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EnnisNOW

M A G A Z I N E
November 2010



**The Gift
of Giving**

AVID:

**Leaders
on Campus**

ALSO INSIDE:

**From Generation to Generation
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**From Rails
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**At Home With
Eddie and Gayle
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Contents

November 2010
Volume 7, Issue 11



Gloria DeLong, Peggy Terrill, Gladys Archibald and Marty Willis still enjoy the age-old art of quilt making.

6 The Gift of Giving

12 Dogs, Cats, Doors and Windows

At Home With Eddie and Gayle Kriska

20 Around TownNOW

22 ArtsNOW

From Generation to Generation

24 SportsNOW

From Rails to Running

26 BusinessNOW

Hot and Ready Promise

28 EducationNOW

AVID: Leaders on Campus

30 Who's CookingNOW

32 FinanceNOW

33 OutdoorsNOW

34 HealthNOW

35 TravelNOW



On The Cover

Telico VFD Chief Van Fowler and his wife, Pat, are already preparing for next year's annual "barn dance."

Photo by Amy Ramirez.

Editor's Note

Happy Thanksgiving, Ennis!

I am thankful for so many things. A short phone call to my parents lets me know they are doing fine. The autumn breeze upon my face excites me because I know colder days are ahead. The people I meet as the *EnnisNOW* community editor allow me to see firsthand the good that is still left in this world. Yes, I am thankful to still have my parents, to be able to feel anything at all and to have the job of my dreams. What are you most thankful for?

This year, two well-known entities celebrated their 25th anniversaries: the Tellico Volunteer Fire Department and the Bluebonnet Patches Quilting Guild of Ennis. I am so proud to be able to share their stories with you in this edition.

I hope you all have a wonderful Thanksgiving celebration because when you think about it, we really *do* have a lot to be thankful for!

Sandra Strong
EnnisNOW Editor
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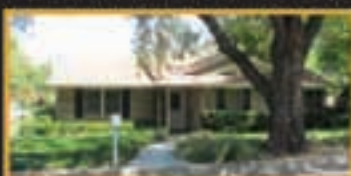
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— By Virginia Riddle

From left to right:
Pat Fowler and husband,
Telico VFD Fire Chief Van Fowler.

For the past 25 years, sparks of joy, laughter and appreciation have flown furiously around the dance floor at the “barn dance” sponsored annually by the firefighters from the Telico Volunteer Fire Department (VFD). “The Telico people support this fundraiser. It’s truly a family affair,” Van Fowler, the Telico VFD chief for the last 31 years, exclaimed enthusiastically. “Our barn dance has always been a success.”

The members of the department give of their time and expertise while sometimes putting their own lives in danger as they protect and serve the community which, in turn, supports their VFD. The thanks of the community is matched by the Telico VFD appreciation of the community’s gift of financial support, which is so vital for the continuation of emergency response services in the 97-square-mile area for which the department is responsible.

Influenced by the area’s Czech heritage, the dance has offered fun for polka and country music enthusiasts. No admission has ever been charged to guests entering the festively decorated hall; instead, a donation jar is handy. Children, who are now all grown up, return with their children, who are entertained by the game



Captain Charles Walker, Dylan Nichols, Corey Betik, Marvin Trojacek, Retha Pechal, Assistant Chief Don Pechal, Kathy Rutherford, Chief Van Fowler, Whitney Pechal, Kyle Slovak, Lieutenant Cody Trojacek, Lance Rutherford, Tim Yrlas, Erik Ludwig, and Assistant Chief Jerry Hejny (front)



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and craft booths. Adult family members have generously donated funds through their bids on the exhibited silent and live auction items.

Volunteers always prepare food fit for the large crowd. "They don't mind preparing so much food because they are used to cooking in large amounts," Pat Fowler, Van's wife, stated. John Hejny, the second-generation barbecue man for the celebration, produces the familiar tangy smells and tastes the crowd has always expected from his dad, Jerry, who is also the Telico VFD assistant chief.

The Air Evac, an air ambulance stationed at the Ennis Airport, and ambulances and emergency medical technicians (EMTs) from the East Texas Medical Service are always on hand at the celebration — unless they are responding to an emergency. The young and the young-at-heart never tire of sitting in the vehicles and exploring the helicopter while personnel answer questions.

With only 14 active firefighters in the Telico VFD, Chief Fowler and the department must depend on many volunteers to help get ready for such an undertaking as this celebration. "You don't need to be a firefighter to be a part of the department," Chief Fowler emphasized. Planning for the next year's barn dance begins almost as soon as the clean-up is finished from the current dance. By August each year, volunteers have secured the band, food, venue and the items have been donated for the raffle and both auctions with tickets printed. The sale of raffle tickets begins in August so everyone has plenty of opportunity to purchase a chance. "We have been quite fortunate to get the merchants to donate," Chief Fowler stated. Not only do merchants help out, but donated items have also come

from private citizens and even some area schools' vocational agriculture projects find their way to the dance.

The Telico VFD responds to anywhere from two to 15 calls per month with an average of 75 to 85 calls per year. Some of the firefighters also have full-time jobs, from which employers must be willing to release them when the call comes. Volunteers serve in valuable roles to bring the barn dance together each year, and they contribute in many ways throughout the year offering support services, such as cleaning equipment and the fire station, mowing the yard, as well as offering needed water and food to the firefighters during a fire.

The 2010 barn dance was the second year in which the dance has been held at the SPJST Hall. In other years, the event was held at the station in Telico. The decision to move the location away from Telico was difficult. "Outside of the church, there's nothing in Telico but the VFD to hold the community together," Chief Fowler said. "It was a reluctant



decision to move, but it was just too convenient," he added.

A rained-out date three years ago, and crowded conditions for the last several years prior to the move were factors in the decision. "People really loved coming out to the country," Pat said wistfully. However, the attendance has grown since the move.

The fundraiser has become a reunion. "People come home to see relatives that weekend," Pat stated. The couple's own two adult children, Michael and his wife, and Julie and her family, help out each year after having grown up in the department.

Memories are made. "The most memorable barn dance was the one just after 9/11. That was the most patriotic time. I'll never forget that night; it was something else," Chief Fowler reminisced.

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"We have been quite fortunate to get the merchants to donate."


through the State Fire Marshall's Program at A&M," Chief Fowler remarked.

The department has come a long way since retiring their first truck from the 1950s. Replacement and repair of equipment, especially the trucks, is a constant problem. The last truck the department purchased through a grant from the State Forest Service and FEMA cost \$ 240,000, of which the Telico VFD had to pay five percent. "It sounds like a good deal, but that is still a lot of money for us to raise," the chief stated.

The department works with other fire departments from Rosser, Rice, Chatfield, Alma, Bardwell and Ennis on mutual aid calls. The calls and numbers vary greatly each month. "Most of our calls are grass fires and medical calls, but we do get the cat-in-the-tree type calls and wrecks," the chief said. Once a month, this mutual aid group trains together. "It really helps that our training is seamless," Chief Fowler admitted.

The Telico VFD will continue to donate time and expertise to the community, which continues to support it through their donations. "I want my firefighters to be proud of belonging to the Telico VFD," Chief Fowler confessed.

The future of raising the necessary funds for the department's mission is secure. Pat proudly stated it best when she said, "Anyone who has ever been to our barn dance will come back." **ADAM**


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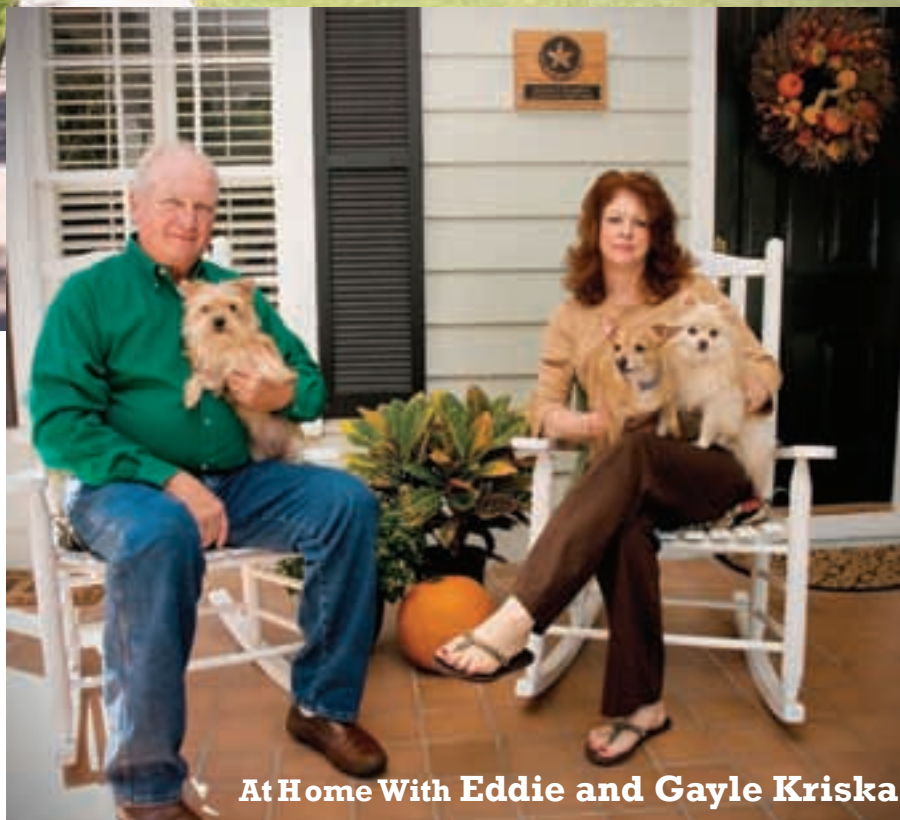


Dogs, Cats, Doors and Windows

— By Sandra Strong

After nine years, Eddie and Gayle Kriska have almost completed the restoration on their new home. The couple had looked at the property years earlier while they were still dating, but it sold so fast they were unable to take a look inside. When it went back on the market again after they had married, Eddie and Gayle wasted no time in making an appointment with their Realtor.

The actual move came much quicker than they expected. “Our other home sold so fast,” Eddie remembered, “we didn’t have much time to pack and move here.” Gayle laughed as she recalled the move.



At Home With Eddie and Gayle Kriska

“We looked like the Beverly Hill Billies.”

Although the three-bedroom, two-and-a-fourth bath, cottage-style abode was livable when they moved in, there was lots of work that needed to be done in order to historically restore it to its original state. “We did the work when we had the time and money,” Eddie stated. They both agree that while the work may have been painstaking, the outcome has been worth it.

“So many times we looked to build

and buy another home because the work became too much,” Gayle admitted. “But, we always came back to this one.”

Eddie added, “We’re stuck now. We can’t leave.”

The restoration started in the kitchen. As Gayle vividly recalls peeling outdated wallpaper from the walls, she cannot help but beam with pride as she admits the kitchen is her favorite room. “It’s so cheery,” she said. “I just love it!” The stove, a 1951 O’Keefe and Merritt, still

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works. In fact, later this month it will more than likely cook the turkey the family will share for Thanksgiving.

"We found it in Louisiana," Eddie added. The stove weighs in at 600 pounds, but the amenities it has that newer stoves lack include a top that folds down to make a serving table and trays that pull out from under the burners making clean-up much easier.

A huge pantry with plenty of storage space is also home to the couple's breakfast bar. "I didn't want the coffee pot out on my countertop," Gayle said, explaining why a corner of the pantry was transformed into the breakfast bar to accommodate those items. An antique green towel rack that Eddie discovered after removing several heavy layers of paint also hangs in the pantry.

Other notable features in the kitchen include the one-fourth bathroom aforementioned. Gayle's collection of Tappan and Magic Chef salt and pepper shakers are displayed on a 1870 sideboard the couple picked up on one of their many trips to Canton. "The sales guy said the sideboard was just a piece of junk," Eddie said. Now the piece is not only functional, but eye-pleasing as well.

Once the kitchen was complete, it was time to get started elsewhere in the home. All the old carpet was removed, revealing original hardwood floors needing only a minimal amount of repair. The hinges and door knobs throughout the home were removed and replaced after decades and layers of paint were polished off. Since there was only cheesecloth over planked wood, sheetrock

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had to be added to all the walls that were not paneled. As the dark paneling in the living and formal dining areas was painted a shade of yellow, the light, cheerful feeling Gayle was looking for began to appear. The shade has proven to be perfect, especially when paired with Gayle's collections of Flo Blue and Blue Willow china.

The living room is home to the couple's large collection of rare, antique vases called head vases, which are fashioned in the shape of the heads of females from days gone by. No fewer than 30 are displayed in built-in shelves along the wall

looking out to the well-manicured front yard. "We started collecting them about five years ago," Gayle said. "We've found most of them in Canton." Antique clocks from Eddie's maternal grandparents are intermingled with the head vases. Also showcased is an RCA radio from the early 1940s, still in working condition, centered on one of the lower shelves that once belonged to his grandmother. One lone ceramic Boxer dog, the newest collectible, takes its place on the side table beside the couch. "I saw this one," Gayle smiled, "and I had to have it." She looked at Eddie and smiled as she added,


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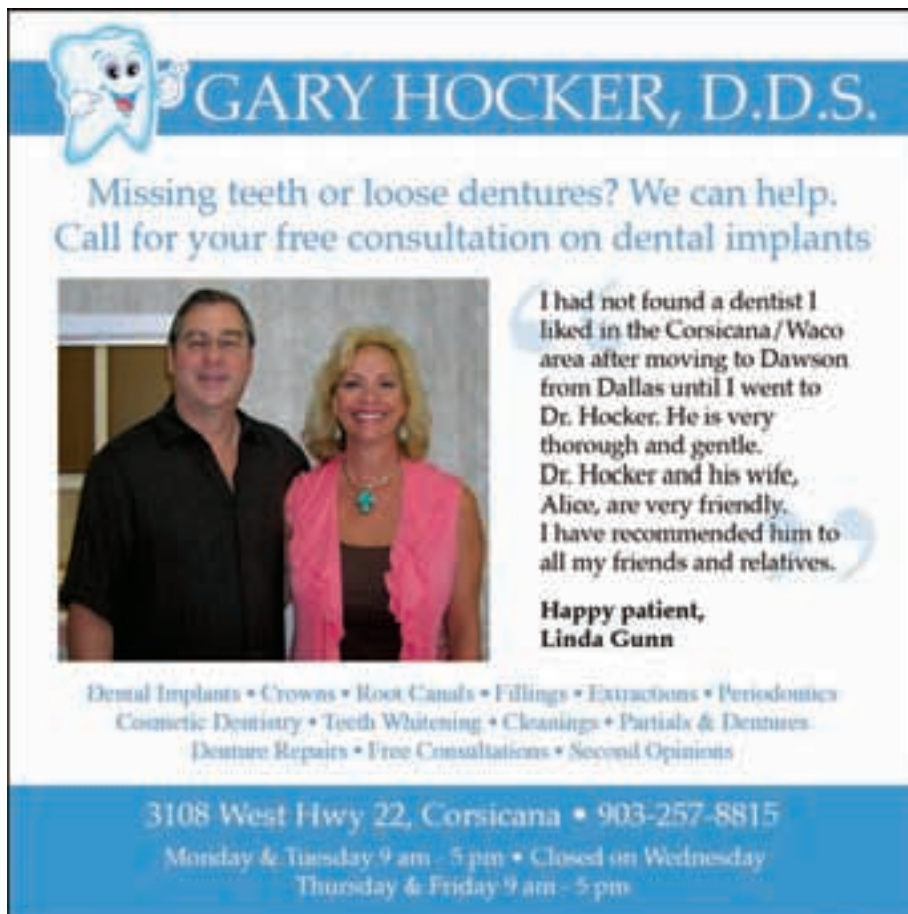


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The one fireplace in the home is located in the living room. The story behind its restoration is worth telling more than once. It was December 2009, Christmas Eve to be exact. "We didn't change the mantle, we decided to keep it since it came from a home in Bristol some time ago," Eddie said, "but we did decide to add a time capsule." The capsule they left behind includes a handwritten letter telling the history of the house, a 1937 coin (the year the home was built) and a currently dated church bulletin.

A painting of the home, done by local artist Marty Sanchez, hangs over the mantle. "Marty wanted the oil painting to match exactly," Gayle said. "He even



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included our three dogs in the bay window."

One other collection Gayle spoke about was their modest assortment of Spaghetti Poodles, which are displayed



in the hallway on another antique table. "They get their name from the intricate detail," Gayle explained. "The ones with the musical instruments are very rare."

Gayle's son, Ryan, lives with them. His room is a reflection of his own personal taste. "His room had to be gutted," Gayle said. "It was awful." The light gray walls are the perfect backdrop for the modern black furniture he selected. "I wanted him to have a room all his own," she added. The master suite is painted a blonde mustard color, as is the guest bedroom. The white trim in the rest of the home is also found in each of the bedrooms.



Several "fun facts" the couple enjoy sharing with visitors have to do with dogs, cats, doors and windows. "We have three dogs, and Eddie gave them each a middle name," Gayle laughed. "There's

Hannah Louise, Powder Puff and Toby Ray." The two family cats, Autumn Ann and Kane, belong to Ryan. No one is quite sure why Kane does not have a middle name. And they refer to the home as the "house of doors." Eddie explained, "It has no fewer than 20 doors." Four doors alone go in and out of the home. The home also boasts of no fewer than 22 windows.

Eddie and Gayle both have demanding jobs outside the home, so relaxation is a priority when they are not working. Along with those trips to Canton for special items for their new home, they have definitely learned the importance of down time. Many hours are spent in the oasis they have created in the backyard, but Gayle still loves curling up with the dogs, while Eddie continues to master his newest hobby — star gazing. **NOW**

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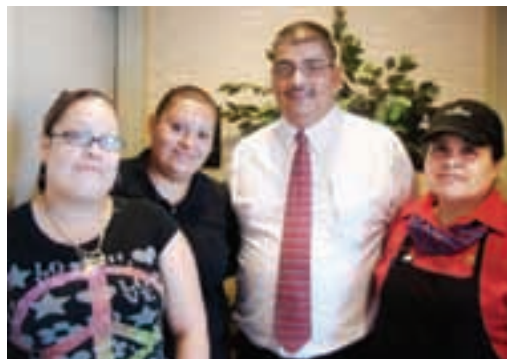
EYCA B Division Cheerleaders cheer on the EYFL B Division Wildcats as they take the field.



Jimmy Ruiz stops by the post office to mail a letter.



Patrick Hudson, Jenny Gossett and Amanda Howell are waiting to take an order at Starbucks.



Alejandra and Natali Cardona, Chris Trevino and Carmen Aguilar take a break to pose for a picture.



Mia Mach and Paige Ball prepare for their first tennis lesson of the year.



Hannah Henning and Annie Henning pose together at Hannah's bachelorette party.



Roy and Mary Blair enjoy a cool treat at Braum's before the winter weather arrives.



Tavion Butler enjoys the playground at Lion's Park while the weather is still pleasant.



TyNisecia Robbins and Nicholas Sinopoli pose at Candy Cane Pre-k class.



Jeannette Patak with the Ennis Chamber presents Jeff Irish a plaque at the Edward Jones ribbon cutting.



Husband and wife Jorge and Fe Hernandez meet at JC Park for their daily lunch together.



Kathy Cikanek and Irene Vitonsky enjoy Business After Hours at Jack Lummus Intermediate School.



Dr. Brown and her husband, Jerod Brown, are all smiles at a reception held in their honor at the Brown Street Cafe.



Jessica Rowell, John and Lisa Slaughter and Amber Thompson hang out at the Ennis Public Library.



FROM GENERATION *to* GENERATION — *By Aleta Penfold*

Cindy Gerich has a passion for quilting that has lasted a lifetime. In fact, she likes quilting so much that she and her friend, Jackie Muehlstein, started a group called Bluebonnet Patches Quilting Guild of Ennis in 1985. As she and charter members, Helen Ritchey and Bettye Moore, who joined the group in 1992, reminisced about the years leading up to this year's 25th anniversary, laughter and even a few tears came naturally.

Cindy nodded to her friends, "When we started this group, quilting had almost died out. There wasn't a quilt shop around [from which] to buy supplies, or anywhere to go to learn about different quilting techniques."

"Now, even art teachers recognize quilting as an art form," Helen added. "There are lots of books written about quilting, as well as classes and groups that give encouragement and help exchange ideas."

The women, all three from Ennis, are a "friendship group," which is part of the Quilters Guild of Dallas, Texas. The Ennis group has about 25 members, with 15 to 20 women meeting once a month for a work party to inspire each other and promote the art of quilting, always welcoming beginners.

Historically, quilting skills were mostly passed down from generation to generation. "I learned how to quilt from my grandmother," Cindy smiled. "I can remember sitting under the quilting frame as a very little girl and listening to my grandmother and her friends talking and laughing as they stitched." The quilting frame was made by her grandfather probably around 1930. It was actually suspended from the ceiling of the dining room with

pulleys. After a quilting bee, the unfinished quilt was lifted up to the ceiling until the next time!

"Back then during the Depression, used feed sacks were recycled into quilts, but now we use 100-percent cotton fabrics," Bettye explained. "But of course, I guess the feed sacks were 100-percent cotton, too," she laughed.

The quilters take field trips to quilt shops, have show-and-tell times and have sponsored quilt shows locally. A meeting consists of instructional programs, workshops, shared skills or fabric swaps. They have different demonstrations each month, because there are always new notions and patterns to share and ideas or techniques to learn.

"Quilters love to encourage everyone to quilt. We are really quite a diverse group," Bettye admitted. "We have people of all ages and interests who love to quilt. In Dallas, there are even

men in some of the groups! We have had homeschooled children, as well as members who have had serious illnesses or physical disabilities. One time a member had a stroke, and we all pitched in to help her finish her work," she added with tears in her eyes. "This is a group of the most generous, kindest women anywhere."

Their charity work is also very important. They have made lap robes for nursing homes, children's quilts for Ronald McDonald Houses, quilted Christmas gifts for children at the Women's Resource Center and a quilt celebrating the opening of Ennis Regional Medical Center. Cindy remembered the quilts they made



Top row, left to right: Gloria DeLong, Maureen Martin, Peggy Terrill, Gladys Archibald, Tim Glazener, Helen Ritchey, Bettye Moore, Dale Rozas, Cindy Gerich.
Bottom row, left to right: Marty Willis, Cora Whitlock, Betty Mitchell, Betty Jackson, Betty Disharoon.

for the Ennis police and fire departments after September 11, 2001. "We wanted to let them know how much we appreciated them," she added.

Cindy also mentioned how much the guild appreciated the First Presbyterian Church of Ennis. "We have been holding our meetings at this location," she said. "We consider the church a partner in our charity work."

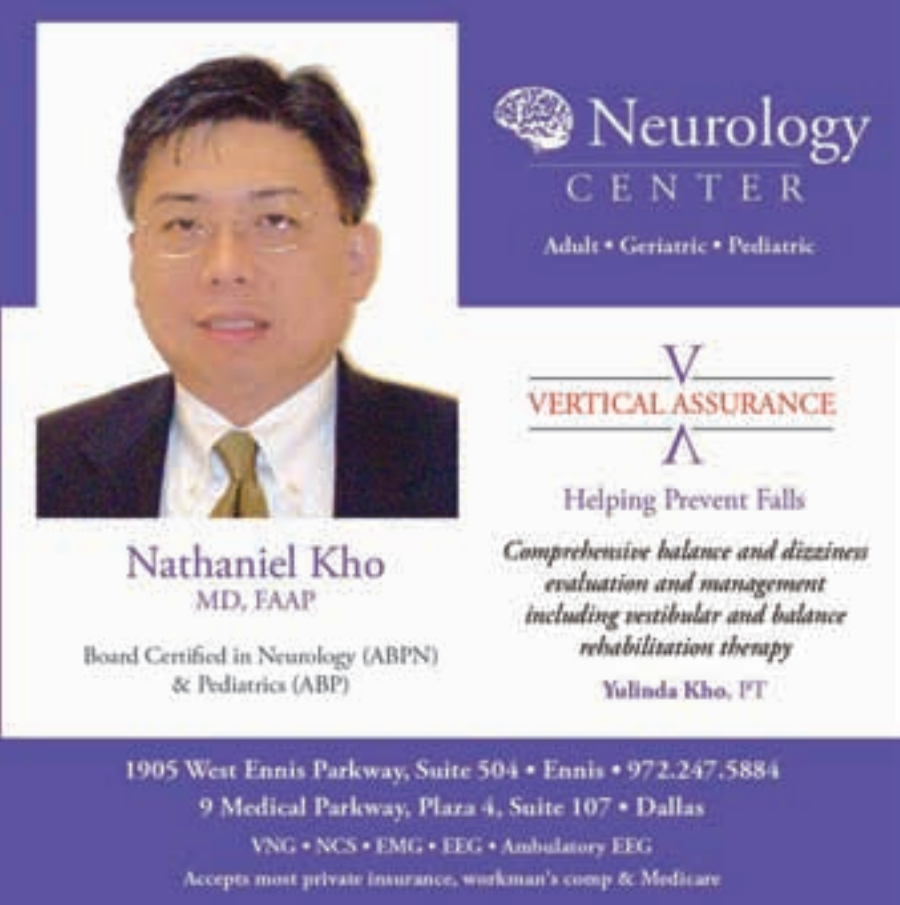
Over 30 to 100 hours can be needed to complete a quilt. Fingers can be painful from needle pokes and may even become calloused. That is why "quilter's nightmare stories" are laughingly shared. "It isn't easy to watch your grandkids plop their dirty feet on your quilt or hear stories about great-grandma's favorite quilt out in the dog house," Bettye said.

"This is a group of the most generous, kindest women anywhere."

She continued laughing, "Years ago people left out their best quilts only on Sundays. There was also a tradition to bury a quilter in her best quilt. One of our members said, 'Don't you dare wrap me in my best quilt; you can put it outside of my coffin, but not in it, too much work to just bury it!'"

Cindy added, "We also all have UFOs. That's 'un-finished objects,' and the joke is who will die with the most UFOs." More seriously, she shared about members who had passed on, and the guild pitched in to finish a project and then presented it to the family. One member always wanted her daughter to learn how to quilt, and when she passed, the guild had finished her quilt and mailed it to her daughter. The daughter was so touched that she was determined to finish a wall hanging her mother had also started. "Our goal is to keep quilting alive; it's our whole purpose," Cindy said passionately. "We want to teach future generations to quilt or at least to appreciate the art of quilting."

Editor's Note: The group meets the first Wednesday of every month at 9:30 a.m. at the First Presbyterian Church in Ennis. There is no charge, but be sure to bring your lunch, laughter and a desire to know more about the art of quilting.



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From Rails to Running

— By Alana Williamson



Dane Williams, an Ennis native, found a new passion after retiring from a 40-year career as a railroad conductor. He now runs for a living. “I started running to lose weight,” Dane explained. “But now I run for my health.”

He struggled with his weight throughout his time as a conductor. “The railroad style of life plays havoc on weight control,” Dane said. “It’s a hard life.”

He promised his doctor and himself that he would keep the weight off after his retirement two years ago, and he has succeeded. “I noticed people do not live long after retiring from the railroad,” he explained. “I wanted to live to see my grandchild grow up.”

Dane first started running while serving in the U.S. Marine Corps during the Vietnam War. “I saw draftees of all shapes and sizes getting into shape.” He often uses that memory and the motto,

“Once a Marine, Always a Marine,” to motivate himself to stay in shape.

He even had a custom-made running T-shirt designed to serve as both an inspiration to him and a warning to others. His Marine Corps division is featured on the front and a red caution sign on the back, with the words, Old Marine Running. “Cars don’t always yield to pedestrians,” he said. “I’ve had several close calls.”

He experienced several injuries, which motivated him even more to continue to stay in shape. After a back injury in 1981, Dane began running again in order to lose weight and relieve the strain on his back. Then shortly before retirement, he suffered from a foot injury and a strained muscle in his chest, and once again, he used running as his inspiration to overcome these conditions.

His foot injury prevents him from running some days, but Dane has slowly

increased his running schedule over time. He ran a total of 267 miles in 2009 and has run more than 700 miles since January of this year. “My goal is to run 1,000 miles this year,” Dane said. “You always have to have goals.”

Dane continues to learn more about his pastime, which has now become like a full-time job to him. For example, he determines the best time of day for him to run depending on the humidity and temperature. “I usually run in the mornings, but sometimes it is easier to run in the evenings,” he said.

His running route covers a total of seven miles around his neighborhood. In the summer months, he shortens his run to three miles. Dane uses an iPhone application to track his route and send e-mail alerts to his wife, Susan, on his progress. She can observe his heart rate, speed and location easing her worries during his long runs. He also uses his phone to listen to Pandora Internet radio, as well as music from three folders he made — Oldies, Doo-Wop and Patriotic.

Dane’s hard work paid off earlier this year when he won first place in the age 60-and-over division of the Polkafest 5K Run. Prior to the race, he encouraged fellow runners to join him by training outside the gym. “Street running is different from treadmill running, because you have wind resistance,” Dane explained. He also enjoys the opportunity to see different scenery.

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His running has helped him reach his goals for healthier living. "I've lost almost 60 pounds since retirement, and I've been able to keep my blood pressure under control." Dane is quick to admit running is not the only part of his weight-loss plan. He also eats a healthy diet and encourages his former co-workers to do the same. "I tell them to walk if they can't run, stay in shape and eat healthy diets," he advised.

"Once a Marine, Always a Marine."

Dane, whose father and grandfather were both railroad conductors, began working for the railroad immediately after graduating from Palmer High School. "I missed my senior trip to go work on a train," he remembered.

During his career as a conductor, Dane knew of five conductors who died from heart attacks while walking the length of trains to diagnose problems. It was not uncommon for him and other freight conductors to go several months without having to take on such a physical feat. "They started out walking, and never came back," Dane explained. "I tell people to stay in shape because they never know when they are going to get a call like that.

"I don't miss the work, but I do miss the friendships," he admitted about his retirement. Dane has more time than ever to rest and enjoy the things that are most important to him: faith and family. He has two children who have both followed in his footsteps. His son is a railroad conductor, and his daughter enjoys running in her spare time.

Dane is a member of Tabernacle Baptist Church, where he and his wife recently celebrated their 25th year of service teaching 4-year-olds during Sunday school. "If I didn't run and stay in shape, I wouldn't have the energy to teach the children," he laughed. His pastor once warned Dane he had heard of people dying while running, and Dane responded by saying, "There's no better finish line than seeing Jesus." **NOW**

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Hot and Ready Promise

Little Caesars is serving every customer with a smile and a perfect pizza.
— By Sandra Strong

Opening a new business always poses a risk, regardless of whether the economy is up or down. For Neil and Vinnie Patel, it seemed to be a win-win situation — for them, as well as the community — when they took a leap of faith and bought into the Little Caesars franchise. “The study that was done in the Ennis area said the demographics were perfect,” Neil said.

Vinnie agreed, “Yes, it’s been great. This is an excellent market.”

After a time of research, the Patels decided since their first location in Palestine was flourishing, that venturing

out to open their second location was the right thing to do. The doors of Little Caesars opened in Ennis on March 16, and business so far has been very good. There was a demand for “all fresh” pizza at an affordable price. “You can get a large pepperoni and cheese pizza all day, every day for \$5,” Neil explained. “All ingredients are fresh; nothing has been frozen.”

The Patel brothers live and manage their stores by the company’s motto. It is their “hot and ready promise.” “We serve every customer with a smile and a perfect pizza in less than 30 seconds,”

From left:

Brothers and co-owners, Vinnie and Neil Patel, along with Ennis Store Manager Michelle Vasquez, stand ready to serve you.

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"And we do it every time," Vinnie added.

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The only pizza deliveries made by Little Caesars are those that involve churches, schools and nonprofit organizations. "The orders we deliver are 'mega' orders for fundraisers and special events," Vinnie stated. The brothers take great pride in giving back to the community that has given so much to them.

"The community is what makes the business so successful," Neil admitted. "We believe in giving back."

Neil and Vinnie also believe in being accessible to their staff, as well as their customers. "We run a hands-on operation," Neil said. Vinnie and Neil have done it all, from cutting dough and preparing pizza to waiting on the customers. "If we expect our employees to do it," Neil added, "we will be doing it, too."

Store manager and hometown girl, Michelle Vasquez, can attest to that. "Many times," she said, "Neil will be here after hours scrubbing the floors."

The future goal for the Patel brothers is to open many more Little Caesars franchises in Texas. In fact, they are currently in the final stages of building their third location in Forney, Texas. When asked if they add anything to the franchise to make it more their own, they both shake their heads in the negative. "We follow the success steps set forth by the original owners of the franchise," Neil said. "Why fix what isn't broken?" Their goal is to move onward and upward in the business of great, fresh pizza at an affordable price, while continuing to take the Little Caesars philosophy to heart.

What the brothers cannot seem to do enough of is thank the community for all their support. "The people have been so supportive," Neil said.

Vinnie agreed, "We look forward to serving you for years to come." **NOW**



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AVID: Leaders on Campus

— By Sandra Strong

Four years ago, the Ennis Independent School District (EISD) joined the ranks of campuses worldwide offering Advancement Via Individual Determination (AVID) classes. These are elective classes beginning in the seventh grade and continuing through graduation. AVID's mission is to ensure that all students, especially those performing at mid-level, will succeed in the most rigorous curriculum; enter the mainstream activities at school; increase their enrollment in four-year colleges and become educated, responsible participants and leaders in a democratic society.

To find success in AVID, students need a teacher with the same mission. One such teacher is the junior high AVID coordinator, Kristin Middlebrooks. "I was teaching English at the high school, when I glanced at an e-mail from the central office about the AVID program," Kristin remembered. "I reread the e-mail days later, and it seemed like it would be a good fit." After talking to Brian Fry, district AVID director, it only took a couple of days to finalize the paperwork which allowed Kristin to move to the junior high two years ago. "I just teach AVID classes now," Kristin stated. "The number of students who were not furthering their education after high school prompted the need for administration to look deeper into all the AVID program has to offer."

Incorporating the AVID program into the curriculum was a huge commitment

for the EISD, but it seems to be paying great dividends, one student at a time. "AVID is a huge commitment for everyone — the district, the teachers and the students," Kristin admitted. "The length of time it takes to see overall results is not immediate. It will take years."

The small successes Kristin witnesses daily in the classroom, encourages her to keep moving forward to see those students who started the program at the seventh grade level graduate better prepared for higher education.

Certain criteria are needed before students can add AVID to their class schedules. They must have a 2.0-3.5 GPA; be enrolled in Advanced Placement classes; receive recommendations from teachers and administration and express a commitment for a higher level of learning. "The program targets those students in the academic middle," Kristin explained. "Students at the top and bottom of the class are always remembered, but students in the middle get overlooked. They are the forgotten ones. This program allows their great potential to shine. It shines when they get the extra support they need. AVID offers them that extra support."

The program prepares students for enrolling in a four-year college or university by teaching them responsibility and boosting self-confidence. The program

helps remove the fear that can come from the transition between high school and college by showing the students what will be expected of them in college. "Start them early, and it becomes a habit," Kristin said, referring to the importance of choices, which the program emphasizes. "When they start early, they can make conscious decisions on college choices. The class gives them options. They aren't rushing around trying to get what they need. They already have it. They've been getting it since junior high."

For many of the students, this is the first time to be enrolled in the "advanced lane" of learning. The program not only teaches them how to take "Cornell notes" in all their regular classes, it also teaches critical thinking, organizational skills and the time-management skills necessary to make the transition from high school to college an easy one. "We also teach speaking and leadership skills," Kristin added. "Now, they have become the leaders on campus."

AVID students are no different

Education **NOW**

from the high school English students Kristin used to educate. "Each student still requires guidance, but they have the potential to be successful in the program with support," she stated. "They're all different." One student was in the top 10 percent of her class, but six weeks before going into ninth grade, she talked seriously about becoming a truck driver. "She saw it as a way to make enough money to pay for college," Kristin said. "My job was to give her the extra support she needed to keep her focused. If she kept her grades high enough, she could potentially receive scholarships. She just needed support and encouragement."

"I believe that there is something out there for every child."

Another student was just barely passing the eighth grade due to a series of missing papers and assignments. His TAKS scores were "commended" in all four subjects. "The support this student needed was on how best to get organized," Kristin said. "He needed to learn how to follow directions. It doesn't matter how much you know if you aren't turning in your daily work. Each student requires specific support; and that support is tailored specifically to each student."

No set model exists for an AVID student. They come from all different educational backgrounds. Some are past GATE students, while many others fall under the ADHD and 504 Dyslexia umbrellas. "Without all that AVID offers," Kristin said, "many of these students would not make it to college. And a college degree is so important in our growing society. A degree gives them an edge."

Kristin grew up in Ennis, graduated from Ennis High School and then attended the University of Louisiana. She travelled extensively afterward, but chose to come home to fulfill her career path. "I made choices," she stated, "and I want my students to be able to make choices on their own, too." **NOW**

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In The Kitchen With Elaine Leamon

— By Adam Walker

Elaine Leamon, who grew up in Palmer and is now the speech-language pathology coordinator for the Ennis Independent School District, first learned to cook to bring joy to people. “So many people do not have time to cook from scratch,” she said. “I learned at an early age that this is something I can do for people. I started baking desserts at an early age, because my dad loved sweets,”

Elaine remembered. “He said that he loved everything I baked!”

She loves to read cookbooks for new recipes, which she then adjusts to make them her own. When not cooking or working, she enjoys gardening, traveling and spending time with her friends and with her husband, Tony, and their three children, Brett, Casey and Mara. **NOW**



KIELBASA AND GREENS SOUP

8 oz. skinless kielbasa sausage, cut into 1/4-inch half-moons
2 tsp. olive oil
1 medium onion, chopped
2 garlic cloves, minced
1/3 cup all-purpose flour
1/4 tsp. dried thyme
8 oz. baby red potatoes, each cut into 8 pieces
6 cups low-sodium chicken broth
1/2 tsp. kosher salt
3 cups hearty greens (such as collard or escarole) cut into 2-inch pieces
1/2 cup canned milk

1. In a large pot over medium heat, cook sausage in 1 tsp. olive oil until browned, about 5 minutes. Remove sausage and set aside.
2. Add onions, garlic and remaining olive oil. Cook, stirring until onion is translucent, about 4 minutes. Stir in flour, thyme and potatoes.
3. Add kielbasa, broth, salt and greens; cover and bring to a simmer.
4. Cook, covered, until potatoes are tender, about 7 minutes. Stir in milk. Yields: 8 cups (190 calories per cup).

ALMOND SUGAR COOKIES

1 cup butter (no substitutes), softened
3/4 cup granulated sugar
1 tsp. almond extract
2 cups all-purpose flour
1/2 tsp. baking powder
1/4 tsp. salt
Mixture of sugar crystals (using seasonal colors) and granulated sugar

GLAZE:

1 cup confectioners' sugar
1/2 tsp. vanilla extract
1 tsp. almond extract
2 or 3 tsp. water
Food coloring, (orange for Thanksgiving or green for Christmas)
Sliced almonds, toasted

1. In a large mixing bowl, cream butter and sugar. Beat in almond extract.
2. Combine the flour, baking powder and salt; gradually add to creamed mixture.
3. Roll into 1-inch balls. Place 2 inches apart on greased baking sheet.

4. Coat bottom of custard bowl or glass with nonstick cooking spray; dip in sugar crystal mixture. Flatten cookies with prepared custard bowl, repeat spraying and dipping bowl in sugar crystal mixture again as needed.
5. Bake at 400 F for 7-9 minutes or until edges are lightly browned. Cool for 1 minute before removing to wire racks.
6. In a small bowl, whisk together the confectioners' sugar, vanilla and almond extracts with enough water to achieve glaze consistency. Tint with food coloring; drizzle over warm cookies. Sprinkle with almonds. Yields: about 4 1/2 dozen.

BLACK CHERRY CAKE

1 18.25-oz. pkg. white cake mix
1 1/4 cups water
1/3 cup canola oil
4 egg whites
2 8-oz. cartons fat-free reduced-sugar black cherry yogurt, divided
1 8-oz. carton frozen light whipped topping, thawed

1. In a large mixing bowl, combine the cake mix, water, oil and egg whites just until moistened; beat on low speed for 2 minutes.
2. Fold in one carton of yogurt. Pour into a 13 x 9 x 2-inch baking dish coated with nonstick cooking spray.
3. Bake at 350 F for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.
4. Place remaining yogurt in a bowl; fold in whipped topping. Spread over cake. Store in the refrigerator. Yields: 15 servings.

CAJUN CHICKEN STRIPS

1 Tbsp. all-purpose flour
1 tsp. poultry seasoning
3/4 tsp. garlic salt
1/2 tsp. paprika
1/4 tsp. black pepper
1/8 tsp. cayenne pepper
1 1/2 lbs. boneless, skinless chicken breasts, cut into 1/2-inch strips
2 Tbsp. unsalted butter

1. In a large resealable plastic bag, combine the first 6 ingredients.
2. Add chicken, half at a time and shake to coat.

3. In a large skillet, cook chicken in butter for 8-10 minutes or until juices run clear.

WESTERN CUBED POTATOES

7 Tbsp. unsalted butter, melted
1 4-oz. can chopped green chilies
2 Tbsp. finely chopped onion
1/2 tsp. salt
1/4 tsp. black pepper
1/4 tsp. garlic salt
6 medium potatoes, cubed
1/8 cup dried parsley

1. In a large bowl, combine the first 6 ingredients.
2. Add potatoes and toss to coat. Transfer to an ungreased 2-qt. baking dish. Toss in dried parsley.
3. Cover and bake at 350 F for 45 minutes.
4. Uncover; bake 20-25 minutes longer or until the potatoes are tender. Yields: 6 servings

EAST TEXAS TURKEY DRESSING

6 cups broken corn bread (approximately 2 10-inch pans)
4 cups broken biscuits (prepared from Bisquick® mix)
8 cups turkey broth (can use part water or milk)
1 1/2 cups onion, chopped
1 1/2 cups celery, chopped
2 1/2 tsp. poultry seasoning
1 tsp. black pepper
Sprinkle of sage
2 tsp. salt
2 tsp. baking powder
4 eggs, beaten well

1. Combine the first 3 ingredients in a large bowl.
2. Sauté onions and celery in olive oil until tender. Add to bread mixture.
3. Combine the bread and onion mixture with remaining ingredients. Mix well and thoroughly moisten with additional broth, as needed, to achieve a “soupy” consistency.
4. Bake at 350 F in a large, buttered baking dish for approximately 1 hour and 25 minutes. Yields: 12 servings

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How to Generate Retirement Income – During Retirement

— By Jeff Irish

Like most people, you probably save and invest throughout your working years so that you'll be able to afford a comfortable retirement. Once you retire, you'll want to focus on strategies to help you make the most of your retirement income — and you might want to become familiar with these ideas well before you retire.

Basically, you'll have some “must do” moves and some “think about doing” moves. Let's take a look at the “must do” ones first:

- Take the right amount of distributions from retirement plans. Once you turn 59 1/2, you may be able to take penalty-free withdrawals or distributions from some of your retirement accounts, such as your traditional IRA and 401(k). But once you turn 70 1/2, you generally must start taking distributions from these accounts. Your required minimum distribution, or RMD, is based on the previous year's balance in your retirement plan and life expectancy tables. You can take more than the minimum, but you'll want to make sure you don't take so much that you outlive your savings.

- Maximize your Social Security benefits. You can start collecting Social Security as early as 62, but if you wait until your “full” retirement age, which will probably be around 66, your monthly checks will be larger. And if you wait until after your full retirement age before you start collecting benefits, your checks can be even larger, though they'll “top off” when you turn 70. What should you do? Start taking the money as early as possible or delay payments, waiting for bigger paydays? There's no one right answer for everyone. To get the maximum benefits from Social Security, you'll need to factor in your health status, family history of longevity and other sources of retirement income.

Now let's consider two moves that you may think about doing during your retirement years:

- Purchase income-producing investments. Outside your IRA and 401(k), you may have other investment accounts, and inside these accounts, you'll need a portfolio that can produce income for your retirement years. You may choose to own some investment-grade bonds and certificates of deposit (CDs), both of which can help provide you with regular interest payments at relatively low risk to your principal. However, these investments may not help you stay ahead of inflation, which, over a long retirement, can seriously erode your purchasing power. Consequently, you also may want to consider dividend-producing stocks. Some of these stocks have paid, and even increased, their dividends for many years in a row, giving you a chance to obtain rising income. (Keep in mind, though, that stocks may lower or discontinue dividends at any time, and an investment in stocks will fluctuate with changes in market conditions and may be worth more or less than the original investment when sold.)

- Go back to work. In your retirement years, you may decide to work part time, do some consulting or even open your own business. Of course, the more earned income you take in, the less money you'll probably need to withdraw from your investments and retirement accounts. However, if you've started collecting Social Security, any earned income you receive before your “full” retirement age will likely cause you to lose some of your benefits. Once you reach full retirement age, you can keep all your benefits, no matter how much you earn.

Keep these strategies in mind as you near retirement. They may well come in handy. **NOW**

Jeff Irish is an Edward Jones representative based in Ennis.

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READY TO PUT THOSE PERENNIALS TO BED?

— By Nancy Fenton



Now is the time to seriously think about fall and cooler weather. Central Texas usually gets its first freeze between the 15th of November and Thanksgiving. Those great perennials (plants that come back each year) will be even better next year with a little care now. Those that bloom in the spring need to be checked to make sure they are not too crowded. If so, they need to be thinned so they can grow to be large and luscious again.

Our most common perennial is the iris. Although it is tough, it can always benefit from a little care. Three to four years is about the longest they can just sit without care if you want them to thrive and bloom heavily. They do not die, but have to struggle for every drop of water and food. A small handful of slow-release nitrogen on the irises will feed them through the winter and make them ready to “burst out” come spring. Be sure to pull the dead leaves and mulch back from the iris rhizomes to avoid rot and/or disease, which are typical for irises.

Brown “sticks” of much-loved

blooming plants that freeze at the first cold snap need to be cut back severely — like into the ground. Leaving the dead foliage encourages disease, and you do not want that! Daisies, phlox and salvias can all be cut back without fear. A little balanced fertilizer and a light covering of mulch will protect the roots from cold and stimulate great growth next spring.

Crepe myrtles and other blooming shrubs should have been trimmed just for shaping in late September. They can also benefit from a check on their mulches. Make sure your sprinkler system is winterized or drained and turned off. You may need to water just a little bit in the driest winters, but not enough to merit the chance of frozen systems. The ice fountains are lovely, but only if they are in someone else’s yard!

Enjoy the cooler weather! Get your cameras ready and start taking pictures now — the Master Gardener photo contest is coming. More information will be provided next month on how to enter. **NOW**

Nancy Fenton is a Master Gardener.

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Protect Your Sight

— By Betty Tryon

Having diabetes may be difficult enough, but having complications from a disease that threatens your vision is far worse. People with diabetes face the possibility of having to manage complications resulting from that disease. One set of complications comes in the form of diabetic eye diseases. The most common one is diabetic retinopathy. Retinopathy refers to damage to the blood vessels in the retina. In diabetic retinopathy, those blood vessels become damaged because of high levels of glucose or sugar in the blood. Because the integrity of the blood vessels is no longer intact, they can leak fluid or bleed. In advanced cases, there is an abnormal growth of weak and fragile blood vessels on the retina. As the symptoms increase, light is prevented from reaching the retina; it is no longer able to function properly, and a healthy retina is necessary for you to see normally.

In the early stages, symptoms are mild, or they may not be noticeable at all. Some of the symptoms you may experience as the disease progresses are spots or floaters in the eye. As soon as you notice them in your vision, see your eye care specialist as quickly as possible. Blurred vision, a shadow in the visual field and poor night vision are all signs that the condition is progressing. If left untreated to advance to proliferative retinopathy [advanced stage], blindness can result.

If you have diabetes, awareness of any abnormal symptoms and a comprehensive dilated eye exam at least once a year is crucial to your visual health. A dilated eye exam allows the practitioner to have a closer inspection of the inside of your eyes. They can examine your retina and optic nerve for any problem areas. Other tests common to a yearly eye exam are, a test to measure your visual acuity at near and far distances using an eye chart and a tonometry test, which uses an instrument to measure pressure inside the eye.

Anyone with diabetes is at risk for eye disease. If you have uncontrolled blood sugar levels, hypertension, high cholesterol, smoke or if you are pregnant, your risk is increased. The best way to treat this is to monitor your blood sugar level closely, watch your diet and eat healthy. Do not smoke and be sure to control your blood pressure. If you have diabetic retinopathy, there are a number of solutions to prevent blindness. Your eye care

specialist can help. Seek their assistance early. Inaction may have dire consequences. Make sure you make decisions that you can live with. **NOW**

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



AN OUTDOOR ADVENTURE

— By Becky Walker

The great outdoors! Something about autumn simply beckons nature lovers. Perhaps it is the cooler temperatures, coming as a pleasant relief to the extreme heat of Texas summers that draws people to pack up their camping gear and head for the country. Or maybe it is the nostalgia of sitting around a campfire and reliving childhood pleasures like roasting hot dogs and marshmallows and listening to someone play the guitar. If the idea of a weekend retreat or vacation in the wilderness appeals to you, you might want to consider Cleburne State Park. Sitting on 528 wooded acres, the park is rustic and beautiful, boasting cedar, oak, elm, mesquite, redbud, cottonwood, sycamore, ash and sumac trees. With so many varieties of trees, what better place to take your children to hunt for leaves to add to their collections or use as part of their school projects?

Spring-fed Cedar Lake provides many opportunities for fun and relaxation: swimming, fishing and boating. Fishermen will find crappie, bass, catfish, blue gill and red ear sunfish in the cool waters. The boating speed limit is five miles per hour and personal watercraft such as jet skis are not allowed, but paddleboats are available for rent. Or if photography is more to your liking, the scenery will provide ample opportunity

for being a shutter bug. The area is full of wildlife, including: white-tailed deer, turkey, duck, armadillo, squirrel, skunk, bobcat, coyote and beaver, to name a few species. A hike on one of the trails just might land you a once-in-a-lifetime photograph! If you prefer a more athletic activity, be sure to bring your mountain bike. The park offers five-and-a-half miles of mountain bike trails with varying levels of difficulty.

Cabins, RV hookups and tent campsites are available. Picnic tables, grills and fire rings are located at each campsite as well. A large up-to-date playground offers hours of fun for the children. And there is an amphitheater perfect for group sing-a-longs.

Cleburne State Park is located 10 miles southwest of Cleburne, Texas. From Hwy. 67, turn left onto Park Road 21 and go six miles. The park sits on land that was once a favorite hunting ground for American Indians. Cowboys used it as a camp site while driving cattle along the Chisholm Trail. As you enjoy the peaceful beauty of the area, allow your imagination to take you back to the days when the Indians hunted in the woods and the cowboys played *their* guitars by the campfire. **NOW**

Editor's Note: For more information, visit www.stateparks.com/Cleburne.html.



Happening **NOW**

November - February

Master Gardener Photo Contest: Contest is currently underway. Deadline for entries is February 15, 2011. Entry categories include "single specimen" and "in the garden." Think about vegetables, summer gardens and fall and winter when taking pictures. There is no cost and individuals may enter as many as five photos. Prizes will be awarded. Enter on line at www.ecmga.com.

November and December

Waxahachie Faith Family Academy: enrolling for a new 3-year-old Pre-K program, 701 Ovilla Road. Contact the school office at (972) 938-3996 for more information.

Mondays and Wednesdays

Sign Language Class: 4:00-5:15 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Classes are free and available for all ages. No sign up required.

Every Tuesday

Children's Drama and Acting Classes: 4:15 p.m., grades 2 through 6; 5:30 p.m., grades 7 through 12. After Hours Improv, 100 N. College Street, Waxahachie. Call (972) 937-9839 for more information.

Third Monday

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

Fourth Monday

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m. Waxahachie Bible Church, 621 Grand Avenue. Annual Christmas party will be held in lieu of guest speaker.

First and Third Tuesday

Ennis Cancer Support Group: 7:00 p.m. Ennis Regional Medical Center classroom. For more information, call Kathy at (972) 878-6927 or visit www.enniscancersupport.com.

Third Tuesday

Skyblazers of Waxahachie R/C Club: 7:30 p.m. Parks and Recreation Building in downtown Waxahachie.

Every Wednesday

GriefShare: 6:15 p.m. at Palmer Christian Child Care and Day School, located at 510 S. Dallas Street. For more information about this recovery seminar and support group, call Vivian Saladino at (214) 802-2256 or e-mail griefshare@fbcpalmer.com.

Third Wednesday

The Ellis County Christian Women's

Connection: 11:30 a.m.-1:00 p.m. Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). The cost for this monthly luncheon, affiliated with Stonecroft Ministries, is \$13, inclusive. Contact Kay at (972) 937-2807 or Margaret at (972) 937-1016, or e-mail Kay at windchime423@yahoo.com or Margaret at pmestepp@yahoo.com no later than Sunday, November 14.

Every Thursday

Celebrate Recovery: 7:00 p.m. 408 Water Street, Waxahachie. The purpose is to help people live free from addiction, compulsive or dysfunctional behavior. For more information, contact Brandon Jones at (214) 949-5725 or Brandon@thefrontiercommunity.org.

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

First and Third Thursday

Mom's Connected: 9:30 - 11:30 a.m. Tabernacle Baptist Church, 1200 Country Club Rd. Free fellowship for moms of all ages. For more information, contact ennismoms@sbcglobal.net.

Saturdays

Improv Comedy Night: 8:00 p.m. After Hours Improv Theater, 100 N. College Street, Waxahachie. Also this month: **November 6**, 8:00 p.m., improv benefiting Malissa Allen Liver Transplant Assistance Fund; **November 12**, 8:00 p.m.-11:00 p.m., Improv Comedy benefiting Advantage Academy PTO; **November 19**, 7:00 p.m. Murder Mystery Dinner "Murder at the Deadwood Saloon", \$40 per person includes 3-course dinner. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

Third Saturday

Covenant Treasures Institute College Level Classes: 8:00 a.m.-3:00 p.m., Refiner's Fire Ministries International, 1611 W. Ennis Avenue, Ennis. Call (972) 765-3530 for more information.

November 5

Travis Elementary: Annual BBQ Bash.

November 6 and 7

Trade Days of Waxahachie: Saturday, 9:00 a.m.-5:00 p.m.; Sunday, 9:00 a.m.-4:00 p.m. Ellis County Expo Center, 2300 W. U.S. Hwy. 287, Waxahachie. Free parking and admission. For more information, visit www.tradedaysofwaxahachie.com or call Les Clemons at (972) 617-8156, James Scott at (214) 202-1788 or Jean Davis at (972) 816-3644.

November 7

Daylight Saving Time ends.

November 9

Ennis Independent School District Board meeting: 7:00 p.m. Administration Building board room, 303 W. Knox Street, Ennis.

November 11

Veterans Day Holiday.

November 13

Christmas in November: 9:30 a.m. registration. The Golf Club of Dallas, 2200 W. Red Bird Lane. The \$25 cost of this annual event, sponsored by the DeSoto Charter Chapter American Business Women's Association, includes brunch, silent auction, guest speaker, vocal entertainment, table favors and door prizes. For tickets, call Ann Ferguson at (972) 224-3049.

November 15

Great American Smokeout.

November 22-26

Ennis ISD: District-wide fall break.

November 25

Thanksgiving Day Holiday.

November 27

Bristol Opry Country Music Show: 7:00 p.m. Old Bristol Schoolhouse, 100 Church Street, Bristol. Free admission. Donations are accepted. The event is presented by the Bristol Cemetery Association and Caring Hands of Bristol. For more information or to be a sponsor, contact Jim Gatlin at (972) 846-2211, Randall Willis at (972) 666-2151 or Roland Jones at (972) 666-2273.

November 30

Christmas Parade of Lights (tentative): 7:00 p.m. in downtown Ennis. Call the Chamber of Commerce at (972) 878-2625.

Month of December

Ennis Public Theatre presents *Light Sensitive*: December 3, 4, 10, 11, 12, 17, 18, 19, 20, 2705 N. Kaufman Street, Suite C. Friday and Saturday evening performances begin at 7:30 p.m., afternoon matinee performances begin at 2:30 p.m. For information or to order your tickets, call (972) 878-7529.

December 1 through 31

Christmas in Ennis: Festival of Lights.

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



“We are excited that we are able to provide high quality, compassionate health care services with a home town feel for our community.”

COMMITMENT TO QUALITY

Approved Home Health Care is Awarded CHAP Accreditation

Midlothian, Texas — July 7, 2010 — Community Health Accreditation Program, Inc., (CHAP) announced today that Approved Home Health Care has been awarded CHAP accreditation under the CHAP Core & Home Health Standards of Excellence. This is the beginning of the fourth year CHAP accreditation has been awarded to Approved Home Health Care.

CHAP accreditation demonstrates that Approved Home Health Care meets the industry's highest nationally recognized standards. Rigorous evaluation by CHAP focuses on structure and function, quality of services and products, human and financial resources and long term viability. Through CHAP accreditation, Approved Home Health Care is also certified as a Medicare provider.

“We are very pleased that Approved Home Health Care chose to continue CHAP accreditation,” said Terry A. Duncombe, CHAP President and CEO. “Voluntarily selecting to achieve CHAP accreditation and meeting our high standards of excellence demonstrates Approved Home Health Care’s commitment to quality. CHAP is delighted to work with their entire team through the ongoing process of quality improvement.”

Approved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant and Dallas counties, and surrounding areas. They are locally owned and operated by hometown folks with over 50 years combined home health experience.

“We are extremely proud of our entire staff for making this possible. They are, after all, our greatest asset,” says Louis Ponder, owner of Approved Home Health Care. “We are excited that we are able to provide high quality, compassionate health care services with a home town feel for our community,” chimes in co-owner Kelly Kavanaugh.

CHAP is an independent, not-for-profit, accrediting body for community-based health care organizations. Created in 1965, CHAP was the first to recognize the need and value for accreditation in community-based care. CHAP is the oldest national, community-based accrediting body with more than 5,000 agencies currently accredited nationwide. Through “deeming authority” granted by the Centers for Medicare and Medicaid Services (CMS), CHAP has the regulatory authority to survey agencies providing home health, hospice and home medical equipment services, to determine if they meet the Medicare Conditions of Participation.



For additional agency information, contact Kelly Kavanaugh, RN, HCS-D, COS-C, Owner/Administrator at (972) 723-2933.

PAID ADVERTISEMENT

NEWEST ACTIVE MEMBERS OF

ENNIS REGIONAL MEDICAL CENTER



IMAD ALWAN, M.D.

DR. IMAD ALWAN is an invasive cardiologist with ample academic, research, and clinical practice background. He completed his internal medicine residency at University of Connecticut and his cardiology fellowship at University of Illinois - Advocate Illinois Masonic Hospital Program in Chicago.

Dr. Alwan has achieved three cardiology board certifications in general cardiology, nuclear cardiology, and coronary CT scan angiography. He is also an active member of the American College of Cardiology.

Dr. Alwan takes pride and honor in serving Ennis through his cardiology practice.

Dr. Alwan, his wife, and two daughters have been enjoying living in Ennis with the ample activities that can be done year-round.



DR. IMAD ALWAN
CARDIOLOGY
972-875-0100

MEG SULLIVAN, M.D.

DR. MEG SULLIVAN attended the University of Texas Health Sciences Center in San Antonio before coming to Dallas to complete her internal medicine residency and cardiology fellowship at Baylor University Medical Center.

She practices general cardiology, including inpatient care, outpatient stress testing, echocardiography, nuclear cardiology, pre-operative assessment, and preventative cardiology.

Dr. Sullivan lives in Ennis with her husband John and their two little boys, Jack and Henry. Her husband has practiced general surgery in Ennis for 7 years. She is looking forward to being closer to home and to her patients after so many years of commuting to Dallas. She is accepting new patients over the age of 18.



DR. MEG SULLIVAN
CARDIOLOGY
972-875-4700