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NOVEMBER 2012

Holiday
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Guide 2012
p. 17

THEIR ROOTS RUN DEEP

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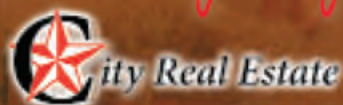
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ON THE COVER



Evelyn Slovak, Shelli Heard and Wilma Kapavik are proud of their Ennis ancestors.

Photo by Amy Ramirez.

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Editor's Note

Happy Thanksgiving!

I begin to reflect on the events of the past year as the Thanksgiving holiday approaches. Last year, my son and his wife were expecting their first child. Easton, my "chunky little monkey," is soon going to celebrate his first birthday. I look forward to seeing him with cake all over his face. It's sure to be one of those memorable Kodak moments we seem to cherish.

This season also marks the first time my daddy won't be a physical part of the festivities. But, he will be here in spirit. I know it will be a day of reflection for the family — a time to remember all the happy times.

NOW Magazines has a lot to be thankful for, too, as we welcome *GranburyNOW* into the family as our 10th market. We have been in existence since 2004. We've grown to distribute over 240,000 magazines with over 600,000 readers. When you think about it, we really do have lots to be thankful for!

Sandra

Sandra Strong
EnnisNOW Editor
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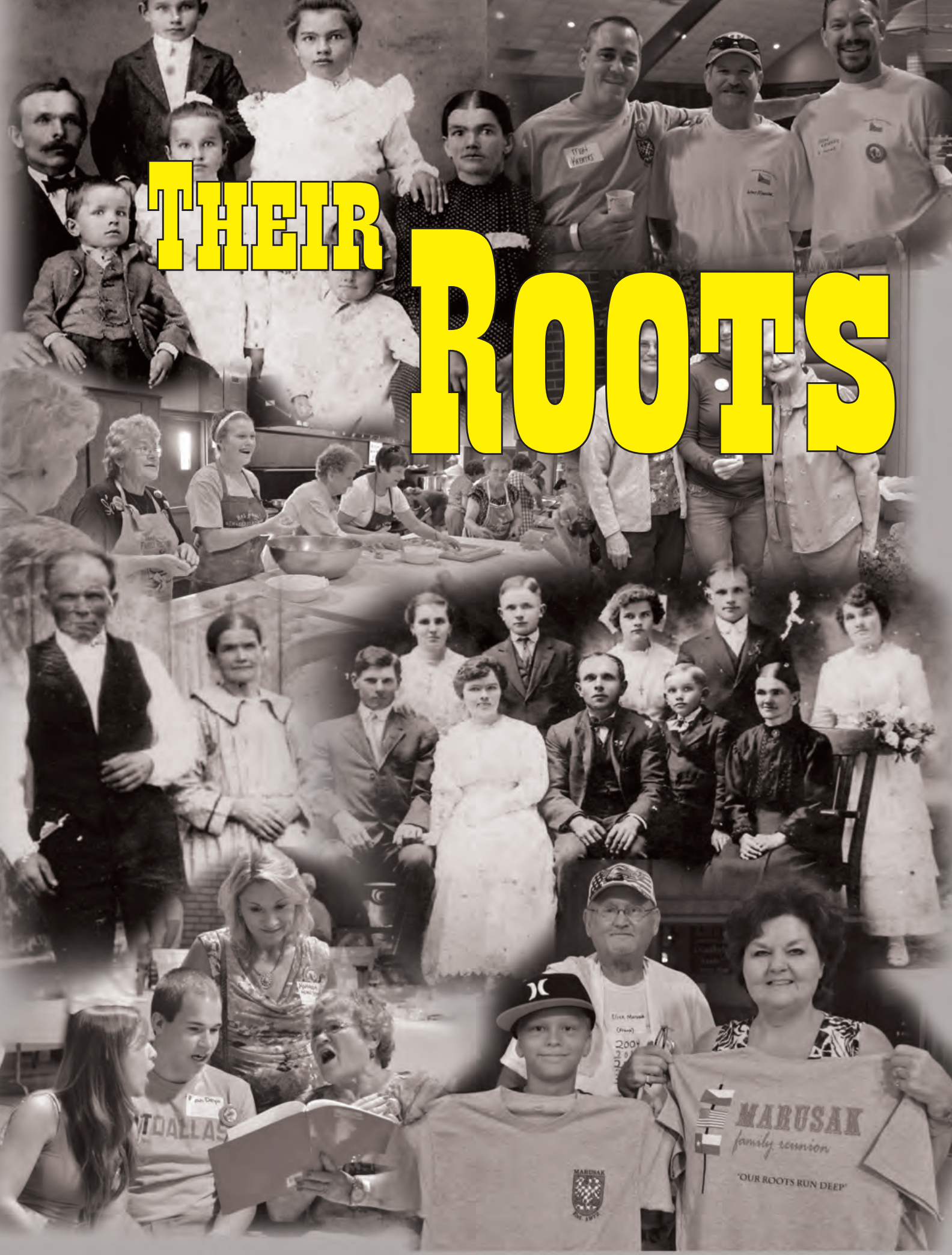


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THEIR ROOTS





Ruin Deep

— By Sandra Strong

The year was 1902. The three Czech provinces: Bohemia, Moravia and Slovakia were ruled by the Austrian Empire. The Czech people were subjects of the Austrian Regime — which meant working very hard, while having no freedoms. Alois and Anna Vaculka Marusak were proud Moravians living in Provodov, Moravia. But they desired something more for their children. “They made the decision to come to America,” their great-granddaughter, Shellie Heard, shared. “They were in their 30s, with four small children.” They sold their small home for \$300, but could only afford five of the six tickets they needed for their life-changing journey to the land where one could find freedom and prosperity.

Family history states they borrowed the \$44 dollars they needed for the sixth ticket from Alois’ brother-in-law, Cyril Zabochnik. “The family suspects they had to travel 500 miles by train to get to the ship that brought them to their new home,” Shellie explained. Shellie’s great-grandparents boarded the *SS Köln*, along with 2,300 other passengers and a crew of 1,100. In those days, most ships crossed the Atlantic Ocean in three to five weeks. The six economy tickets got them space in the cargo hold, or steerage area, of the ship.

The *SS Köln* stopped at Ellis Island. Alois and Anna, along with Annie, Louis, Mary and Josef, 8, 6, 4 and 10 months of age respectively, remained on the ship until it reached the port of Galveston on June 16, 1902, Alois’ 35th birthday. The cost

of their tickets included rail travel, but once on dry land they had to walk to the train station. “They walked to a train station where passengers were not picked up that first day,” Shellie said. “The next day, after walking to the right train station, they got tickets to Ennis, Texas. This train ride represented the last leg of their very long journey.” Why Texas? They had family here that offered a point of contact for the brave couple.

The Marusaks settled into farming in Ennis. They had three more children: Frances; Charles, who passed away as an infant at the age of 2; and Frank. All three were born in Crisp, and the family share-cropped for 12 years around Ennis. In 1909, they filed for naturalization, becoming citizens in 1910. “They covered their bases,” Shellie said. “Even though four children were born in their home country, all six were included in their petition.”

In 1914, the couple bought 132 acres on Creechville Road. This was their first land purchase after settling in Ennis. The work ethic they brought from Moravia was instilled in their children. “Children were laborers,” their granddaughter, Wilma Kapavik, stated. “We were of the Catholic faith — families were blessed with many children. Children back in those days didn’t question their responsibilities.”

“The dream for Alois and Anna was to come to America to own their own property,” added their granddaughter, Evelyn Slovak. “They hadn’t been allowed ownership of the land they farmed in their homeland.”

Not only was Alois a farmer, he was also an inventor who taught himself the skills he needed to be a blacksmith and carpenter. He built their family home on Creechville Road. He invented things from new ideas to help make the farm chores go more quickly.

The oldest daughter reared the younger children that were old enough to be away from their mother, but too young to

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work in the fields. She also took care of the home, as well as the immediate farm duties such as, milking cows, feeding chickens, slopping hogs and closing up the geese. "Czech women worked in the fields with their infants in tow," Wilma explained. "The baby would ride in a *budka*, a small trailer with screened walls



and a roof, which kept them safe and out of the direct sunlight, much like a modern-day playpen on wheels." The women would put the wet diapers on the roof. The sun bleached them as they dried, making them ready for another use.

Everyone did as they were instructed. "We were disciplined and committed," Evelyn said with pride for her heritage. "We did what we were told to do. If we got done early, we were moved to a neighboring field. Days were spent working. Hard work meant satisfaction."

The six living children born from the union of Alois and Anna had 62



children. Direct descendants of Alois and Anna currently number 765 — blood kin plus adoptive children and spouses equal over 1,148. Can you imagine what a family this size looks like when they all come together? To those who attend the biennial Marusak reunion, it means hard work with lots of home-cooked food,

fun and reminiscing. The day-long reunion event kicks off the evening dance with a grand march, very much like a Czech wedding.

Food includes the traditional Czech barbecue and *klobase* with sauerkraut, *kolace* and *polevka* — a chicken soup — a tradition that started when soup was served after Mass on Sundays. “The soup represents tradition,” Shellie



admitted. “It has parsley from the garden and allspice in the traditional little balls.” The men are in charge of pickling the meat and firing up the pits. The recipes for the pickling, or marinating, have been

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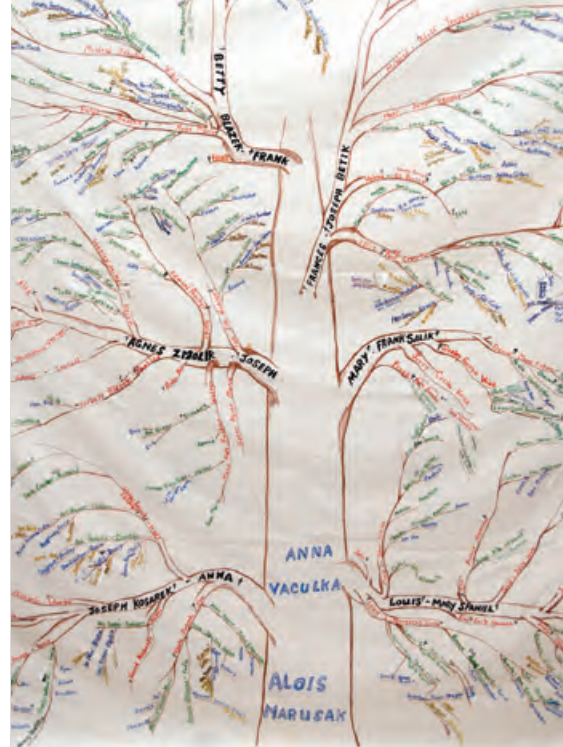
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passed down through the generations represented at the reunions.

A sheet with a large family tree is always on display during the reunion. The tree trunk with roots that run deep, represents Alois and Anna Marusak. Six long, strong branches represent their six children who lived, while a smaller branch represents the child they lost. The smaller branches make up the lineage of seven current generations. "During this year's reunion, the rooster we used for the rooster drop — a Czech betting game — crowed seven times during the memory of angels," Shellie expressed. "The memory of angels is a time we remember family members who have passed away by reading their names. It's done in order of family branch. It's a solemn time of quiet reflection, but we feel the seven crows meant the celebration of the seven branches of the Marusak family."

Alois and Anna survived the journey across the Atlantic. They lived through both World Wars. They endured floods and droughts, as well as the Great Depression. Anna lived to be 74, while Alois passed at the age of 80. These reunions started because of the closeness and camaraderie shared during those early years. They are a tribute to Alois and Anna, for their sacrifice, their endurance and their dreams, which still continue to touch so many. "It's a day of reconnection," Shellie said. "Hard work still means satisfaction today. Our family roots run deep, and without Alois and Anna, there would be no reunion." **NOW**

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Family Ties

By Randy Bigham

AT HOME WITH Russell and Destinee Rudd

A young couple with memories to make has settled into their new home near Ennis, and they love it. Russell and Destinee Rudd have indeed found much to enjoy about the lodge-style, stone house set on two-and-a-half, well-tended acres in Tellico. The 1,900-square-foot home, built on a slight promontory facing a picturesque glade and woodland, is connected to a two-car garage by a garden path leading to a side patio. Surrounded by cedar post fencing and trees, the property is an ideal backdrop for rearing a family, and the Rudds are doing just that.





Five year old Beau and 21-month-old Willow like to play everywhere on the sprawling land, from the carport to the backyard where a veritable fairground awaits. Here, as the little ones swing and climb, their parents eye them from the terrace, seated beside one another in matching rocking chairs. "It's the peace and quiet that got us," said Russell of the land he and Destinee, a Realtor with Keller Williams in Waxahachie, bought in 2004.

Approaching his 10th year with Potter Concrete, Russell took a personal interest



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in constructing the retaining wall that supports the rear of the property. But it's to another Russell — Russell W. Caldwell — that the couple owes the existence of their house of dreams. "This was Russell Caldwell's first custom-built home," Destinee mentioned. "And we love it. It's been perfect for us."

Married in 2002, the Rudds first met in college where they both played sports. For a time they lived in Coppell, but family ties soon drew them to Ennis where Russell had grown up and where his mom, Denise and her husband, Roland Christian, and his dad, Rusty Rudd and his wife, Linda, still live. "For



me the greatest thing about living here is the proximity to family," Destinee said. "My family is spread throughout Texas, Oklahoma and Kentucky, so it's been a blessing having his family near." They also like living in the historic town of Telico, established in 1856 and best known as the birthplace of the infamous criminal, Clyde Barrow.

The interior of the Rudds' beautiful home is richly diverse, reflecting the individual taste and personalities of the couple and their children. In many ways the inside matches the exterior — rusticity balanced by sophistication, homespun yet elegant. A hall tree in the entryway

was built by Russell, the floor is stained concrete and a profusion of framed poses, artistically captured by Stephanie Constable, tell the photographic story of this young family's happy progress. "Stephanie does all our photos," Destinee bragged. "We love her work."

The living room is remarkable for its stunning view of the leafy property through large rear windows, and comfort meets style in the warm-hued leather sofa, settee and chair. "I wasn't much into decorating," Destinee confessed. By teaming up with Russell's moms, Linda and Denise, she's found a savvy combination of soft and rugged elements



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"Dear God,
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my daddy is."



A Father's Prayer

"Dear God,
Make me the
kind of man
my son wants
me to be."

to express a uniquely unified style. Destinee's outgoing femininity is seen in playful touches like a feather-edged lampshade and another boasting the bling of crystal beads. Russell's love of the outdoors finds no clearer manifestation than in the hand-hewn Mesquite mantle over the fireplace and a bevy of hunting trophies.

A granite-tiled bar separates living area from kitchen and dining nook, the latter space marked by the influence of French country chic in the windows' taupe toile curtains trimmed in fringe. "Denise is an amazing seamstress, so she led this project," Destinee pointed out. The dining table and a corner buffet reveal an excellent melding of antique and modern. The vintage-meets-today feel is echoed in the adjoining kitchen's olive green-painted cabinetry. "It was Russell's idea to do it all in green, and we really like it."

The master bedroom may be the most exceptionally appointed space in the house with one-of-a-kind pieces from Taylored for Texas, which specializes in hand-crafted, Old West or ranch-style furniture. Owned by Scott and Dee Taylor, the business maintains booths at Canton's First Monday Trade Days where Russell and Destinee discovered the Taylors' work. "Everything they do is made especially for each customer," Destinee said. "They do everything out of old, repurposed doors and are so original." The Rudds' large bed and matching side drawers are made in this way. Over the bed, covered with a brightly-printed quilt and a mass of

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pillows, is a homemade sign that reads *Live, Love, Laugh*, capturing in a phrase, the attitude of this young couple, toward living well. The wardrobe-like cabinet holding the TV was also custom-designed by the Taylors, featuring cabinets with distinctive tin inserts. "The other special thing about this furniture is the makers see their work as a witnessing tool," Destinee explained, "and each piece comes with a Christian message."

The master bath, painted ivory, includes walk-in closets the couple insists are essential to maintaining marital bliss. "It was very important to have *his* and *her* closets," Destinee laughed. "Russell is very neat. Me? Not so much!"

The children's bedrooms are equally indicative of their characters. Observant and considerate Beau has a room with an outdoors theme. "Beau loves tractors," his mom enthused. "He wants to be a farmer." On a wall next to the door, there's a hat rack made for him by his cousin, Josh Zapletal, and across the room is a framed photo with a touching inscription: A Son's Prayer "Dear God, make me the kind of man my daddy is." A Father's Prayer "Dear God, make me the kind of man my son wants me to be." The sentiment is apropos of Beau's relationship with his doting father. "Beau is his dad's shadow," Destinee admitted. Also making him a chip off the old block, Beau keeps a very neat closet.

Willow's nearby, shabby chic, room reveals the cuteness of the energetic toddler who delights in pretty things. The walls are trimmed with an aqua blue chair rail and pink accents throughout. While the furnishings are elegant they have been obtained through Destinee's knack for spotting a good deal. "The nightstand and armoire are from a flea market," she emphasized. "And other things came from Canton and Craigslist."

Making their home an increasingly pleasant haven from hard work is the goal of Russell and Destinee, who will soon install a sprinkler system in the back yard, as well as a better irrigation system. But there's no improving on the couple's understanding of the importance of family. They have that in spades. "It's been an amazing experience," Destinee confided. "Having a house we love is great, but having family around us is everything." **NOW**

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A faded background image showing several women sitting at a table, engaged in conversation and eating. The image is overlaid with a large, stylized title.

Ladies Who LUNCH

— By Randy Bigham

An outreach program originally geared to widows now includes all female senior citizens at the First United Methodist Church, as well as many of their friends from other denominations across Ennis. Since 2003, the ministry known as Chat & Chew has brought together the senior women of the church and their guests for a monthly luncheon catered by volunteer cooks culled from the membership of the church. “We had lost track of our senior ladies, and wanted to honor them in a special way,” explained founding member Ginger Boon. “But now it has expanded to include older ladies from other churches who have been invited by our members.”

“Chat & Chew”



Barbara Montgomery, a fellow organizers, sees the group as an expression of the gratitude church members feel for the older generation. "It's an opportunity for us to give back to them," she said. "We love serving them. They don't have to do a thing. We get them coffee, and after we say grace, we bring them their meals. We wait on them all the way."

Ginger agreed, "Chat & Chew was formed as a way of saying thank you to the senior ladies who have given in countless ways to the life of First United Methodist."

The success of the monthly event has been tremendous. "I cannot compete with Chat & Chew," laughed Dr. Larry Jinks, whose patients include many of the octogenarians and nonagenarians who are regular attendees. "The ladies make their appointments around it!"

A further testimonial comes from Alice Danielson, one of the ladies who lunch. "It's the best thing," she conceded. "I don't have to bring in a report or any money. I can just sit down and be served."

The ministry that has taken off so deliciously was inspired by a similar program at Tabernacle Baptist Church. An artist friend of Ginger, La Juan Schlegel, told her about Tabernacle's outreach called Loaves & Fishes. "They would take dinners to older church members," Ginger said. "It was sort of their personal Meals on Wheels." The tip, combined with a comment made to her by a loved one, motivated Ginger. "I was having lunch one day with my sister, Frances Anne Blocker," she remembered. "Frances had been in the hospital and missed being out and about, so she said to me after the meal, 'The food was wonderful, but the fellowship was better.'"

With that, the idea formed in Ginger's mind of a gathering of senior women in which complimentary food and a program were provided once a month in FUMC's Memorial Hall banquet room. The first lunch in 2003 was attended by eight women. Today, 35 women from the church and their guests show up for the monthly Chat & Chew. Although FUMC provides the facility, the lunch program is privately funded through donations and memorials.

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The lunch is held the first Monday of the month, except for September when it takes place on the second Monday to allow for the Labor Day holiday. Members of Chat & Chew are mostly in their 80s and 90s, though some are a little younger. Those who still thrive behind the wheel, drive themselves to the lunch. Others are picked up at their homes by volunteers and chauffeured to the church. Every convenience is provided, even valet parking. "The ladies drive up, are helped out, and the guys go park their cars," Barbara outlined. "Then after lunch the valets go get their cars. The ladies love it."

So do the men and women who make up the serving team at FUMC. "It's so good to reward them," Ginger enthused. "It's just a fun thing." In addition to Ginger and Barbara, the cooks include Nita Bozek, Jo Ann Cody, Iris Ball and Ronda Becker. The drivers who collect the luncheon honorees are Peggy Collins, Joan Hodge, Ina Dubberly, Dorothy Evans and Jeanette Hodek. The group's greeter is Qilan "Chela" Bryan. The only masculine elements to this feminine undertaking are the attentive valets, Jimmy Boon and Bobby Montgomery, who assist the ladies from their vehicles and park them.

A distinct attraction of every lunch is a theme corresponding with the season. Barbara oversees table decorations for the events. "Of course, we have a

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Thanksgiving theme for November and Christmas for December,” Barbara said. “But we have also had a beach party motif for summer, and this coming May, we are going to do a Kentucky Derby theme with nonalcoholic mint juleps and all the ladies in hats.”

Along with beautiful decorations, diners are treated to an entertainment program presented by Ina who performs songs, poems and skits. “Ina is hilarious,” Barbara admitted. “And she knows so many old songs that might be unfamiliar to us, but not to our little ladies. They remember them all!” Birthdays are also celebrated each month with Qilan serenading the women with “Happy Birthday” in Chinese as Ronda plays the piano.

While the social atmosphere of Chat & Chew may be the best thing going, the food is a close second. Salads of every description and hearty casseroles are the order of the day, especially chicken casseroles. “The ladies love chicken, and they love casseroles, so we have combined them,” Barbara laughed.

“We almost renamed the group Chicken Chat & Chew,” Ginger said. Among the most popular dishes served are Chicken Dressing Casserole, Unforgettable Chicken Casserole, Holiday Cranberry Salad and a Cherry Pineapple Dump Cake topped with pecans. “Everyone loves the food,” Ginger commented. “Even the dainty, little ladies clean their plates! We rotate cooking and change the menu every month,” Ginger said, adding that sometimes for a little variety the cooks order fried chicken,

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Barbara and Ginger are proud of the impact Chat & Chew has had on the lives of the women who attend. "The feedback has been incredible," Ginger said. Their monthly luncheons have also inspired further camaraderie among the women. Several of the attendees in their 90s have started a book club, and another group has been attending the Ennis Public Theatre together. "Some might not think older people can be active and vital," Barbara reflected. "But they can be — and they are."

An FUMC member observing the happy scene of dining ladies one afternoon said, "You know I always dreaded getting old until I saw this group."

The Chat & Chew crew shares that sentiment. "This ministry is the most positive experience I've had in the church," Ginger said. "It's been that rewarding for me."

Barbara agreed. "The most fulfilling aspect for me is walking out into the room, and all you hear and see are chattering friends having a ball." **NOW**



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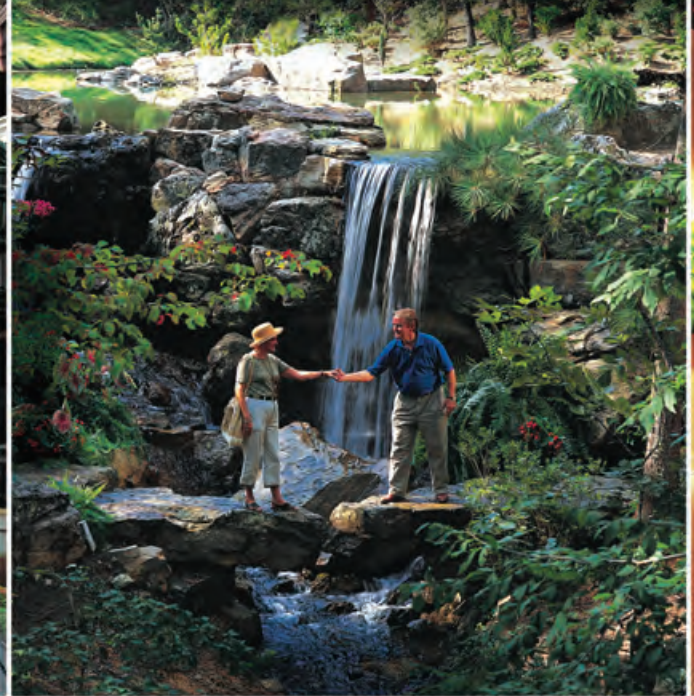
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Visiting the faithfully restored, historic Fordyce Bathhouse now opened by the National Park Service as a museum and visitors center on Bathhouse Row is like stepping back in time. Relax and bathe your tensions away in the thermal waters, and enjoy the Hot Springs spa salons.

Historic Hot Springs

Hot Springs, Arkansas, has it all! Picture-postcard-perfect Arkansas historic sites of downtown Hot Springs National Park include classic hotels, Victorian architecture, world-class art studios, restaurants, nightclubs and famed Bathhouse Row.



Hot Springs is also the proud hometown of our nation's 42nd president, former President Bill Clinton. President Clinton credits the world-famous resort city as being responsible for the early educational experiences that led him to a career in public service, first as Arkansas Attorney General, then Governor of Arkansas and ultimately, the 42nd president of the United States. In commemoration of President Bill Clinton, Hot Springs Advertising and Promotion Commission issued a series of very popular Clinton trading cards, which became collector's items due to the fact they are limited in quantity. While Clinton was a student at St. John's Catholic School, the nuns predicted he would one day be president. In high school, he was active as a student politician.

Other Tourist Attractions in Hot Springs

Are you shopping for unique antiques and collectibles, fine art or souvenir gifts? Arkansas antique shops, rock shops, boutiques and malls are additional reasons Hot Springs is such a popular vacation destination.

Looking for restaurants in Hot Springs? When you dine in one of the many restaurants inside Victorian buildings in the Historic Downtown District, you'll enjoy more than good food and friendly service. You'll be treated to intriguing glimpses into the city's colorful past. Friendly servers will be happy to point out the secret passages and one-way mirrors left over from the


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city's gambling resort days.

Historic downtown is not the only popular eating spot in town. Dine by the lake, on a riverboat, near the horse track or mall, on a main thoroughfare or on a mountain lane. Hot Springs restaurants offer a wide variety of excellent dining choices and cuisines —from cafés to gourmet cabarets.

Ouachita Mountain Wonders — Outdoor Fun

Some say one of the area's best features is its location in the Diamond Lakes Region of the scenic Ouachita Mountains, providing a variety of things to do. Looking for a vacation destination where you can enjoy Arkansas sports and outdoors? The Ouachita Mountains are truly a paradise for outdoor recreation. The beautiful Diamond Lakes region features tournament-quality bass and trout fishing and year-round water sports. Arkansas' State and National Parks offer camping, hiking, biking, horseback riding and birding along scenic mountain trails. World-class Arkansas golf courses in the Hot Springs area provide challenging play on lovely courses. When you go hunting for quartz crystals, you can keep all the natural treasures you find.

Crystal hunting, fishing, water sports, hiking, golf, camping, sightseeing and horseback riding provide year-round opportunity for outdoor recreation. Tucked inside a mystical valley in these gentle mountains, Hot Springs offers visitors many exciting outdoor sports activities.

Action and Adventure

You'll find the perfect combination of relaxing activities and kick-out-all-the-stops attractions in the Spa City. The new state-of-the-art concert and sports arena, Hot Springs Convention Center and meeting facilities, interesting interactive museums, 210-acre botanical gardens, Oaklawn Park for thoroughbred horse racing and fun family attractions make Hot Springs a popular group travel destination. Oaklawn Park thoroughbred horse racing track and Garvan Woodland Gardens, the new 4 1/2-mile lake-side botanical masterpiece, are just two of the many exciting activities you'll find waiting for you in the Arkansas outdoors. **NOW**

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From left:

Jessica Cromwell offers the latest in modern cuts, creative colors, special occasion updos and makeup application. A cozy waiting area and top-of-the-line equipment make your Salon de' Allure experience one you will remember.



Beyond Busy

Jessica Cromwell absolutely loves, loves, loves doing hair.

— By Sandra Strong

Jessica Cromwell, owner and lead stylist at Salon de' Allure, always knew she wanted to "do hair" when she grew up. As a child, she spent many hours at the Arlington beauty shop where her mom, Patricia Meer, had worked for 22 years prior to the family's move to Ennis. "I would beg her to let me go with her to the shop," Jessica remembered. "When I did something wrong, my punishment was not being allowed to go." On those times that Jessica got in trouble, she would leave Post-it notes all over the house in hopes her mother would change her mind. "Most of the time," Jessica said with a smile, "she did."

A little girl's dream of owning a beauty salon came true on April 3, when Jessica opened the doors to Salon de' Allure. Jessica readily admits the hours are long, and the work, although

it may look effortless to some, is tough. "My hands hurt, and I have some back pain," she admitted. "There are no real benefits like insurance and long, leisurely vacations." Everything Jessica does outside the salon has to be scheduled around the salon, because her first priority these days is turning her dream into a success story. "But, I absolutely love, love, love what I do," she confessed. "I see myself doing hair forever. It's my passion."

Jessica, it seems, has been doing hair since graduating from the Ennis High School Cosmetology Program in 2005. The experience she brings to Salon de' Allure came from several years of working in shops owned by others. In December 2011, she earned her associate's degree in business. Even though her days are beyond busy, Jessica still manages to fit extra continuing

Business **NOW**

education classes into her schedule. "I'm taking a course to earn my cosmetology instructor's license," she said, proud of all she has been able to accomplish in such a short time. "The business degree has definitely helped me successfully open Salon de' Allure. But, the instructor's license will allow me the opportunity to teach and train others in the art of hair care."

Salon de' Allure specializes in hair care from modern cuts and creative colors to updos and makeup application. Along with Jessica, longtime stylists, Janet Hernandez and Yolanda Morales, and new team member, Robin Sadrnia, offer the most up-to-date choices in hair care. They listen carefully to what their clients have to say, but they *will* give their opinions on cut, color and style choices. "Our goal is to inform the client, and then let them make an educated decision," Jessica added.

*"I see myself
doing hair
forever. It's
my passion."*

The most rewarding aspect of being salon owner and stylist is building those special friendships with her clients. To Jessica, a client is not just another head of hair. "It's important to love what you do, to have a passion for it," she explained. "If not, it will become just a job. It's never been just a job to me. It's what I want to do for the rest of my working career."

Jessica is also thankful for the family God gave her. Her passion for doing hair came from her mom, but her strong business sense came from watching her dad, Imran Meer. "My family and my boyfriend, Justin McGahan, have been my support group," she shared. "They want to see me succeed, so they're all rooting for me. What more could a girl want, or need?" **NOW**

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The White family helps donate 80,000 lbs. of food at the Tabernacle Baptist Church food give away.



Sandra Wakefield and Randy Bigbam attend a lunch event at the Adolphus Hotel.



The Holt Family poses for a photo during a Saturday morning visit to the gym.



Scott and Mandy Davis join a family get-together at Bella Italia.



Lexie Owen meets Don Schumacher, owner of Shumacher Racing, after winning an online contest sponsored by Don.



The Schlottman Family enjoys time together during a trip to Walt Disney World.



A ribbon cutting was recently held for Roberts Motor Company.



Trent Roberson heads for the sideline during a recent junior high football game.



Members of the Ennis High School Class of 1962 enjoy their 50th reunion.



Adrianna Diaz and Mariah Martinez attend a birthday party at Jungle Jack's Pizzeria.



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Roth IRA: For Your Retirement ... and Beyond

If you're somewhat familiar with investing, you may know that the Roth IRA is a great retirement-savings vehicle. But are you aware that some of its benefits can also pay off for the next generation of your family?

To understand why this is so, it's necessary to be familiar with a Roth IRA's features. For starters, when you contribute to a Roth IRA, your earnings have the potential to grow tax-free, provided you don't start taking withdrawals until you're 59 1/2, and you've had your account at least five years. The amounts you contributed aren't taxed when withdrawn because you've already paid taxes on the money you put in. And the potential for tax-free earnings can continue even when your beneficiaries inherit your Roth IRA, though you'll need to consult with your tax advisor on this issue.

A Roth IRA also offers other features that can help you build resources for retirement while possibly helping your surviving family members. For one thing, you can contribute to your Roth IRA for as long as you have some earned income, up to the contribution limits, and as long as you meet certain income limitations. Even if you've officially "retired," you might do some consulting or part-time work. So you could put some of your earnings into your Roth IRA. This ability to keep funding your Roth IRA virtually indefinitely can give you more flexibility in managing your retirement income — and, depending on how you do manage that income and what your other objectives may be, you may also end up with more money that could be left to your beneficiaries.

Also, unlike a traditional IRA or a 401(k), a Roth IRA does not require you to start taking minimum distributions at age 70 1/2. In fact, you are never required to withdraw money from your Roth IRA. And by leaving your account intact for as long as possible, you'll potentially have more money available for a variety of options — one of which

may involve leaving sums to your beneficiaries. Your non-spouse beneficiaries must take annual required minimum distributions, but they have the option to take the distributions over their lifetime.

Keep in mind, though, that your Roth IRA is part of your estate for purposes of federal estate taxes. In 2012, your estate would be subject to these taxes if it were worth more than \$5.12 million (or less, if you made certain gifts). In 2013, however, this amount is scheduled to drop to \$1 million unless Congress acts on this issue. (Some states also have estate taxes that apply at amounts less than the federal amount.) In any case, if you have a sizable estate, you should consult with your tax and legal advisors.

When you invest in a Roth IRA, your goal, first and foremost, is to help fund your retirement. In fact, basically all your decisions regarding your Roth IRA — how much to contribute, where to invest the money and when to begin taking withdrawals — should be based on your own retirement goals. However, as a side benefit to investing in a Roth IRA, you may find that you could help out the next generation, or two, of your family. **NOW**

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

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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At Edward Jones, we spend time getting to know your goals so we can help you reach them. To learn more about why an Edward Jones Roth IRA can make sense for you, call or visit today.

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Fall is a Good Time for Planting Trees

— *By Nancy Fenton*

Was the long hot summer as hard on your trees as it was on mine? If you have to replace or just add a bit of color, fall is really one of the very best times for planting trees or shrubs of any size. The cooler weather gives the tree a much better chance to develop strong roots. Container-grown plants, including trees, can be planted any time of year, but the fall is still a much better time since they won't require as much watering. Trees, like most plants, shock easily when moved around. The roots start to dry out the minute the soil is pulled away. This makes careful planting a must.

For careful planting, the tree guys at Texas A&M University tell us the width of the planting hole is vitally important. Three times the width of the pot is essential, as is digging the hole no deeper than the container in which the tree is planted. If you are looking at a tree that is bare-rooted (no soil), just make sure that the hole is good and wide. Lots of room is needed for the roots to spread out. Good looking trees in containers often have lots of roots in a very small space. A good soaking will often loosen the container and the soil

around the roots. If that doesn't work, try a good, sharp knife to cut through and loosen the roots.

The depth issue is one that has changed over the years. The crown of the tree should be just above the level of the surrounding soil with the roots spread around it. The main issues in North Central Texas are our alkaline soils, plus the uneven moisture levels. Refilling the hole with the same soil that came out and topping with two to three inches of course mulch is recommended. Less air exposure to the roots means less of a chance the tree will be shocked. Regular watering after the fact (even after the temperature drops) will also help.

For more information and a list of great trees for North Central Texas, call the Master Gardeners at the Texas AgriLife Extension officer, (972) 825-5175. **NOW**

Nancy Fenton is a Master Gardener.



Taking the Bite Out of Pain

— By Betty Tryon, BSN

Relaxing with a cup of hot tea or just chilling with friends enjoying an ice cream cone are simple pleasures you may have to enjoy at your own risk. Sensitive teeth can definitely take the pleasure out of eating. The symptoms are easy to recognize. Stimulation or irritation of teeth by hot or cold substances, or sometimes even by flossing or brushing, can cause pain and discomfort in the affected tooth. Sensitive teeth in and of themselves are not a medical crisis. However, they could be the indicator of worse things to come.

Many reasons might cause a tooth to suddenly become difficult to live with. Damage to the tooth would be an obvious cause. Fractured or cracked teeth can lead to great sensitivity and pain. Frequently, the damaged tooth is discovered after pain has driven the person to the dentist's office. Teeth grinding or biting on a hard surface, such as ice or popcorn kernels, can lead to tooth trauma. Having a tooth restored after such an ordeal is extremely important in order to avoid having bacteria seep into the exposed surface and cause tooth decay. Erosion of the tooth's enamel can occur with abuse of illicit drugs, such as methamphetamine, which has earned the nickname of "meth mouth," because of the prolific amount of damage to teeth from the highly acidic drug. Some over-the-counter medications can cause damage to the enamel if not taken properly. An

example is aspirin with its acidic nature or the sugar in cough syrup that's allowed to remain in the mouth and not rinsed or brushed away. Saliva helps protect teeth, but some medications, such as antihistamines, can cause dry mouth. Gastroesophageal reflux, as well as eating disorders, such as bulimia, cause stomach acid to bathe the teeth, which then breaks down enamel. Teeth whitening products are one of the major causes of sensitive teeth.

Preventing tooth sensitivity can be accomplished various ways. If you grind your teeth, have yourself fitted with a proper mouth guard. If your teeth have been damaged, seek the help of a dentist for remedy. Good oral hygiene is vital. Proper brushing, flossing and regular dental checkups go a long way toward keeping your teeth in good condition. Avoid hard bristled toothbrushes, because they can wear down your tooth enamel and cause irritation to the gums. Use fluoride toothpaste, and check with your dentist about which mouth rinse you should use. When brushing, do so gently. In today's world, modern dentistry can perform miracles. If you need dental services, call your dentist. **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.

Through November

"Strike Out Hunger" Thanksgiving Food Drive: Gear Up Baseball Academy, 524 Ovilla Rd., Waxahachie. Bring non-perishable food items throughout the month.

Through November and December

Ellis County College Showcase: For baseball players 16 to 18 years old, hosted by Gear Up Baseball Academy. For more information, call (972) 845-7053.

November 8

The Baggy Bottom Boys: 6:30 p.m., Cowboy Church of Ennis, hosted by the Crackpots group. Non-members are welcome to attend this musical event which is also open to all ages. For more information, contact Vicki Bell at (469) 285-4845 or Myra Morrissey at (972) 998-5868.

November 10

Second Annual Holiday Bazaar: 9:00 a.m.-4:00 p.m., SPJST Hall, 1901 E. Ennis Avenue. Event will feature over 40 vendors as well as a visit from Santa from 10:00 a.m.-noon and from 1:00-3:00 p.m. For more information call (972) 875-8381

Annual Ellis County Veterans Appreciation Ceremony: 10:00 a.m., Waxahachie Civic Center,

located at the intersection of I-35E and U.S. 287 in Waxahachie. Service will be held indoors with a Commemorative Air Force fly-over after, weather permitting.

November 11

Annual Chicken Fried Steak Dinner, Fourth Degree Knights of Columbus: 11:00 a.m., Columbus Hall, 850 Interstate 45 Frontage Rd. Meal includes "all the trimmings," drinks and dessert. For more information call (972) 875-9344.

November 15

FirstLook, formerly WRC Pregnancy Center, Grand Re-opening: 10:00 a.m., 1204 Ferris Ave., Suite E, Waxahachie. Re-opening includes a ribbon cutting and tours of First Look Medical Clinic and FirstLook Thrifty Boutique.

November 17

FirstLook Thrifty Boutique Holiday Open House and Fashion Show: 10:00 a.m.-noon, 210 W. Brown. Event includes drawings for door prizes and raffles. The Christmas collection will be available to shoppers and holiday treats will be served.

November 29

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

December 1

Benefit for Lori Lopez Strunc: 5:00 p.m., KJT Auditorium, 1216 S. Paris. Fajita dinner starts at 5:30 p.m. Live music by The Pontiacs starts at 7:00 p.m. Other features include a silent and live auction and a cash bar. To purchase advance tickets, call John at (972) 935-8148, Norma at (972) 935-1564 or Denise at (214) 549-0379.

December 1-31

Christmas in Ennis-Festival of Lights: Contact Harriett Adams at (972) 878-2400 for more information.

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In The Kitchen With Betty McCord

— By Sandra Strong

Betty McCord learned to cook as a young girl watching her mother. “My mother was a scratch cook who never used a microwave,” Betty shared, “because she said it didn’t do her kind of cooking.” Her mother was always patient and willing to share her knowledge of cooking. “My first job in the kitchen was to color the butter,” Betty confessed. “Ladies my age will know what I’m talking about.”

Throughout the years, Betty has found her best, and most honest critics, are her family and friends. “When I try out a new recipe on them,” she smiled, “they quickly let me know if it’s a keeper or one that needs to be thrown away.” One of her most requested recipes is her Italian Potato Salad. **NOW**

Italian Potato Salad

6 cups potatoes, cooked and cubed
1/2 cup celery, sliced
1/4 cup black olives, chopped
1 cup mayonnaise
1 small pkg. zesty Italian salad dressing mix

1. Combine potatoes, celery and olives in a bowl. Toss gently.
2. Mix mayonnaise and salad dressing. Spoon mixture over potato mixture, making sure to mix well.

Fudge Truffle Bites

8 chocolate truffles
1 box (15-ct.) Phyllo (Mini Fillo) pastry shells
Pecans

1. Cut truffles in half. Put one cut piece in each pastry shell.
2. Bake at 350 F for 6-8 minutes.
3. Remove from oven, allowing them to cool a few minutes before topping with a pecan.

Herbed Cherry Tomatoes

1 pint cherry tomatoes, halved
1/4 cup oil
3 Tbsp. vinegar
1/4 cup fresh minced parsley
1 1/2 tsp. fresh minced basil (or 1/2 tsp. dried)
1 1/2 tsp. fresh minced oregano (or 1/2 tsp. dried)
1/2 tsp. salt
1/2 tsp. sugar

1. Place tomatoes in a bowl and set aside.
2. In another smaller bowl, combine oil and

vinegar. Add all other ingredients; mix well.
3. Pour mixture over tomatoes. Refrigerate at least 3 hours. Drain and serve.

Speedy Turtles

32 miniature pretzel twists
32 Rolo caramel chocolate candies, unwrapped
32 pecan halves

1. Preheat oven to 350 F. Place pretzels on baking sheet that has been sprayed with nonstick cooking spray.
2. Place a Rolo candy on top of each pretzel.
3. Bake for 5 minutes. Remove from oven. Place a pecan on top by gently pressing it into place.

Sweet Heat Macadamia Cheese Bites

5 Tbsp. cream cheese, softened
1 pkg. Phyllo (Mini Fillo) shells
5 Tbsp. hot pepper jelly
15 macadamia nuts

1. Place 1 tsp. cream cheese into each shell.
2. Top with 1 tsp. of jelly. Place one nut in the center, pressing down slightly.
3. Bake at 400 F for 4 minutes, just long enough to heat the cheese.
4. Serve warm or at room temperature.

Sour Cream Butter Biscuits

2 sticks butter, softened
2 cups self-rising flour
1 cup sour cream

1. Preheat oven to 400 F. Grease mini muffin pans.
2. In a bowl, use two knives to cut butter into the flour until they are thoroughly combined.
3. Add sour cream and stir until completely mixed.
4. Place spoonfuls of batter in prepared pans. Bake 8-10 minutes or until golden brown.

To view recipes from current and previous issues, visit

IMPLANTS & ORTHODONTICS



Dr. Yaritza Vazquez, Periodontist

Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

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