cardiac patients. “I wear a lot of hats,” he added.

“The most pleasing and fulfilling thing for me about my practice, is that I see the entire family. One thing I think sets me apart from other adult doctors is that I see all my own patients when they are in the hospital. I don’t turn them over to the hospitalist,” he explained. “I think that patients receive the very best care if their doctor who knows them also cares for them when they are in the hospital.”

Blair Family Medicine offers Monday through Thursday hours from 8:00 a.m. to 6:00 p.m. and Friday hours from 8:00 a.m. to 4:00 p.m. “My staff has been here with me all along, and they know all my patients,” he said. Jeff Pipkin is the office manager, Rena Brasher is a full-time medical assistant (M.A.), Catherine Cleveland is a part-time M.A. and Elizabeth Moser works in the front office. Dr. Blair sees 20 to

30 patients on weekdays in the clinic and also makes time each day to do rounds at Ennis Regional Medical Center for his hospitalized patients. He also goes to the nursing homes a few days a month to care for his patients at IOOF and Ennis Care Center.

“The most pleasing and fulfilling thing for me about my practice, is that I see the entire family. One thing I think sets me apart from other adult doctors is that I see all my own patients when they are in the hospital. I don’t turn them over to the hospitalist.”

“I trained at the largest family medicine residency program in the country in Fort Worth at John Peter Smith, where I was chief resident. I got to do a lot of trauma and ER,” Dr. Blair shared, adding that he works in the ER at ERMC some weekends each month. “I think working in the ER helps keep up my edge on giving really good quality care and noticing subtle things that might be more serious. It keeps you on your toes and thinking more about making the right diagnosis in a really quick and timely fashion.”

“It is unusual nowadays for a family practitioner to be doing all these things,” Dr. Blair explained. “Because of the business of medicine, things have changed a lot and doctors try to limit more of what they do, but you can make a good living and be more of a good, old-fashioned, traditional family practitioner.” Blair Family Practice is located at 2203 W. Lampasas, Suite 101 in Ennis, Texas. For an appointment call (972) 878-3030. **NOW**



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Little Girl Dreams

— By Faith Browning

Intense wars between cowboys and Indians or army battles among neighborhood children would always bring dedicated nurse Rhonda Ferrer to the aid of the wounded. “I have always wanted to be a nurse,” she recalled. “Even as a little girl, I never had any doubt whatsoever of what I wanted to be when I grew up.” Today, you can find Rhonda fulfilling her dream as Ennis Sixth Grade Center’s school nurse, where her duties are many and her rewards are great.

The road which led her to Ennis began in Dallas at H. Grady Spruce High School. In 1977, Rhonda graduated from nursing school at Texas Women’s University in Denton. She started working in Labor, Delivery and Obstetrics (OB) Recovery at St. Paul Medical Center in Dallas. “I loved it!” she exclaimed. “During nursing school rotations, I found out this was the area I wanted to work in.”

During her years at St. Paul, Rhonda married a police officer and had her first child, David Ray. From St. Paul, she went to work at Parkland Hospital’s clinic, where for five years she

was exposed to all areas of medicine. Following Parkland, she moved on to work for a doctor in internal medicine.

A new marriage brought about many changes for Rhonda and her husband, Ricardo. In this marriage, she was blessed by gaining the love of Ricardo’s two children, Donnesa and Ricardo Jr., with a farm in Corsicana and a new son, Ryan. This also required a job change. “I got tired of the rat race of Dallas, so we sold my house in Mesquite and moved to the farm,” she said.

She spent time with Ennis Dialysis Center and Ennis Care Center, but she finally found her calling as a school nurse for Ennis ISD. At that time, she was one of two nurses who serviced seven campuses, since school secretaries dispensed medications and

performed minor first aid, and every teacher had a thermometer in the classroom. Her duties included overseeing immunization records and performing screenings. She strongly suggested having a nurse on every campus to school superintendent Mike Harper. “He said, ‘I think we can do that,’” she recalled. “So, slowly but surely, we started



Education NOW

adding nurses."

Besides the aforementioned duties, the state of Texas requires school nurses to perform visual, hearing and scoliosis screenings on students of certain grades. In 1999, Texas school nurses began acanthosis nigricans screening. "This is a test that shows if a student has an increased likelihood of developing type II diabetes," she clarified. "I check the students to see if they are developing a dark circle on the back of their necks."

Rhonda is also an educator. "I don't have to go into the classrooms, but I



make everything a learning opportunity while students are in my office," she stated. "I have many health education posters in the school clinic to show them what it is I am looking for." Educating school staff is another duty Rhonda performs. "At the beginning of the year we are required by law to do blood-borne pathogen training, about hepatitis B and HIV," she related. "I have to train our entire faculty on dealing with blood accidents. We have to use what the medical profession calls 'universal precautions.'" Rhonda explained how the first response to a child's injury is to grab their bloody noses or cuts to stop the bleeding. "We must remember to treat every person as if they were a carrier," she added.

Rhonda is grateful that now the state of Texas requires an automated external defibrillator (AED) on every campus. "They find it's the number one life saving tool, and it's real easy to use. The machine talks to you and tells



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you what to do," she explained. "They have them in malls now, so everywhere you go, pay attention. You will see a sign saying 'AED Located Here.'"

In 1994, Rhonda joined the Association of Texas Professional Educators (ATPE). "It is not just for teachers; it is for anybody that works in public schools," she explained. ATPE provides leadership training and professional liability insurance for all its members. Rhonda stated, "I have found that ATPE and other teacher

**"I don't have to go into
the classrooms, but I
make everything a
learning opportunity
while students are
in my office."**

organizations have done more for me as a school nurse than any nursing organizations."

Currently, Rhonda is the ATPE Ennis Local president. "I started becoming interested in issues that affected public schools," she explained. "I then caught the political bug!" Every two years she attends Texas Lobby Day in Austin where she meets with state representatives to discuss school issues. "I found out my voice was heard more in ATPE than anywhere else," she claimed.

Rhonda's involvement in all she does revolves around her genuine concern for the children's welfare. She sadly conveyed Texas is the state with the highest rate of uninsured children in the country. "The most frustrating thing for me is to see a child who needs to be seen by a physician or a specialist and their parents have neither insurance or Medicaid," she admitted. "I know for a lot of kids, I'm the only medical help they have." **NOW**

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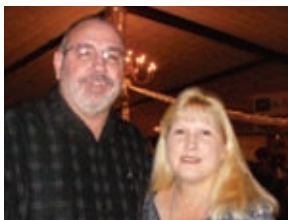
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Larry and Doris Dunkerly, Harriett Adams and Sylvia and Tony Medina, top left, enjoyed dinner. Paula and Gary Wright, top center, enjoyed the festivities at the Ennis Chamber of Commerce. School board president Mack Boyd and Jim Collins, top right, listened to a Smart Board demonstration at the Ennis High School open house. Ennis Regional Medical Center director of plant operations James Patterson and his wife, Barbara, second row left, spent some time among the silent auction items. Joanne and Sam Ventura, second row right, were all smiles during the annual Chamber auction. EHS librarian Lori Little, bottom left, hosted tours of the new high school library. School board member Pete Bibby, bottom center, visited with junior high shop teacher Al Linson at the new junior high open house event. Interpretative dance group, "Witness," bottom right, performed a choreographed number during a recent practice session.



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Beverly Pearson and Rebecca Johnson, top left, present Caryn Spaniel with a surprise birthday cake in a scene from Ennis Public Theatre's production of *Crimes of the Heart*. Czech and Then Some, top right, were out in force to entertain a downtown crowd. Ava Jo Glenn, bottom left, was all smiles on her first day of school at Children's Day Out offered by the Methodist Church. Cooper Hays Navarro, son of *NOW* Magazines' creative director Jami Navarro, bottom center, was born on October 9. A balloon and a big, happy puppy, second row right, is all a little girl needed to have an enjoyable day. Johnny and Tee Roberts and Sharon Pechal, bottom right, enjoyed a Friday night out at Jenny's Café located in downtown Palmer.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH BOB IRISH

Sharing a meal of fettuccine Alfredo will always bring back fond memories for Bob Irish and his wife, Dawn. During their vacation to Italy, they enjoyed a romantic dinner in Rome, where fettuccine Alfredo originated in 1914. “Each evening, a golden spoon and fork, which Dawn and I received that evening, are given to a guest,” Bob recalled. The significance of the golden spoon and fork is that a set was first given to Alfredo di Lelio by Douglas Fairbanks and Mary Pickford, the famous silent film stars of the early 20th century, in appreciation of the dish served at his original restaurant, Alfredo alla Scrofa. Alfredo, the third grandson of the originator, topped off the Irishes’ memorable evening at Rome’s Ristorante Alfredo with a visit to their table. “Our love for fettuccine Alfredo was enhanced by this experience.” **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

PAN LETTUCE SALAD

- 1 lettuce head, shredded
- 1/2 cup white onion, chopped
- 1/2 cup green pepper, chopped
- 1/3 stalk celery, chopped
- 2 Tbsp. sugar
- 2 cups Miracle Whip
- 6 oz. American cheese, grated
- 8 strips bacon
- 1 tsp. salt
- 1 tsp. pepper

Spread shredded lettuce in a medium to large 18 x 12-inch casserole pan. Layer onion, green pepper and celery evenly over the lettuce. Mix sugar with Miracle Whip. Spread evenly over top of the vegetables. Spread grated American cheese over the top of the Miracle Whip.

Cook bacon to crispy; cool. Break bacon up into small pieces; spread over the top. Salt and pepper to taste. Cover with foil and refrigerate for 6 hours.

BOB'S FAMOUS BRATS

- 6 - 10 Johnsonville brand bratwursts
- 3 cans regular beer
- 3 large white onions
- 1 12-oz. can sauerkraut
- basic condiments
- 6 - 10 brat buns

Place brats and onions in a pot and pour cans of beer over them. Cook on stove on high until brought to a boil. Then turn down to low for 20 minutes. While brats are parboiling, start grill with charcoal on one side of the grill. When brats and

charcoal fire are ready, place brats directly over flame for 5 to 10 minutes; turn frequently. When brats have been charred, pull brats to other side of grill away from flame. Add a few mesquite chips and cover grill with lid. Let smoke for 20 minutes. Drain beer off onions. When brats are ready, put in bowl and cover with the onions from the pot. Serve on brat bun with sauerkraut, ketchup, mustard, dill relish, onions and jalapeño, if desired.

HOT SUBS

- 1 large 8-inch sub bun
- 3 slices turkey breast
- 3 slices Cotto salami
- 3 slices beef pastrami
- 1/4 cup mustard and mayonnaise

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mixed together
2 slices provolone cheese
1 fresh jalapeño (if desired)
1/4 white onion, sliced
1/2 small tomato, sliced
salt and pepper to taste
1 cup lettuce, chopped

Preheat oven to 400 F. Slice buns lengthwise; put on one layer each of turkey breast, salami and pastrami. Then evenly spread the mustard and mayonnaise mix to cover the meat. Add 2 slices of provolone cheese. Add sliced fresh jalapeño, if desired. Next, add 2 - 3 slices of onion over the cheese. Then add 2 - 3 slices of tomato over the onion; salt and pepper tomatoes. Add chopped lettuce over tomatoes. Place in oven for 11 minutes; have top bun alongside to toast. Serve when done.

FETTUCCINE ALFREDO

1 lb. fresh fettuccine
1 stick butter
1 6-oz. carton whipping cream
1 cup Parmesan cheese, grated
chopped fresh parsley to garnish
fresh ground pepper to taste

Cook fettuccine in boiling water for 3 - 4 minutes; drain. Do not overcook. While fettuccine is cooking, melt stick of butter in large metal mixing bowl; add whipping cream to butter. Place fettuccine in bowl with butter and cream; toss. Add 1/2 cup to 1 cup of Parmesan cheese; continue tossing. When all ingredients are well mixed, serve on plate. Top with parsley and fresh ground pepper.

GRILLED TOMATOES

2 large tomatoes (halved — cut from top to bottom, not through the middle)
1 12-oz. bottle Italian salad dressing
salt
pepper
dried basil, crushed

Place tomato halves cut side up on a foil pan. Generously pour Italian dressing over tomatoes. Generously pour salt and pepper over tomatoes. Add crushed basil over top. Place on preheated grill rack and cook over medium heat for 20 minutes. Serve when ready.

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Don't Get Rattled by Wall Street's Bumpy Road

— By Jeff Irish

If you're an investor, you've probably been shaking your head in disbelief over the events of the past few weeks. Consider the following:

- On Sept. 29, after the government's financial bailout plan failed in Congress, the Dow Jones Industrial Average fell nearly 778 points — the largest one-day point drop ever, although, in percentage terms, still well below the more than 20 percent declines seen on Black Monday of October 1987 and the Depression.

- Facing huge losses, big names on Wall Street are selling themselves, in whole or in part, to other companies.

The U.S. government has bailed out investment bank Bear Stearns, mortgage finance giants Fannie Mae and Freddie Mac and insurance behemoth American International Group (AIG).

- What's behind this slew of bad news? Several factors are involved, but a key culprit is the subprime mortgage crisis, which resulted in enormous losses suffered by financial institutions.

Yet, you shouldn't confuse the problems of certain financial services providers with the viability of our financial markets as a whole. We still have the most powerful and resilient economy in recorded history, and investment opportunities still abound.

Nonetheless, as an individual investor, you'll find it hard to ignore the recent market turmoil. How should you respond to this level of volatility?

Basically, you have these weapons at your disposal:

Patience — It's usually not a good idea to let short-term market movements dictate your long-term investment strategy. If the current market decline led you to take a "time out" from investing, you might feel better for a few weeks or months, but you wouldn't be helping yourself achieve your long-term financial objectives. In the past, the market has fallen sharply after a variety of events — wars, assassinations, terrorist attacks, natural disasters, corporate scandals and so on — only to regain its footing and move on to new highs. And since the biggest gains can occur in the early stages of a market turnaround, you could miss out on the possibility for considerable growth if you're sitting on the investment sidelines.

Diversification — If a market downturn primarily affects just one type of asset, such as domestic stocks, and your portfolio is dominated by that asset, you could take a big hit. But if you broaden your holdings to include international stocks, bonds, Treasury securities, certificates of deposit (CDs) and other investments, you can potentially

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reduce the effects of market volatility. (Keep in mind that diversification, by itself, cannot guarantee a profit or protect against a loss.)

Quality — During market downturns, even quality stocks can lose value. But these same stocks have the potential to recover when the market turns around. Look for good, solid companies whose products are competitive and whose management has enunciated a strategy for future growth.

The last few months have been difficult ones for investors, and we may still have some shaky times ahead. But by showing patience, diversifying your holdings and buying quality investments, you can build a strong investment foundation — one that can potentially withstand all sorts of market shocks. **NOW**

Jeff Irish is an Edward Jones representative based in Ennis.

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Inflammatory Breast Cancer

— Dr. Kimberly Evans

Inflammatory Breast Cancer (IBC) is a rare, but aggressive type of breast cancer. To make matters worse, it is frequently not detected by mammograms or ultrasounds. IBC accounts for one to six percent of all breast cancer cases in the United States and is treated differently from more common breast cancers. This advanced type of breast cancer requires aggressive immediate treatment, often including: chemotherapy, surgery, radiation and hormonal therapy.

Most women, and in some cases men, detect breast cancer when they discover an irregular lump in the breast. Unfortunately, IBC usually grows in “nests” or “sheets” rather than a confined, solid tumor, so it can spread throughout the breast, never forming a noticeable mass. The cancer cells attack and block the lymphatic vessels in the breast, causing fluid to back up. The breast then becomes enlarged or “inflamed.”

Typical symptoms include:

- Large amounts of swelling in the breast, usually sudden
- Itching
- Pink, red, or dark-colored area resembling a bruise
- Ridges and thickened areas of skin similar to the skin of an orange

- Nipple retraction
- Warmth in the breast
- Severe pains in the affected breast
- Change in color and texture of the nipple area
- Swollen lymph nodes under the arm and/or above the collarbone

Because IBC is a fast-growing cancer, you should seek immediate help if you experience symptoms. The symptoms can easily be mistaken for those of a breast infection. If it is an infection, the symptoms should improve after a week of antibiotic treatment. If symptoms persist, you should ask a physician to do a further breast evaluation. Increased breast density, compared to that detected in an individual's past mammograms, should also be considered suspicious and discussed with a physician.

As with other types of breast cancer, the exact cause of IBC is unknown. It tends to affect women at an average age of 56; however, it can occur in women as young as 30. Black women tend to have a slightly greater chance of developing IBC. Men can also develop the disease, but normally at an older age and much less frequently than women.





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IBC is categorized in two different stages: Stage IIIB and Stage IV. Stage IIIB means the cancer has spread to the nearby lymph nodes and tissue. Stage IV cancer has spread to other parts of the body, such as bones or organs. Approximately one-third of newly diagnosed inflammatory breast cancers are stage IV.

If you or someone you know has been diagnosed with IBC, there is hope. Advances in breast cancer treatment have improved the survival rate for women with IBC. Recent studies have shown as much as a 50 percent survival rate after five years and a 35 percent survival rate after 10 years. Relapses after 10 years are rare, and continual research is being done to increase survival rates. **NOW**

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209 S. Hwy 77
Waxahachie, TX 75165
972-937-8860

November 2008

Community Calendar

October 31 - November 2

Wait Until Dark by Frederick Knott, presented by the Ennis Public Theatre, 2705-C N. Kaufman St. Friday and Saturday: 8:00 p.m. Sunday, November 2: 2:30 p.m. \$15 adults/\$12 students and seniors. (972) 878-PLAY.

November 1

Lights of Ennis Golf Tournament. Ennis Country Club. For reservations or to be a hole sponsor, call (972) 875-4005.

Lights of Ennis Evening Costume Gala and Dinner. 500 W. Ennis Ave. For tickets or to be a table sponsor, call (972) 878-2400.

November 3

Ennis City Wide Intercessors, 7:00 - 8:00 p.m., Ennis High School library. All people with a heart to pray for Ennis invited to join in prayer every Monday at this time and place.

November 7

Sam Houston Elementary School will hold its annual Friday Night Football Fish Fry. Fish, hush puppies, potato salad, beans and brownies will

be served from 4:30 - 7:00 p.m. \$6 for adults and \$4 for children. There will be games, a haunted house, face and hair painting, Plinko, a bounce house and a pie in the face booth. Call Sam Houston Elementary School at (972) 875-5531.

EHS Varsity Football Lions vs. Waco University district home game, 7:30 p.m.
www.ennislions.com.

November 20

ABWA Empowering Women Express Network monthly meeting, 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Please RSVP to Daphne Brewer at (972) 723-6551. Visit www.abwa-empoweringwomen.org.

November 20 - 23

The Warehouse Living Arts Center (WLAC) presents *Guys and Dolls* at the Palace Theatre. (903) 872-5421. WLAC box office is located at 119 W. 6th Ave. in downtown Corsicana.

November 21

Good Friends Now & Forever Program: *I am Woman*, by Sandra Wakefield, Ennis High School

commons, 7:00 p.m. Bring can goods for Helping Hands of Ennis. Ladies over 18 welcome.

November 22

Magical Christmas Holiday Home Tour, benefiting Make-a-Wish Foundation, noon - 5:00 p.m. Tickets: \$10 at The Farmhouse on Main St., the Brown Street Café and Lisa Marak Photography at the corner of Brown St. and Dallas St.

Bristol Opry, 7:00 p.m., 100 Church St., Bristol. Contact James Gatlin at (972) 846-2211.

December 4

Christmas Parade of Lights, 7:00 p.m., Downtown Ennis. For more information, contact Ennis Convention and Visitors Bureau at (972) 878-4748. Please visit the Ennis Railroad and Cultural Heritage Museum, 105 NE Main. Monday - Friday: 10:00 a.m. - 4:00 p.m. Saturdays: 10:00 a.m. - 4:00 p.m. Sundays: 1:00 p.m. - 4:00 p.m. (972) 875-1901.

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

TAXIDERMY

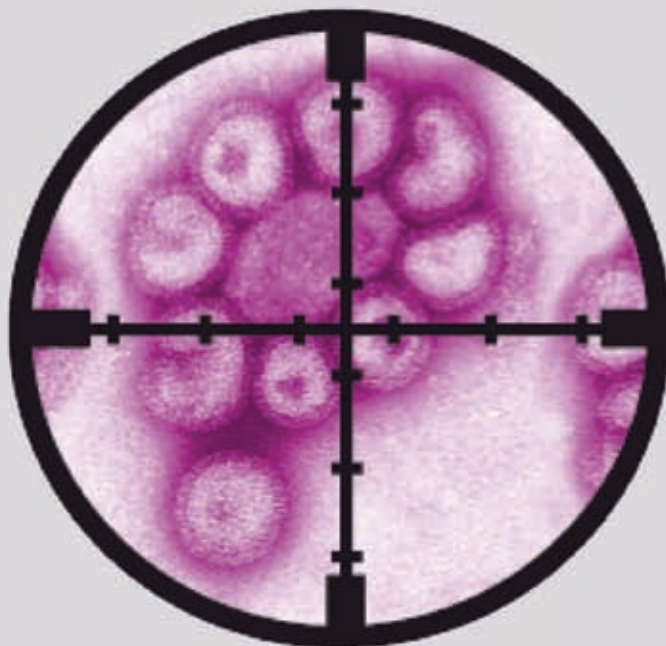
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