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NOVEMBER 2013

SPECIAL SECTION: 2013 Holiday Shopping Guide

Staying the Course

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Historic Pride At Home With Dr. Ray Telfair

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- Have you been diagnosed with . Do you take medications for knee pain?
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Thanksgiving lends itself well to crafty, creative decorating.

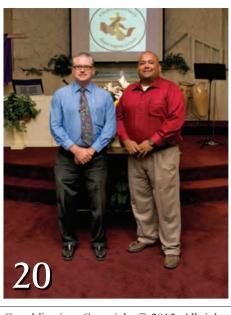
Photo by Amanda Rooney.

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Editor's Note

The holidays are upon us ...

Yes, Thanksgiving is around the seasonal corner with its promise of fun and family, tasty food and widening waistlines. Of course, if we will ourselves onto the jogging trail maybe we can avoid the latter.

Thanksgiving always signifies togetherness, but for my family in recent years, it has meant much more. With the loss of relatives whose memories we cherish, we are thankful we had them with us even for a relatively short time.

The celebration of Thanksgiving can be tinged with

sadness if we think only of the empty chair, the voice we will no longer hear. But we circumvent that by revisiting the good times and the fits of laughter we shared with those loved ones who have left us. The chair may be empty, but memories endure, and they keep us warm. So, for us, there's no time for sadness, only thanksgiving.



Randy Bigham

EnnisNOW Editor

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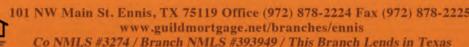


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JOY McDONALD

A Decades of College D

In the 2009 movie The Blind Side, for which Sandra Bullock won the Academy Award for best actress, a young man in need of direction is taken in by a caring family, and with their support achieves academic and athletic victory. A local, real life version of the Hollywood hit took place recently in Ennis ISD when teacher Joy McDonald extended a shepherding arm to 17-year-old Jeanette Avila. "I was in need of guidance," admitted Jeanette, now 19 and attending Abilene Christian University. "Joy believed in me and helped me believe in myself." Unlike in the film, Jeanette wasn't homeless, but she required a steadying hand to lead her. Joy stepped in to provide the Ennis High School junior with encouragement, discipline and a place to stay.



"I knew she had it in her to succeed," Joy maintained. "She was already class president and captain of her cross country team. But she was going through some teenage growing pains, was hanging out with friends more than studying, and her family was concerned." Joy already knew two of Jeanette's older sisters, Blanca and Vanessa, having taught them Texas history at Ennis Junior High, and that made the transition smoother.

"I had a lot going on at home and was fussing with my mom," Jeanette recalled. "So moving in with Joy kept me out of trouble. It also surprised me, because I couldn't believe she cared." She soon discovered how much Joy did care.

Originally from Missouri, Joy came with her parents to Texas when she was

a girl, settling in Ovilla. An educator now for 15 years, she has taught reading, language arts and computer science. Although she lives in Waxahachie with her husband, Scott, Joy has been with Ennis ISD for 10 years and is in her fifth year teaching junior high Texas history. "I love the history of our state," Joy said. "Learning about all the battles, military and social, that have happened here is inspiring. It shows how tough Texans are, and the fighting spirit we have to not give up."

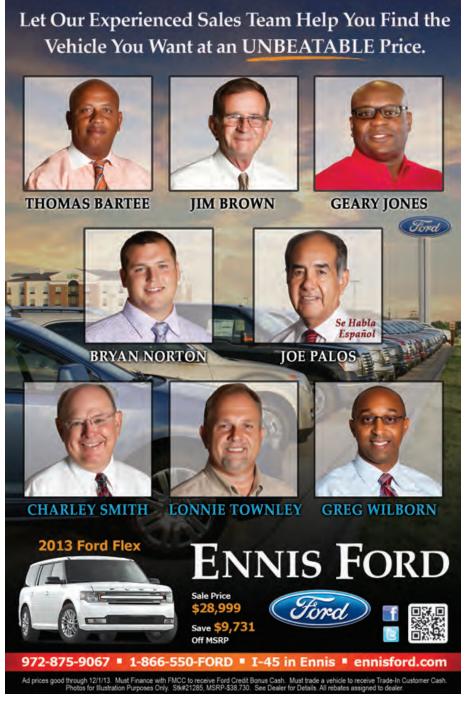
Yet it wasn't history class that brought Joy and Jeanette together. It was through Advancement Via Individual Determination, an elective college prep course known as AVID, where the two met and bonded. "We have had AVID in

Ennis for about six years now," explained Joy, who exits the group's planning committee this year, "and it's been a great experience and will continue to be."

The course, open for enrollment as early as the junior high level, grooms students for college, honing their study skills and familiarizing them with grade point average calculations. "By the time students are in high school," Joy enthused, "they are used to the rigor of the work required and are in advanced placement classes. They receive hands-on attention, take field trips to colleges and universities and meet with college tutors who visit our campus weekly."

Joy nominated Jeanette for the class, and she was accepted in the eighth grade. Jeanette blossomed immediately in the







system, going from a ranking of 18 to an impressive 12. "The program really does work," the new college student declared. "You just have to believe in yourself." And she always has. With her mother, Adriana, and five sisters, Jeanette moved to Ennis from Mexico when she was in kindergarten. Jeanette's first potential hurdle was learning to speak English, but she accomplished it with little trouble. Still, there were those who felt her future was limited. "I had people doubt whether I could accomplish things because I'm a girl, or because I'm Hispanic," she smiled with requisite confidence. "But you can't let that get to you. You just have to prove people wrong."

She did that with flying Ennis colors. But when problems arose in 11th grade to distract Jeanette from her goals, Joy intervened to get the popular, talented vouth back on academic track. With her mom's consent, Jeanette moved in with Joy and her family in Waxahachie, making the morning and afternoon commute together to Ennis that brought them closer than either expected. "It wasn't like The Blind Side in that Jeanette came from a bad home," Joy clarified. "She has a very loving mother and supportive sisters. They just agreed she needed a little more direction and, luckily, so did Jeanette!"



The experiment turned into a life-altering, positive journey, although Joy confessed she sprang the decision on her husband. "I just brought Jeanette home with me one day and said, 'Oh, honey, by the way ..." But Scott welcomed his wife's protégé with open arms, as did the couple's son and daughter, and they all regard her now as one of their own.

Jeanette has felt embraced from the start. Not only did her grades improve, but her outlook on life soared. With the McDonald family, Jeanette has become involved in church activities, including joining a mission trip to California, learning to ski on Colorado vacations and enjoying an all-girl road trip.

"I've had so many exciting opportunities," Jeanette said. "I never expected to be exposed to church work, travel and having a second family."

For Joy, it's also been a rewarding odyssey. "I have taken so much away











from this experience," Joy shared. "We have been able to change the course of Jeanette's life, but she has changed our lives, too."

Ultimate proof of Jeanette's abilities and Joy's faith came earlier this year when the former wayward kid graduated with honors from Ennis High School and won a scholarship to Abilene Christian University. In another instance of life imitating art, ACU happens to be Joy's alma mater. "It's The Blind Side all over again!" Joy laughed. "And just like in the movie, we did not influence Jeanette's decision to attend my old school. We explored other possibilities, like Sam Houston State University, but she chose Abilene."

At this time of the year, as families everywhere assemble to share a meal and make memories, Joy and Jeanette give special thanks for one another. "I'm grateful to God for Joy and her family," said Jeanette, now in her first semester of college, studying biology with a view to becoming a nurse practitioner. "I would never have gone into the AVID program if it weren't for Joy, or be going to college. She was my mentor. Knowing she believed in me kept me going. And I'm thankful to my own family for letting me have this experience."

Joy is equally grateful. "I'm so thankful for my supportive, unselfish family," she said, "and for the gift in our lives Jeanette has been to us. It's been one blessing after another." NOW

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Historic

At Home With Dr. Ray Telfair



— By Randy Bigham



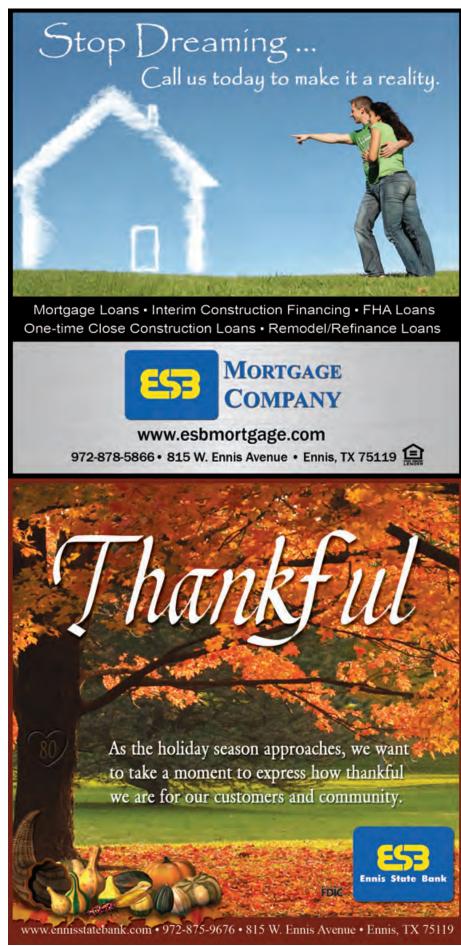
Ennis residents are protective of their history, especially of the magnificent old homes that lend the Templeton McCanless District its air of nostalgic elegance. No doubt because the wrecking ball destroyed so many beautiful and significant structures before public conscience embraced preservation, Ennisites take genuine pride in the few fine mansions that have been spared. Among these, even fewer remain in the possession of the pioneering families who built them. One of the exceptions is the gem of a



residence lovingly maintained by Ray C. Telfair II, Ph.D., who is a retired wildlife biologist. Ray's grandparents commissioned a leading Texas architect to construct the asymmetrical Victorian-style frame abode which has graced one of the city's prime thoroughfares since 1902.

"I promised myself I'd never let this house fall into disrepair," said Ray, a tall, slim man in his early 70s with an authoritative voice belying his gentle countenance. "I think the trend of tearing down old houses in Ennis started after World War II. Waxahachie managed to save many of theirs, but here there was no interest in it. Before that time there were about 66 houses of the kind mine is. Today there aren't half a dozen."

Ray, who divides his time between Whitehouse and Ennis, never misses a weekend visit to his boyhood home where get-togethers with friends vie with the hard work he puts in to maintain the property. With the aid of carpenters, refinishers, plumbers and roofers, Ray has made it a mission to ensure the Telfair House retains its unique charm.





"I couldn't do it without the five men who help me," Ray said. "They are Mark Jones, Emil Skrivanek, Rene Pedraza, Todd Templeton and Jesus Galindo."

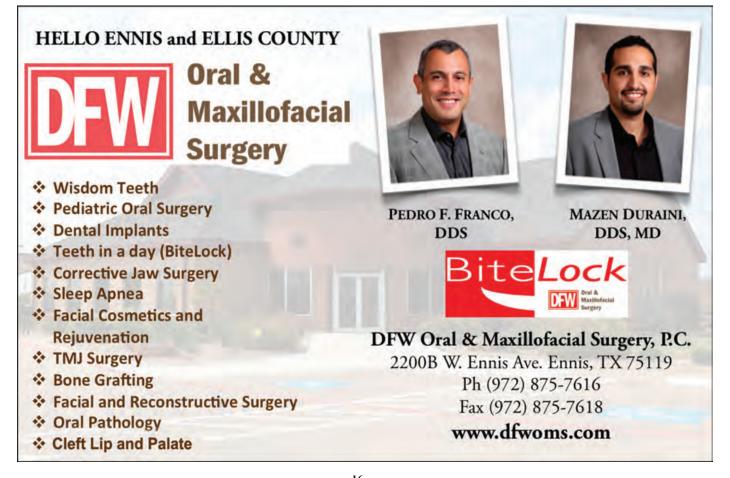
From the huge live oak tree swaying beyond the estate's black wrought iron fence to the wrap-around galleried porch with its stained glass Tiffany window, the dignified house is one of the city's most admired historic dwellings. The allure of yesteryear also beckons to pedestrians and motorists, who note the hitching post and concrete carriage step that still adorn the front walk.



Although Ray's career as a biologist for Texas A&M University and the Texas Parks & Wildlife Department took him away from his hometown for many years, his love for Ennis and the house he grew up in never dulled. A past president of the Texas Chapter of the Wildlife Society and a member of the Texas Academy of Science, among many other affiliations, Ray has authored three books and published over a hundred research papers in academic journals. His specialty

is ornithology, being a recognized authority on the Cattle Egret. Ray credits his involvement with the Boy Scouts of America, of which his father was a leader, and his mother's knack for gardening with inspiring his love of nature. "I have had an interest in natural history as far back as I can remember," Ray explained. "According to my mother, one of the first words I said was "bubbard" which was my infant word for "buzzard."

For Ray and his younger sister, Nancy





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Varnell, who now resides in California, growing up in the Bluebonnet City prepared them for active, interesting lives. Their parents, Raymond Clark Telfair and the former Jessie Mae Beasley, were distinguished civic leaders who encouraged them to take pride in their community. Their dad, terminal manager for Red Arrow Freight Lines, was an elder in the First Presbyterian Church of Ennis, served as president of the Ennis ISD School Board and the Kiwanis Club and was a member of the Planning and Zoning Commission. Their mom was active in the Ennis Garden Club, serving as hostess during the city's centennial celebration in 1972 when the club sponsored a Victorian Tea at the Telfair House. She also hosted a tour of the home in 1976 as part of the Garden Club's Historical Pilgrimage program. The last time the house was open to the public was at the time of the founding of the Ennis Heritage Society in 1981.

Now known as the Ennis Historical Society, Ray is a longtime member. He enjoys researching the city's past as well as reminiscing about his own home's fascinating heyday. Built 111 years ago by Hix McCanless, a revered architect responsible for many of downtown Ennis' business structures and private homes, the work was commissioned by Ray's grandfather, J.S. Telfair of the H&TC Railroad. Presenting the dwelling as a wedding gift to his wife, the former May Allen, J.S. had insisted on a number of strict stipulations in his contract with Hix. He specified that salvageable wood and fittings from a house that had recently burned on the site be used in the construction, and that all newly acquired wood be of "the best clear yellow pine, no knots or imperfections whatever."

"There was also some sort of land swap with St. Joseph Catholic Church, which was located across the street from the house," Ray recounted. "But it's a mystery as to what that entailed."

The result of Hix's efforts was one of the grandest homes in Ennis. Today the 10-room, two story manor is recognized by the Texas Historical Commission and is listed on the National Register of Historic Homes.

The Telfair House's off-center entrance was a fashionable detail of the era as was the broken roofline with its projecting bay window. The iron fence surrounding the property, the hitching post and stepping stone all date to the house that burned before the present one was built. Some furnishings were also saved from the first house, including

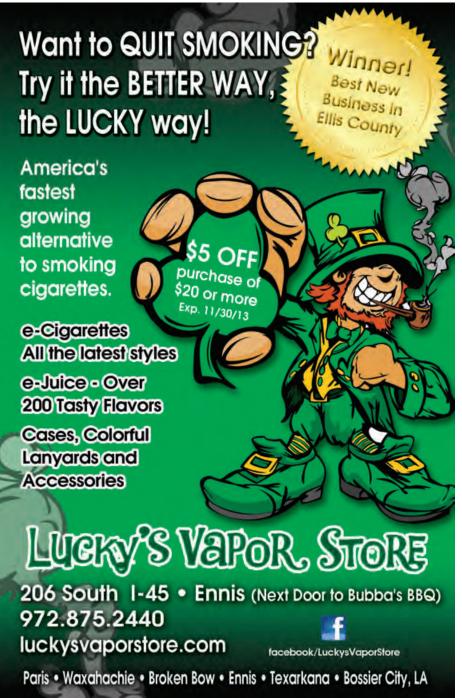


the secretary in the reception hall and a marble-topped walnut and rosewood washstand in the dining room.

Ray has preserved the interiors as they were when his parents last lived in the home over 20 years ago. Striking features of the house are the Calcasieu pine paneling and wainscoting, hand-turned balusters and columns and distinctively large rooms. The staircase in the foyer is perhaps the interior's crowning glory with its hand-carved grille marking it as a stylish Victorian home. Fine paintings, family photos and collectibles, complete with their identifying tags from the days when the public toured the place, are in their original state. Special points of interest are the dining room chairs' needlepoint seats and a selection of Limoges china and cut glass.

For all the exquisite furnishings and fixtures, memories of loved ones and of his youth are what Ray cherishes most family gatherings at the holidays, sleeping on the back porch in the summertime, planting a small tree that now dwarfs him. "My parents loved Ennis," he shared. "And they loved this house." By maintaining the property, Ray not only proudly preserves Ennis history but he keeps his memories alive. NOW





ONE Pulpit, Pulpit, TWO Pastors

— By Rick Herron

CB Grums

An old saying states two heads are better than one. If that's the case, Friendship Baptist Church is ahead of the game with two pastors who share the pulpit, bringing a team approach to this unique house of worship.

Ed Ramsey and Bert Sigala have shared the pastorate at Friendship since 2011, and they believe the arrangement has been a success. "You normally don't see this kind of thing, having co-pastors, in smaller churches," Bert said.

"We alternate sermons by month," Ed pointed out. "Bert takes the even months, and I do the odd months." A common thread is basing their weekly sermons on specific books of the Bible.

In addition to sharing the preaching, both men have jobs outside the church. Bert teaches fifth-grade math and science at Dr. Barbara Jordan Elementary in Oak Cliff, a Dallas suburb, and Ed oversees maintenance at Fine Line Ribbon Company in Ennis.

A dual pastorate fits well

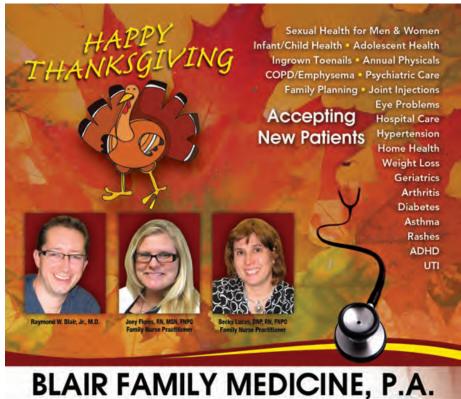
"BERT AND I BOTH BELIEVE IT'S NOT HEALTHY TO HAVE NUMERICAL GROWTH WITHOUT BEING ABLE TO BACK IT UP SPIRITUALLY."





with Friendship's history of striving to serve worshipers of several distinct types. According to church records, Friendship was conceived when the late Rev. Don Dennis of Tabernacle Baptist dreamed of ministering the Gospel to the children of prison inmates. His dream became a reality in 1990 with the creation of Shawnee Baptist. Three years later, a larger building was needed when the direction of the mission was augmented to include ministering to families. Shortly after moving to the church's current location, the name was changed to Friendship Baptist.





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growing Hispanic congregation. "We sometimes sing Spanish songs in Sunday morning worship, which makes our Hispanic members feel more at home," he said. "It creates a connection to our heritage for me and them."

Ed and Bert believe strongly their church should welcome people of every race. "Everyone is welcomed here," Ed said. "Having open arms to everyone is sort of our niche in the community. We want to be a mixture of all people, which we believe is how it should be."

Ed, soft spoken and careful in his choice of words, believes one of his duties at Friendship Baptist is to remind the congregation to be grateful at all times, for all things, not only at Thanksgiving. "We should be thankful in all situations, especially for the peace we get from God," he shared.

Born and reared in Ennis, Ed was saved and baptized when he was 18. "I spent four years in the Air Force after graduating from Ennis High School in 1976," he remembered. "When I was 18 or 19, I sensed God was calling me to the ministry, but I didn't listen and went my own way. Twenty years later, God called again, and I got back into going to church regularly and really got close to the Lord."

He started teaching Sunday school at Tabernacle in 1992 and moved to Shawnee Baptist the following year. "I took two mission trips to Brazil in 1995 and 1998," he explained, "which really opened my eyes to the way we should worship — all races together, side by



side." His missionary work continued with a trip to Lithuania in 2008.

Ed and his wife, Susan, have six children combined. Susan teaches preschool, and she is also a Sunday school teacher at Friendship Baptist. When the church's pastor left in 2011, the congregation asked the two men to share the pastorate. "The church called Bert and I to be the pastors," Ed explained, "and it has worked out beautifully."

Bert, the younger of the two, was born in Mexico, where he grew up not being very involved with church. "I would go at Christmas and Easter, and that was about it," he confessed. Bert moved to New Mexico with his parents when he was 3 years old. "Dad was a migrant worker and found work in New Mexico," he recalled. "When I was 10, we moved to the West Texas area, and I moved to Corsicana in 1993 when I was 18. I went to school at Navarro College and wanted to play college football, but that didn't happen."

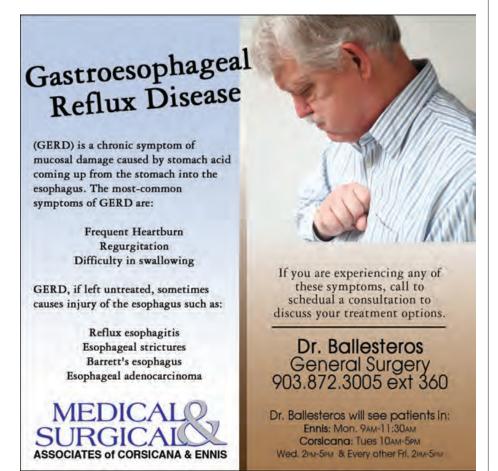
Bert met his wife, Johanna, in 1995, and they began dating shortly thereafter. "She was a Christian and a member of Friendship Baptist," he said. "Thanks to her, I started going to church regularly. After we got married in 1997, the pastor's wife encouraged me to start teaching kids and get more involved with church activities." Bert and Johanna have three children.

In 2000, Bert came forward during a Sunday service and committed himself to sharing God's Word. Earning a degree in business management in 2001, he decided to be a teacher. "I got my certificate to











teach in Dallas and became a teacher in 2002," he said. "I've been teaching ever since, and it prepared me perfectly for what I'm doing now, especially the preaching aspect and having to speak in front of people." Three years ago, Bert and Johanna felt they were being led into the ministry, so when the church approached him in 2011 to share the pastorate with Ed, he believed the unusual opportunity was God's will for his life.

Bert, like Ed, has also been called to do missionary work, and has travelled to Honduras three times to minister to the Lenca community, an indigenous people numbering around 100,000 who live in the southwestern part of the Honduras. "I would like as many of our church family as possible to go with me to Honduras, so they can see how blessed we are," he said. "It's a Third World country, one of the poorest in the western hemisphere, with people who live a very simple life, but who give thanks to God and praise Him for everything."

Ed and Bert think Friendship Baptist is not only unique, but successful in its ability to minister to an ethnically mixed congregation. "We both bring something different to the church because of our different backgrounds and experiences," Ed maintained. "So we are able to reach out effectively to a culturally diverse congregation here, one that changes week to week."

Ed sees a bright future ahead for the growing congregation. "We are focused on encouraging spiritual growth in the body of our church," he said. "Bert and I both believe it's not healthy to have numerical growth without being able to back it up spiritually."

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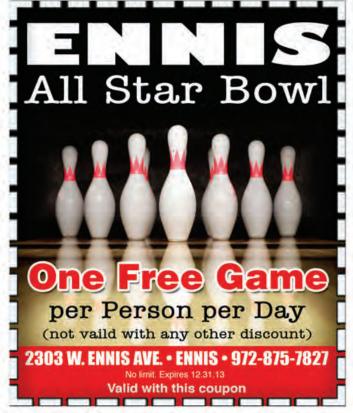
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— By Sandra Strong

Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.

FALL TREE

Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.

DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



HOW TO DO IT. ▼

- 1. Create frame by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.
- 2. Create background by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.
- **3. Paint one** side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.
- **4. Cut bottom** off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.
- **5. Cut green yarn** into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.





Steps 4-5

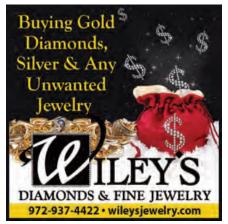


6. Glue yarn pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.

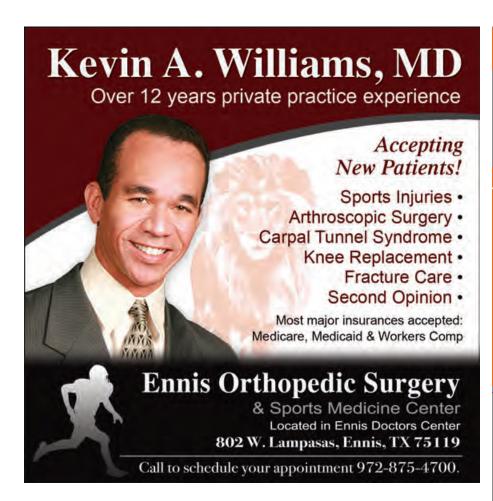
















NOT YOUR BASIC HAND TURKEY

This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!

DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

HOW TO DO IT. ▼

- **1. Trace hand print** on both pieces of beige felt. Cut both prints out.
- **2. Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
- **3. Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
- **4. Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
- **5. Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
- **6. Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.







THANKS FOR THE MEMORIES

One full day can easily be spent outdoors as your family hunts for natural alphabet letters in the world of fall colors around them. The completed project makes for a unique mantel or wall hanging. You can use this same idea for any occasion from special holidays to wedding and baby shower gifts. Your imagination is your only limitation.

DIFFICULTY LEVEL: MEDIUM TO CHALLENGING.

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length







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HOW TO DO IT. ▼

1. Take photos in nature. You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



- 2. Cut holiday printed paper into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.
- 3. Glue paper to burlap. Let dry. Glue photo to paper making sure to secure corners. Let dry.
- 4. Trim burlap from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.
- **5. Glue clothespins** to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



- 6. Lay photos face down. Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.
- 7. Tie loop knots and cut excess from twine before hanging. NOW







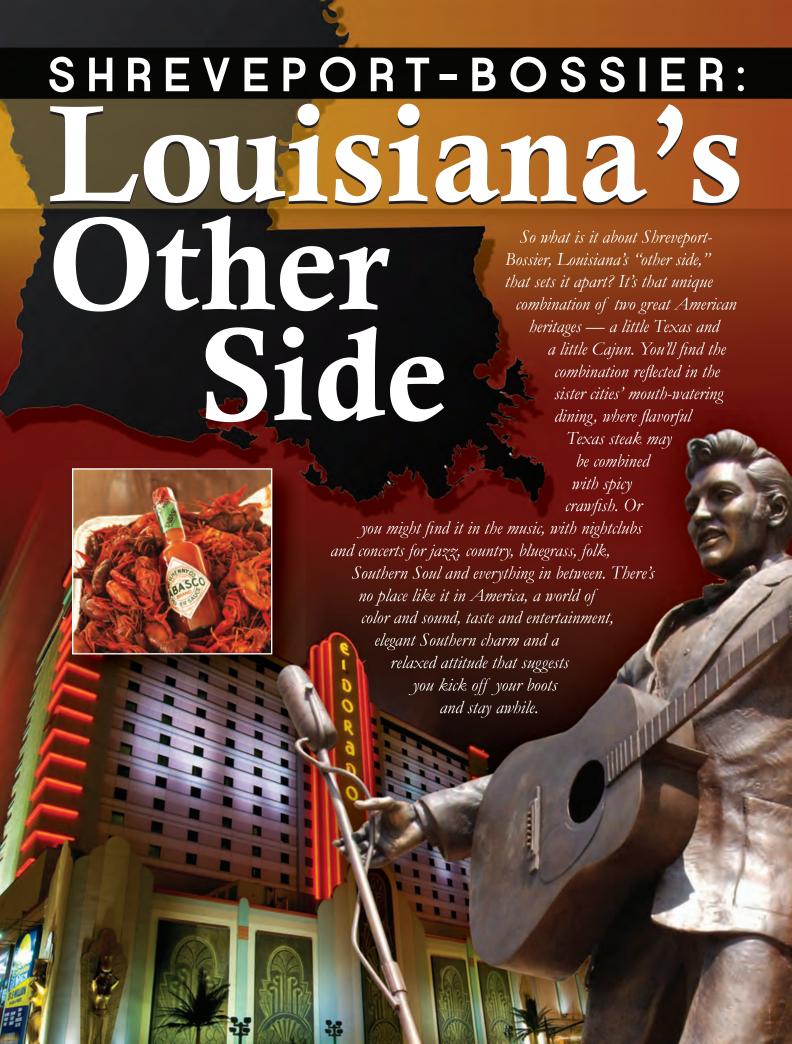
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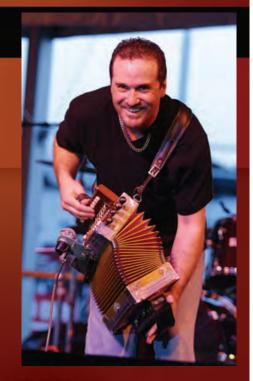
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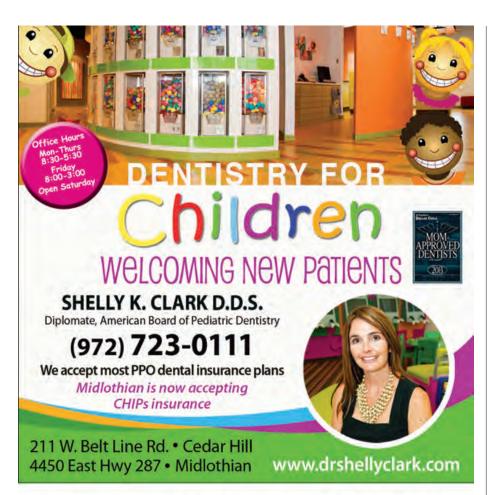




Shreveport-Bossier's artistic legacy also runs deep with live theater and symphony performances, and on any given weekend, you're likely to find concerts by today's popular artists, as well as those by yesterday's favorites, to take you on a whimsical trip down memory lane. The Strand Theatre, CenturyLink Center and Shreveport











Municipal Auditorium are popular concert and performance venues.

If you like that, you might also enjoy the region's museums and art galleries. Check out Sci-Port: Louisiana's Science Center, artspace, Southern University Museum of Art at Shreveport, R.W. Norton Art Gallery, Meadows



Museum of Art at Centenary College of Louisiana, plus many more. These museums showcase the community's rich history, including its position in musical lore as the place where Elvis Presley got his start on the Louisiana Hayride, a live broadcast from the historical Municipal Auditorium. Other notables who played at the Municipal include: Hank Williams, James Brown, Aretha Franklin, Kix Brooks, Dolly Parton — and the list goes on.



As Shreveport-Bossier continues to grow and diversify, the food offerings available in local restaurants are diversifying, as well. Housed in the Plantation Plaza shopping center, Danh's Deli Express is an offshoot of Shreveport's popular Vietnamese and Thai restaurant, Danh's Garden. Danh's Deli Express specializes in bánh mi, a traditional Vietnamese sandwich typically stuffed with thinly sliced pork, chicken, beef or ham, as well as a variety of Vietnamese-style veggies including shredded carrot and pickled daikon radish, cilantro and jalapeño, and often referred to as "the Vietnamese Po-Boy." Located just south of the west gate of Barksdale Air Force Base, Mariscos La Jaibita serves authentic, Veracruz-style, Mexican seafood. Unique menu items include: tostadas covered in delicious fish and shrimp ceviche; enormous and flavorful shrimp cocktails; and a soup called Sopa de 7 Mares (Soup of Seven Seas), which features crab, shrimp, fish, crawfish, and more, all served in a delicious broth. Mariscos La Jaibita is one of those off-the-beaten-path eateries that will reward the adventurous foodie.

Another side of the world is represented by Pietro's, a relative newcomer to the Louisiana Boardwalk. The family-owned and -operated pizzeria and restaurant, located near Bass Pro

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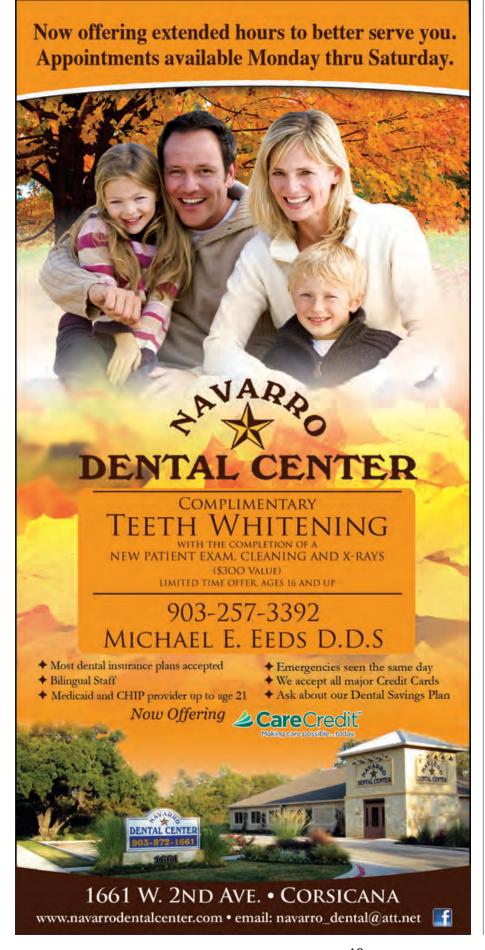
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Shops, defies expectations at every turn. Surrounded by major national chains like Joe's Crab Shack and Fuddrucker's, Pietro's is one of only two Pietro's locations in the United States. Manager Stefano (Steven) Filippazzo is the son of Pietro Filippazzo, for whom the restaurant is named. Pietro himself stills cooks their meat sauce personally, a process that takes four hours on the stovetop. The recipe for that delicious meat sauce is such a secret that not even Pietro's own sons know it. The pizza here is among the best that Shreveport-Bossier has to offer. Each week, there's a Specialty Pizza of the Week, available by the slice or as a whole pie. Specialty pizza offerings include: Pizza Blanca (with spinach and a garlic Alfredo sauce), Brooklyn Deli and Hawaiian Luau.



Other dining options can, of course, be found in the five Vegas-style casinos. The riverboat casinos are floating palaces, tributes to the frontier tradition of 24-hour fun and excitement. Along with traditional slots and table games, the casinos host fabulous concerts and an assortment of restaurants and buffets. And don't be surprised to find a famous star or two at your gaming table or favorite club. Here in "Hollywood South" the possibilities are endless. Visit shreveport-bossier.org to plan your trip today.

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Passionate Patient Care

Drs. John and Meg Sullivan go the extra mile to provide great medical treatment.

— By Virginia Riddle

The doctor/patient relationship is important to Drs. John and Meg Sullivan, who are partners in marriage and parenting but sole practitioners in medicine. General surgery is John's specialty, while Meg is a cardiologist. They trained in major metropolitan teaching hospitals, but chose a smaller city atmosphere in which to practice in order to get to know patients and their families better while becoming part of the community themselves. "Having a good history gets things started in the right direction," Meg explained.

Meg provides outpatient stress testing, echocardiography, preoperative screening, preventative cardiology and pacemaker evaluation. She also offers advanced lipid and blood pressure management. She diagnoses peripheral vascular disease (leg and neck arteries) and coronary artery disease and frequently

recommends patients to invasive cardiologists, cardiothoracic surgeons or vascular surgeons for more specialized care. "Part of practicing in a small town is knowing what can be handled locally for patient convenience," Meg said.

Her credentials are impressive. A native of Baltimore, Meg chose McGill University in Montreal for her undergraduate work. A trip to visit her sister in San Antonio introduced Meg to The University of Texas Health Science Center at San Antonio from which she graduated in 2004. She interned, performed her residency and completed her fellowship in cardiovascular disease at Baylor University Medical Center. A Fellow of the American College of Cardiology, Meg is board certified in cardiology and internal medicine.

Business NOW

In addition to his own practice, John is medical director for Baylor Surgicare at Ennis, which he opened with a group of surgeons in 2009. "One huge advantage of a surgery center is cost," John pointed out. "For many patients, it will be more affordable and only adds to their options when faced with a needed surgery." John treats hernias, skin cancers and "lumps and bumps." He also performs colonoscopy, endoscopy, minimally invasive hemorrhoid procedures and laparoscopic gallbladder removal. "It's important to establish trust first," John said. "Patients feel more comfortable and will be more likely to follow my recommendations. I feel my patients and I are in a contractual relationship, in which I have a

John graduated with his bachelor's and medical degrees after seven years from the University of Michigan. When a department chair transferred to The University of Texas Health Science Center at San Antonio, he encouraged John to complete his residency there. Soon, John's dream of being the only general surgeon in a small town was fulfilled with an opening in Ennis. John is a fellow of the American College of Surgeons and became board certified in general surgery in 2006.

fiduciary responsibility."

John and Meg are on the Healthgrades Honor Roll and both are multilingual: John in Spanish, German and Portuguese and Meg in Spanish and French. In their practices and in their marriage, this couple focuses on family and high moral standards.

A farm boy from Illinois, John wanted their two sons to be reared in a small-town atmosphere. Meg concurred, adding, "It also gives us a greater opportunity for civic involvement." Meg is the president of the Ennis Historical Society. John coaches soccer and is president of Waxahachie's St. Joseph Catholic School Board.

John and Meg's commitment to Ennis is so strong that Meg's parents relocated within a few blocks of the couple's remodeled historic home in the community. Meg summed up their feelings nicely: "I like our little neighborhood."

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Around Town NOW



Jack and Mary Nell Witt celebrate their wedding with a wine and cheese reception hosted by Harriett Adams.

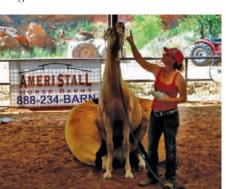


Lexi Owen meets NHRA's Bob Vandergriff and Clay Millican at the Texas Motorplex.



A large crowd turns out for Sente Mortgage's grand opening.

Locals meet at the Quality Inn to organize Ellis



Tricia Hambrick with her award-winning Mustang.



Sandra Wakefield reviewed EnnisNOW Editor Randy Bigham's book Lucile - Her Life by Design at the Lakewood Country Club.



Sharee Lammons and Marissa De La Cruz at the latter's baby shower.



The EYCA Maroon Flag Squad gets ready to cheer on the Lions.



Dr. John Arkusinski cuts the ribbon at his recent welcome to the Chamber.



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Tips for Setting — and Pursuing — Financial Goals

You can get lucky by finding a parking meter with time left on it. You can "luck out" by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you're better off not counting on Lady Luck — and focusing instead on setting and pursuing goals.

Here are some suggestions for establishing and pursuing your financial objectives:

Be specific. You probably have a lot of ideas about what you want to do, but if you're going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want to retire early, set a goal of retiring at, say, 62. You can then use this target number to help guide your overall investment strategy. To illustrate: You can determine that you need to invest a certain amount of money each year, and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

Prioritize your goals. Of course, you want to achieve all your financial goals — and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate your resources to each of these goals? Should you invest more at any given time for a specific goal? What types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions — and help direct your overall investment strategy.

Be prepared to change your goals. Over time, your family and financial circumstances can change considerably — which

means you shouldn't be surprised, or alarmed, if you have to change your goals accordingly. And you'll find it easier to maintain this flexibility if you've worked diligently to create an investment portfolio with sufficient resources to allow you to change direction, as needed.

Review your progress regularly. If you're going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more expensive than you had initially envisioned? To achieve these goals, are you taking on too much — or too little — risk? To answer these types of questions, it's a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and (hopefully) achieve your goals. And it can be somewhat complex, too, so you may want to work with a financial professional — someone who takes time to talk with you about your goals, understands your risk tolerance and family situation, and has the training and experience necessary to help you work toward your objectives.

But in any case, think hard about your goals and how you might accomplish them. And don't delay in taking action — because goals are generally easier to attain if you have time on your side.

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



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Pain Management Tips for Patients

In 2001, the Joint Commission, an independent, not-for-profit accreditation body that monitors national standards for over 20,000 health care organizations across the United States, introduced a new standard that requires monitoring of patients' pain levels as a "fifth vital sign." The other four vital signs are blood pressure, pulse, respirations and temperature. Being in pain can also impact the other four vital signs.

Pain control in the hospital is very important to patients, their families and the doctors and nurses who provide care. So what can you do as a patient to make sure your pain is controlled? Ask questions! If you are having surgery, talk with your surgeon about what kind of pain control is available. Several options are available. PCA is patient-controlled anesthesia. This method of pain control is when the patient delivers their own medicine via IV pump. When you are hurting, you just push the hand held button, and medicine is delivered straight into the IV. There are also spinal and epidural blocks where medicine is put in the spaces around the nerves to block the pain. Most commonly used are the IV and the PO, or bymouth medication.

You and your health care team should be on the same page regarding what your pain expectation is. In most cases, hospitals use a 0-10 scale to measure pain — 0 being no pain and 10 being the

worst pain imaginable. It is important to know what your pain baseline is. If a patient with chronic pain usually is at a 7 on the scale, a postsurgical goal of managing the pain down to 0 may not be feasible. Remember, the reason you are hurting is because of surgery, which is traumatic to your body. More than likely, you will not be pain-free. The goal is to get your pain to a level where it is manageable.

Patients need to learn about the pain scale as soon as possible and when to ask for medicine. Your health care team can treat pain fairly easily by giving either IV or by-mouth medicine. When patients try to hold out and let their pain get to 6, or 7 or 8, it requires more medicine and time to get the pain back under control. This delay in receiving pain medication leads to increased pain and anxiety. So as a patient, ask questions if you don't understand something. Talk to your doctor beforehand and get a pain control plan in place. Talk to your nurses when you get to the hospital and make sure everyone has the same pain control plan. All patients and family members should know the pain medication plan. You, the patient, are the only one who knows what your pain level is and how you are feeling. Don't be afraid to speak up and ask questions.

Crystal Bonner, RN • Director of Med Surg • Ennis Regional Medical Center





Time to Sit Back

November is a great time to sit back, browse the catalogs and take inventory of what you have and what you need to do. I like to use this time to clean up and sharpen my tools. Clippers are a real challenge and need a bit of concentration. If you have an old pair, think about refreshing them. Cleaning your clippers with light oil and steel wool is a good place to start. The best way to sharpen them depends on if they are anvil (the ones with a single blade that hits on a blunt edge or anvil) or if they are bypass (two sharp blades that move past one another with a scissor motion).

If they are anvil clippers, sharpen both edges of the sharp blade. You can use a screwdriver or a wrench to take the clippers apart to make it easier. Keep them steady or put them in a vice. File or use a whetstone to put a clean, sharp edge on one side and then the other. Just be sure that you stay with the factory bevel or angle of the blade. One way to clearly see the bevel is to take a dark magic marker and run it along the side you are working on. When the marker comes off, you know you have accomplished your goal. The flat blade will only need a bit of cleaning. It should have a groove for sap, so be sure to clean it and then test it out.

The bypass clipper really needs to come apart. Use your finger and work the spring loose, and then use your wrench and loosen the locknut to pull the blades apart. After you have cleaned them, you can sharpen the blades in much the same way as you would anvil clippers.

Having sharp tools makes working with them so very much easier. Shovels and hoes are easier to sharpen than clippers are, because you can use a file. Just clean and secure the tool, so it doesn't slip on you. The marker is a big help in maintaining the right bevel.

Enjoy your late fall and winter and know you will be ready when it comes time to dig again! Stay tuned for gift suggestions for your gardeners! **NOW**

Nancy Fenton is a Master Gardener.



November 1—2

Heaven's Front Porch: Friday, 7:00 p.m.; Saturday, 3:00 p.m., historic Chautauqua Auditorium, Getzendaner Park, Waxahachie. Old Fashioned Singing presents a staged musical featuring well-known hymns and gospel songs, as well as some less-familiar tunes from the first half of the 20th Century. For more information, contact artistic director R. G. Huff at (972) 923-2709 or visit www.WaxaOFS.com.

November 2

Lights of Ennis fundraiser: 6:00-10:00 p.m., Raphael House, 500 W. Ennis Ave. Event benefits the annual Christmas display of lights in downtown Ennis. Admission: \$125 per person. For more information, contact Harriett Adams at (972) 878-2400.

Movement Toward A Future Mentoring Program's First Annual Finish With A Splash 5K and 1K Color Fun Run: 8:00 a.m., Multi-Purpose Stadium Building, 1800 S. 14th St., Midlothian. Cost for 5K division \$30; 1K division \$20.

November 9

Ennis Opry & Dance: 7:00-9:30 p.m.,

Ennis VFW Post 7106, 3100 N. I-45. The event features the Gatlin Band, playing classic country, bluegrass, polka and gospel. Admission \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30. Concessions available. For more information call (972) 846-2014 or (972) 846-2211.

Ellis County Veterans' Appreciation Ceremony: 10:00 a.m.-noon, Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie. Event is a countywide tribute to all veterans, including speeches and patriotic music. For more information, contact David Hudgins at (972) 937-1200 or Perry Giles at (972) 937-6171.

Holiday Bazaar: 9:00 a.m.-4:00 p.m., SPJST Lodge, 1901 Ennis Ave. Vendors, food, photos with Santa Claus. Admission: \$2 per person, 18 and over. Event benefits Tails of Hope, and pet adoptions via this organization will be available onsite.

Jog for Dogs 5K Benefit Run: 8:00 a.m., Midlothian ISD Multi-Purpose Stadium. Proceeds go toward the cost of Joshua Seller's diabetic alert service dog. Visit www.facebook.com/jogfordogsmidlothiantx for further details.

November 15

Czech Jam Session: 7:00 p.m., KJT Bar, 1216 S. Paris. Local musicians perform. No cover charge.

November 16

Fundraiser for West: 11:00 a.m.-11:00 p.m., KJT Hall, 1216 S. Paris. Event benefits the citizens of West, Texas affected by the disaster that struck the city in April. Live polka music will be provided by the Czechaholics, Dujka Brothers, Jodie Mikula Orchestra, Czech and Then Some and Brave Combo. Admission: \$10. Barbecue meal available for \$10.

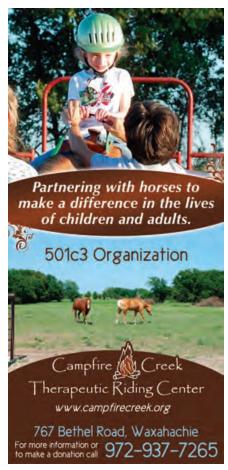
Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, South Main and West Sixth streets, Ferris. Vendors welcome. Call (817) 992-9204 to rent vendor space.

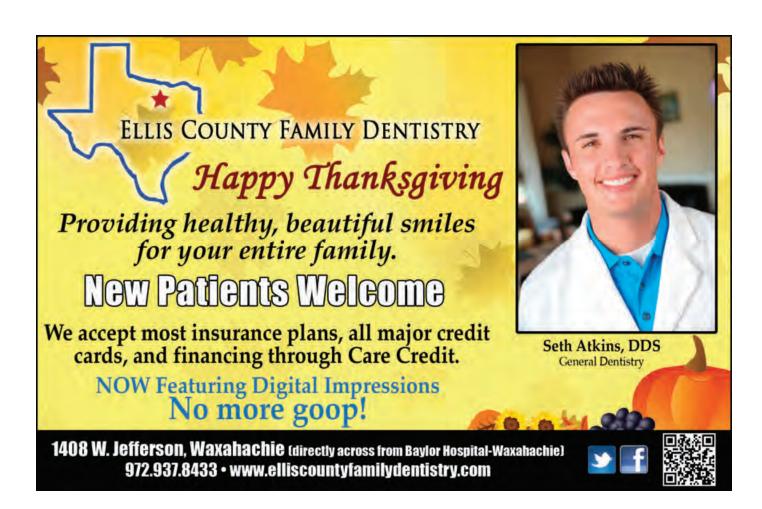
November 23

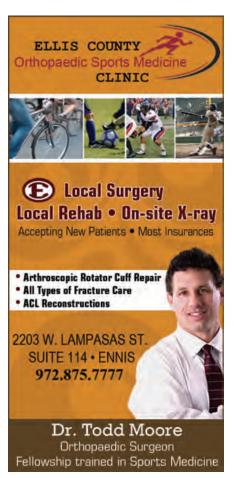
Bristol Opry: 7:00 p.m., featuring local singers and musicians. Sponsored by Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

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











Cooking NOW



In The Kitchen With Portia Lewis

— By Randy Bigham

Portia Lewis finds grilling outdoors, especially when camping, fun, easy and delicious. She enjoys camping year-round, whether in local or state parks, and cooking onsite is one of the best parts of the adventure.

Portia, Ennis ISD's Head Start program facilitator, is a self-taught cook who is especially adept at smoking food — all kinds of food." I like being creative and sometimes invent my own recipes," Portia admitted. But aside from the joy of cooking, it's the time she spends around the campfire with her husband, Roy, daughter, Jessica, and son, Lehman Roger, and his family, that she treasures most. "We really love to go camping at Purtis Creek State Park on Thanksgiving," she said, "and have our turkey dinner at the campsite!" NOW

Smoked Turkey

Turkey with pop-up thermometer
Bottle of favorite wine
Sage, black pepper and butter
or margarine to taste
Wood
2 foil pans (one for turkey, larger one
for water)
Heavy duty foil

- **1.** Wash turkey, put in foil pan, rub inside and outside of turkey with sage, pepper and butter.
- **2.** Pour as much wine as you like into turkey cavity. Place foil pan with turkey in larger foil pan with water in it.
- **3.** Cover both with foil loosely so smoke will reach turkey.
- **4.** Put turkey on fire ring or in smoker. Add more water and wine as needed until turkey is done.

Grandkids' Scramble With Cheese

Serve with flour tortillas and salsa.

26 oz. summer sausage I pkg. O'Brien hash browns 6-12 eggs I pkg. grated mild cheddar cheese

- **1.** Cook cut up sausage and set aside.
- 2. Cook hash browns and add to sausage.
- **3.** Scramble eggs. Combine all ingredients, stirring enough to melt cheese.

Grilled Key Lime Chicken

4 boneless, skinless chicken breasts Juice of 1 large lime 4 Tbsp. soy sauce 1 Tbsp. Splenda

2 Tbsp. olive oil

3 cloves of garlic, minced or grated

- 1. Place chicken in large Ziploc bag.
- **2.** Mix remaining ingredients in a bowl; pour over chicken, covering well.
- 3. Refrigerate for at least 3 hours.
- **4.** Grill chicken, turning, until done and juices run clear.

Portia's Grilled Salsa

8 Roma tomatoes, divided use

I large jalapeño pepper

I large onion, halved

2 large banana peppers, divided use

2 Tbsp. lime juice

1/2 cup cilantro, minced

1Tbsp. salt and pepper

- **1.** Grill 4 tomatoes, jalapeño, 1 half of onion (flat side down), 1 banana pepper; turn often.
- **2.** While vegetables are grilling, chop remaining vegetables; place in bowl with lime juice, cilantro, salt and pepper.
- **3.** Chop and remove seeds from grilled vegetables; combine all ingredients; mix well and serve cold.

Campfire Corn

4 ears of corn (with husks)

1 can cream corn

1 tsp. Splenda

I tsp. salt

- **I.** Soak corn in husks for 1 hour and drain.
- **2.** Remove corn silk and wrap husks back around corn; grill until tender.
- **3.** With knife, remove corn from cob; add to cream corn, Splenda and salt.
- 4. Heat and serve.

Stuffed Grilled Bananas

4 bananas

I small pkg. chocolate chips I pkg. mini marshmallows Chopped pecans, in desired amount (may substitute almonds)

- **I.** Pull back 1 section of peel on each banana, but don't remove.
- **2.** Cut long wedge shape out of each banana and fill with chocolate chips, marshmallows and pecans.
- **3.** Cover with peel, wrap each banana in foil and place on grill for about 6-8 minutes until all is melted.

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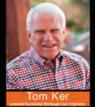
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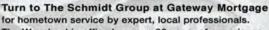


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