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NOVEMBER 2014

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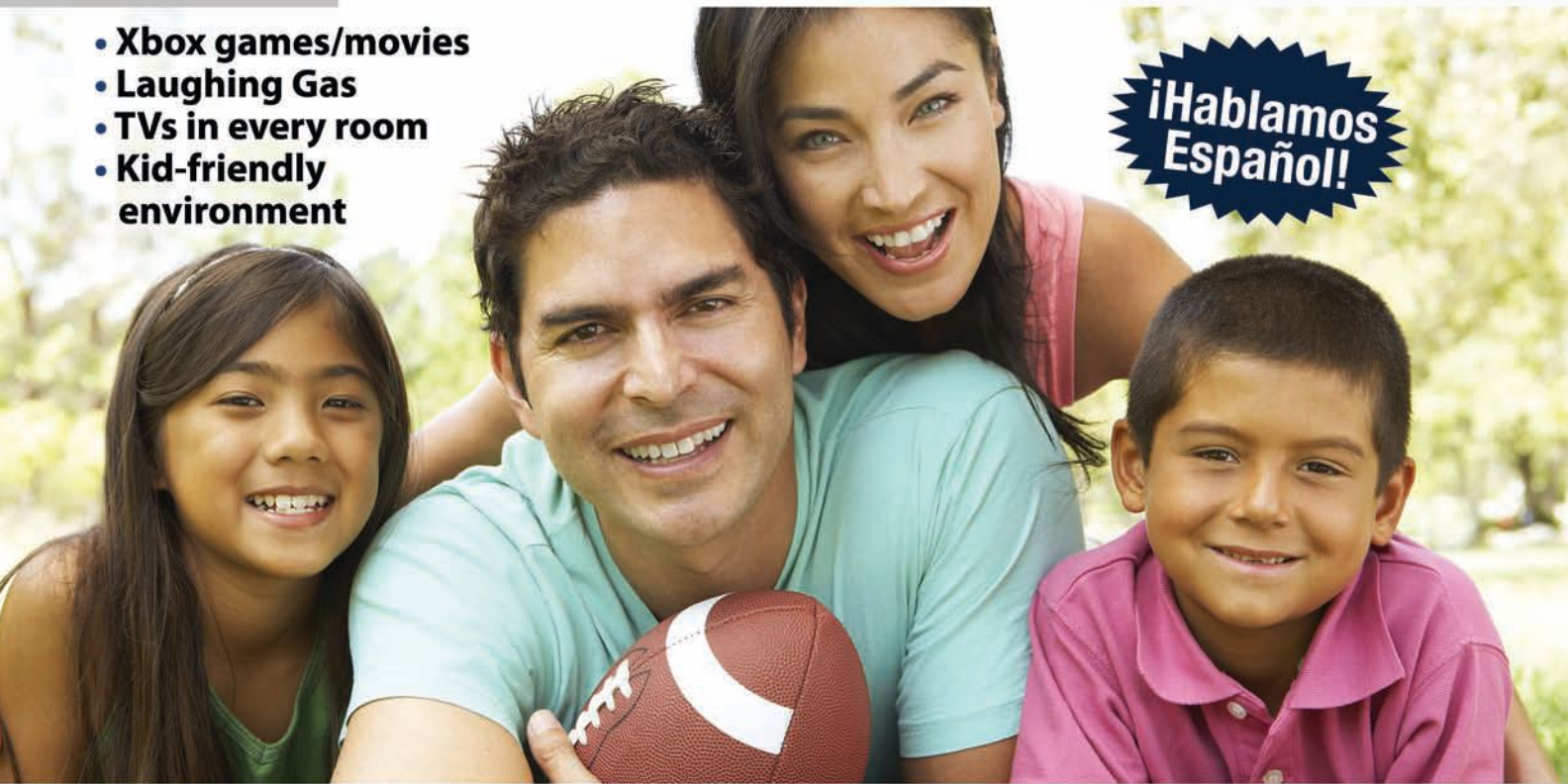


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## ON THE COVER



*Ennis reclaims its heritage under  
Marty Nelson's hopeful eye.*

*Photo by Amy Ramirez.*

# CONTENTS

November 2014 • Volume II, Issue II

# 8



## 8 Old Town, New City

A neighborly leg-up is Marty Nelson's  
formula for success.

## 14 Where the Living's Easy

At Home With Ron and Carol Mraz.

## 26 Planning the Perfect Party

Holiday entertaining begins with  
simple ideas and ends with a  
memorable occasion.



32 BusinessNOW

34 Around TownNOW

36 FinanceNOW

38 HealthNOW

44 CookingNOW

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## Editor's Note

*Thanksgiving and gift-giving ...*

They go hand in hand these days, don't they? We barely have Thanksgiving on the calendar when all around us we see and hear of special sales of merchandise as stores gear up for Christmas. At least now we Ennisites have more and more area shops to choose from and to keep us from having to battle Dallas traffic to get to larger stores. If we have to part with our well-earned money, we may as well spend it locally.

As historic downtown reboots and new businesses thrive elsewhere in the city, shopping is becoming a simpler matter altogether. Adding to the convenience is the opening of more and more holiday markets around town, helping us jumpstart our gift-buying. This year, we have the 3rd Annual Holiday Bazaar at KC Hall on November 8 and the GGA's Holiday Showcase at Sokol on November 15-16. So, Happy Thanksgiving *and* shopping!

### Randy

Randy Bigham  
EnnisNOW Editor  
randy.bigham@nowmagazines.com

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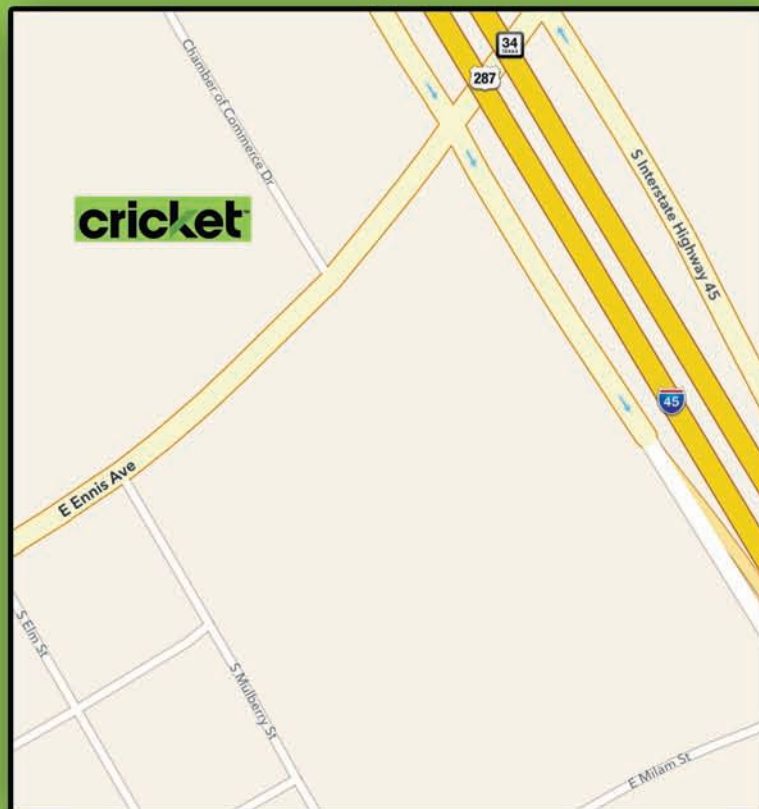


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# Old

# NEW

— By Randy Bigham

*“We’re on  
the cusp of  
something  
wonderful.”*



# Town, NOW CITY

*As Ennis expands in the spheres of real estate and industry, the city's once languishing downtown is also bustling again. A year ago, few could have imagined such a swift revitalization of the city's historic center, and yet it's being accomplished not only speedily but with originality and vigor. The May 2013 tornado that ravaged a block of landmark edifices almost claimed several of those familiar properties. However, pride in our town's history has prevailed, and the century-old buildings, whose fate once hung in the balance, are being restored.*

Prosperity is a priority for Ennis' new economic development coordinator, Marty Nelson, and much of the rejuvenation of downtown can be attributed to his vision and dedication. Yet Marty, as modest as he is effective, ascribes the success of civic renewal to the team of community advocates with whom he has liaised. "It's never by individual achievement that things really get done," he acknowledged. "It's through facilitating and networking."

But as Marty has observed, the resurrection of downtown also owes much to the twister that almost destroyed it. "That storm was in many ways a blessing in disguise," Marty said. "It has drawn attention to the district and its needs, and the threat of loss spurred locals and others to save the buildings."

The work that's underway to return the heart of Ennis to its former vibrant self is a source of personal excitement for Marty. "I never lived anywhere with a historic downtown, so this is

new to me and inspiring," he explained. Born in Oklahoma and reared in southwest Kansas, Marty served 28 years in the U.S. Army. Retiring from active duty in 1990, he moved to Texas, accepting a manufacturing management job with National Envelope, while assuming Army reserve duty. About a year ago, he accepted his current position, training three months under then City Manager Steve Howerton. Moving to Ennis has been rewarding for Marty and his wife, Jennifer, director of special education for Corsicana ISD. "Ennis has a unique heritage that is a treasure," Marty enthused, "and certainly the effort to preserve old structures is a major part of revitalization, which is an important priority not only for the city but for the EEDC (Ennis Economic Development Corporation)."

Apart from the restoration of buildings damaged by last year's tornado, the most visible proof of the public's rekindled appreciation of the city's historical value is the highly successful Ennis Farmers Market. In its first season, held between April and October, the market sprawled its tents and booths along North Dallas Street, drawing crowds and rave reviews. Concerts, cooking demonstrations, benefit drives and other events took place in nearby Minnie McDowell Park, and another interesting roster of attractions is planned for next year. Marty presided as the market's coordinator until recently, when he handed off to local businesswoman Becky McCarty. "I helped get the engine running," Marty said. "But I now happily defer to the market's very capable new coordinator and the solid group of citizen volunteers who are helping, namely GEDA (Greater Ennis Development Alliance)."

Staffed by GEDA volunteers, including several from the educational outreach subcommittee, Make It at the Market, the experiment has prospered. In addition to Becky, community advocates like Nora Puckett and Dennis Zembala have put

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over a series of unique presentations at the market. Several have aided such local organizations as the Greater Ennis United Way and the newly established Ennis YMCA. “It’s been so great to see the renewed interest in downtown because of the market,” Marty smiled. “Watching people congregating, getting involved in the community and having a good time is a flashback to old times. It’s a perfect vision of what small-town America was and still can be.”

For Marty, seeing young families walking down to the market — “some parents pushing baby carriages” — is especially heartening. In fact, as Marty observed, new blood is critical in making a hit of the Farmers Market and other innovative civic projects. “The next generation is crucial,” he maintained. “If we give young people the framework for navigating bureaucracy and accessing financial resources and turn them loose, they can accomplish so much.”

Meantime, behind the scenes, Marty works to maximize commercial opportunities for Ennis on all fronts. Besides downtown revitalization, he concentrates on industrial recruitment and retention, as well as retail development and expansion. “We are actively in conversation, almost daily, with the industrial sector,” Marty shared, “and while we can’t disclose details, there are several prospects that are very positive



and encouraging.” Marty is also helping with the goal of reinstating Ennis as a Main Street City, an initiative that will enable grants for businesses seeking façade improvement and other property enhancements. With the national interest shown in Ennis from a tourism perspective — whether it’s the Polka Parade or the Bluebonnet Fest — Marty feels optimistic the city will be selected.

A historic preservation grant system, created by the City Commission, is already fueling restoration activity downtown. “We have three preservation



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grants going, another was turned in recently, and there are at least two more in the pipeline,” Marty confirmed, adding that two or three developers are actively buying up properties. Some are local investors, like Ross Massengill and George Wartsbaugh, who are renovating the Emporium. Others are Dallas-based, like the Jim Lake Companies, which has acquired property and is buying more.

Privately, Marty is equally effective, particularly in the charity closest to his heart, Give-A-Kid-A-Chance, which provides children’s school supplies for economically challenged families. Now in its ninth year, the group was founded by Pastor Buck Marshall of New Hope Church. Although begun as a combined outreach of the churches of Ennis, it’s grown to become a communitywide program. “Operating under the Bridge Builders, we are a faith-based organization called to provide for kids in poverty,” Marty pointed out. “If we can intercede to aid a child in need, then we have an obligation to do that.”

While the group fills a physical need in the community, members are also getting to know people, making lasting emotional connections that can impact the development and education of children. “Loving your neighbor is a big component to this,” Marty said. “We put aside all the complicated mess of what these children’s families may be going through. The kids aren’t responsible for that. They just need help.”

Whether through Give-A-Kid-A-Chance or his position fielding commercial opportunities for Ennis, Marty believes in teamwork as a formula for success in business and in life. “We’re on the cusp of something wonderful,” he said. “I think there are great things ahead for Ennis, culturally and economically. It’s all really coming together, and that energy is affecting us all.” **NOW**

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# Where the Living's Easy

— By Sara Edgell

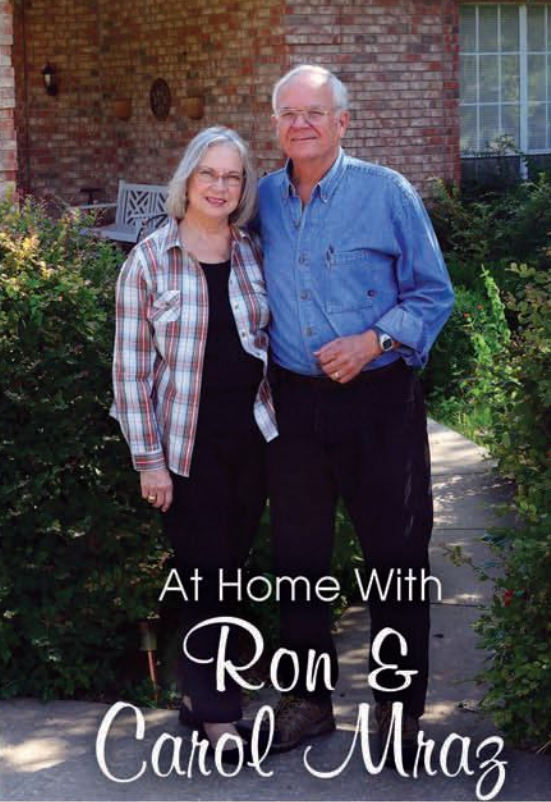
*Ron and Carol Mraz are glad to be back at home in Ennis. The hustle and bustle of city living in Houston was great while it lasted, but the back roads and grassy fields of Ennis were calling their names. Their love of the Czech heritage they share also influenced their return, and the couple has eagerly opened a new chapter of their lives that honors their family legacy and culture.*

Ron, a retired police officer, enjoyed an eventful career serving the public for more than 33 years, while Carol followed her calling as a teacher for the same amount of time. Pooling their interests, they formed programs that educated young children on drug prevention. In the late 1980s and early '90s, Ron performed as Drug Wolf, a character borrowed from *The Three Little Pigs* tale, in a national campaign to teach young children about the dangers of drug use.

The program was Ron and Carol's brainchild, and they traveled all over the country, appearing at countless schools. Their hard work received special recognition from the state of Texas in the form of awards and commendations. But it was making a difference in the lives of kids that mattered most. They also cherished the time they spent together working for a common cause. According to Ron, "I would be nothing without this woman." And Carol returned the praise, adding that they definitely complement and encourage one another in all aspects of life and love.

Accustomed to city living, settling back into the slower pace of the country was a challenge for Ron at first. Eventually, he grew to love it as much as Carol, who had grown up right next door to their current home. In fact, Carol's parents, Alvin Nesuda

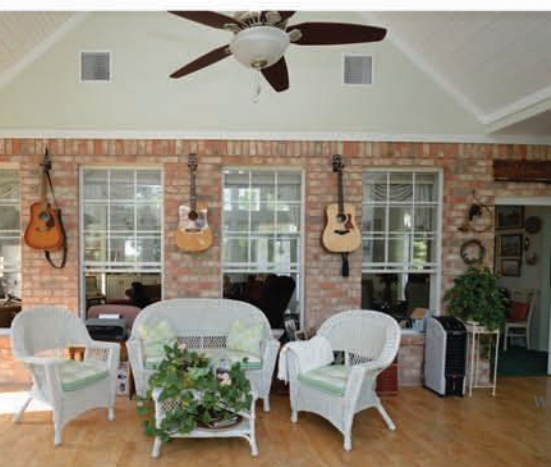




At Home With  
*Ron &  
Carol Mraz*

and Wilma Haskovec, were reared in the same area. The Mrazes' home is not only a reflection of their life together, but it pays homage to generations that came before.

The couple lives in a 2,700-square-foot, custom home Carol designed specifically for them. The house sits on 230 acres purchased by Carol's parents in 1933. To help maintain the expansive farm, they rent the majority of the property to a neighbor who raises Black Angus cattle. That leaves the pair with nine acres to care for, which they do with the help of a tractor, a Gator and Barbados sheep. Construction on the house began in 1991, but because of torrential rains that year, the anticipated three-month finish date turned into 18 months. When the house was finally completed, the two were more than ready to move in.



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The home features two bedrooms, an open living area and dining room, a gallery and a modern kitchen with dinette. Their favorite room in the house is what was originally the back patio. The space offers a fantastic view of the rolling hills and pond behind the house. Because summers in Texas are sweltering and filled with pesky mosquitos, they converted the space into a sunroom. "I always wanted a screened in patio, but this is even better," Carol admitted. Now, the couple spends most of their time in the spacious, airy room — Carol painting and Ron picking his guitar. It's a bright, temperature-controlled

room, exactly what Carol and Ron were hoping for.

Carol's artwork adorns walls throughout, primarily in the gallery at the front of the house. However, she creates most of her artwork in the sunroom. "Painting is relaxation for me," Carol said. "It's a way to get away from day-to-day stress." Carol specializes in landscapes and still lifes, and is partial to using small brushes to capture the tiniest details.

Painting, however, is only one of many of Carol's interests. She sews and enjoys interior design. "I used to hand make

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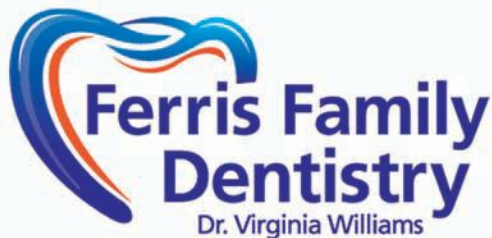
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~ R. Zufall, October 2014

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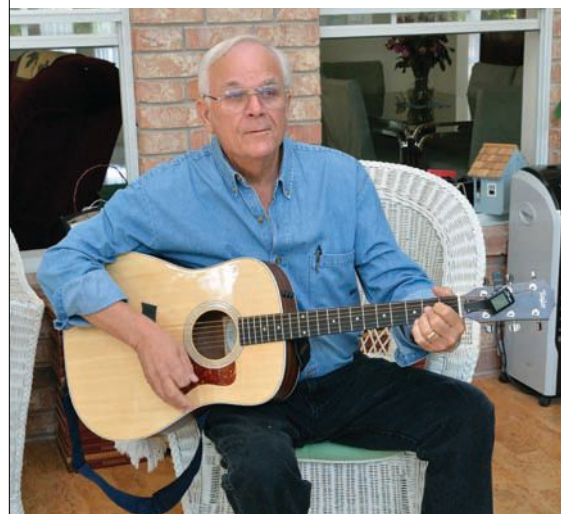
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Ron's Drug Wolf costumes and all of my son's Halloween costumes over the years," she recalled. "I also serve as president of the Ennis Retired School Personnel Association and the Golden Circle, which takes up a lot of my time, but I love it."

Fine-tuned attention to detail is what makes the Mraz home so unique. Not only was every square foot designed with a purpose, every item within the home has been selected and placed with care. "Everything has meaning to us," Carol explained. "We don't just have things. We have things that are special to us." Carol's parents' wedding present, a bedroom suite, now considered an heirloom, graces the front bedroom. And in the sunroom, two antique end tables that once belonged to Carol's grandmother rest on each side of the comfy sofa. One of her prized possessions hangs above the sunroom's door frame — her father's shotgun, mounted on a piece of board with his name scrawled in his own elegant handwriting. The board was found in the old family home on a venture into the attic during a family reunion. "As a kid I always wanted to go up there, but I never had the nerve to ask. So, when my cousin asked, I was thrilled!" Carol remembered.

Additionally, Ron's various accolades are featured on a "brag wall" in the living

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room across from the built-in shelves that contain the pair's many other collections. From trinkets to photographs, Ron and Carol take pride in their shared interests, accomplishments and family history.

Ron, a music lover and maker of many years, spends his time learning new songs and practicing old ones to play at local retirement and assisted living facilities where he's known as "Ennis' Elvis." He visits three different facilities twice a month, so he stays busy. "It's a real pleasure to see the old people's enjoyment of the music," Ron said. "And I'm only one stroke away from joining them, so I need to get out there and make some friends!" One song he plays was once a hit. He wrote "Midnight Train Keep A-Rolling On" in the 1970s, and it received extensive popular air play on the radio in Houston at the time. Making music may be something he loves to do for his own enjoyment, but he loves sharing it with others even more.

And that's really what this couple's life together is all about — sharing what they love with others. Their home reflects the couple's honoring of the past, but shows that they charted their own course. Coming back to Ennis has meant returning to their roots, and for Ron and Carol, that's exactly what home is all about. **NOW**

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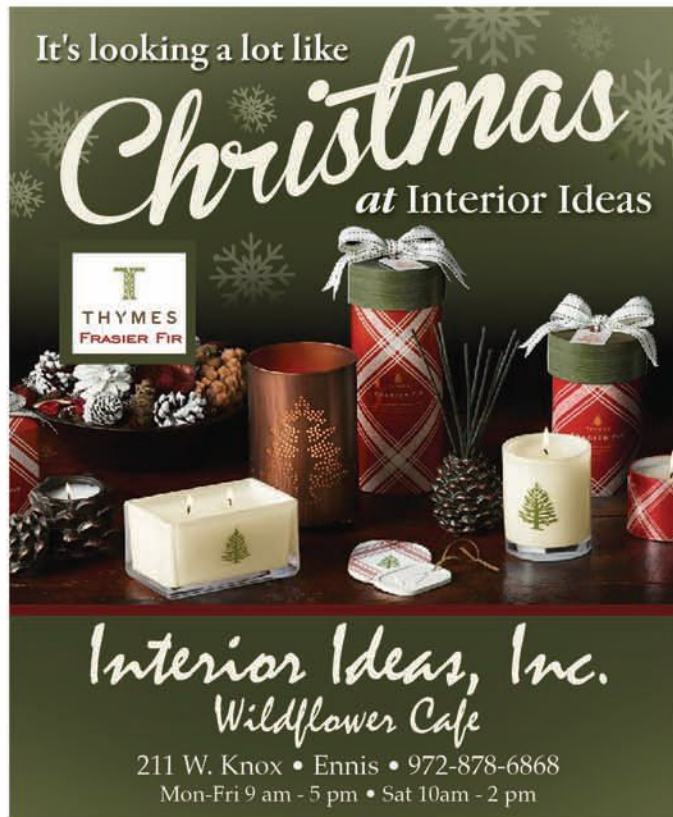
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# Planning the Perfect Party

— By Amber D. Browne

*The hustle and bustle of preparing for the holiday season can be quite all-consuming. Adding a dinner party or overnight guests to the equation can increase the stress. Whether you're taking on the challenge of hosting friends for dinner or family in the guest room, having a plan in place is the key to a fun-filled occasion.*

When planning a holiday get-together, first decide who is on the guest list. You could choose to invite a few of your closest friends or a group of 20 or more. Or family

could stay for the extended holiday. In either scenario, plan the date and set a time for the holiday dinner.

Incorporating a theme is a key component to any event. The holiday itself can be used in planning for decorations, music and games, but if it's a dinner for friends, choosing a fun theme may be a good choice. Pinterest or event-planning blogs feature a variety of theme options.

Keep the following in mind if you choose to host a holiday dinner:

1. What is your budget?
2. Will it be a sit-down or buffet-style dinner?
3. What type of decor will you use?
4. Is the dinner adults-only or will children also attend?
5. What type of music and entertainment will be incorporated?



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## Budget:

The budget should include funds for food, beverages, decor and entertainment. If you plan to hire a caterer, a printer for invitations or even a cleaning crew, include those costs in the budget as well. If you don't want to host the event at your home, a local restaurant or rental facility may be the perfect place to gather. Include any rental fees in the budget. Setting aside additional funds for last-minute costs is also a good idea.



## Food & Beverage:

Planning the menu ahead of time is a priority. Cookbooks, the Internet or cherished family recipes offer delicious choices for holiday meals. If you are planning a themed meal, stick with recipes that fit the motif.

If you don't want to spend time prepping and cooking the food, hiring a caterer is an option. Many caterers provide dinnerware, serving dishes and utensils, flatware and related items. On-site caterers can help with cleanup, too. For easier cleanup or a more casual event, purchase disposable dinnerware and flatware, and make trash cans readily available to guests.

When hosting a party, you may decide to serve alcoholic beverages. You can stock the bar yourself or advise guests to bring their own alcoholic beverages. Hiring a licensed bartender to serve



drinks during the event is another option. Don't forget to provide nonalcoholic beverages and have extra ice on hand. For guests who may overindulge, have a taxi service phone number available.

## Venue, Decor & Entertainment:

Preparing your home for guests can be an undertaking, but a clean home creates a relaxed atmosphere. Stock the bathrooms with toilet paper, soap and clean or disposable hand towels. Offer guests a safe place to leave coats and purses. Lighting the fireplace or candles throughout the home creates a cozy ambience, but don't forget to extinguish the flames after the party!

Fresh flowers can brighten any table. You may choose to purchase arrangements from a local flower shop or buy seasonal flowers to create your own arrangement. Cranberries are popular this time of year and can be incorporated into the arrangement. Add one to two bags of fresh cranberries to a clear vase. Fill the vase about three-quarters full with water. "Using a sharp knife, carefully cut the ends off the fresh flowers at a 45-degree angle. Add cut flowers to vase, arranging as needed," explains a how-to page at OceanSpray.com.



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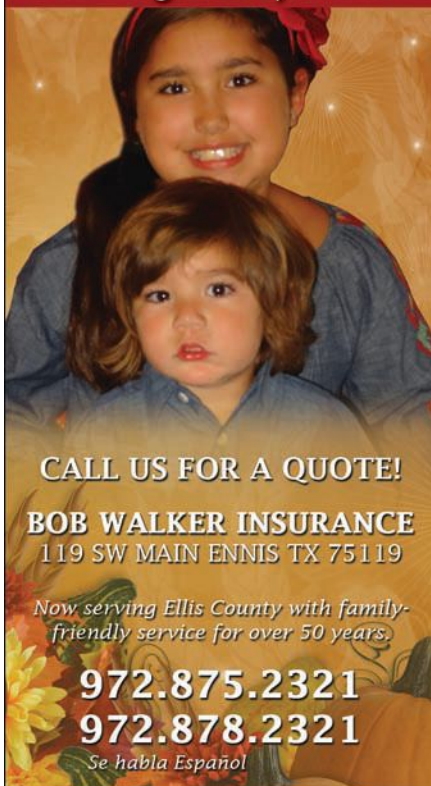
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If children and teenagers are invited, set a separate table for them. Using real dinnerware will create a more formal atmosphere and adding amusing trinkets to the table will keep the younger crowd entertained. Place holiday crackers, which hold small toys, at each table setting as a fun addition.

For entertainment, themed music can play during the event. You can incorporate games, too. For a guessing game, you can purchase a nice container and add individually wrapped candies. Make sure to count the candies first! Display the candy container alongside a jar, paper and pens for guests. Guests can write down how many candies they think are in the container and place their guesses in the jar. The one closest to the actual number wins the candy-filled container!

## Overnight Holiday Guests:

Find out beforehand what types of snacks and drinks your guests prefer, and stock the cupboard and refrigerator. When planning the meals, get your guests' input. Be sure to find out if they have any food allergies. Many overnight guests may want to help out in the kitchen and chip in on food.

An inviting guest room is a necessity. You want your guests to feel at home when they visit. Provide clean, comfortable bedding, a night light and a couple of bottles of water on the night stand. The guest bathroom should include everyday grooming items, including soap, shampoo, conditioner and cotton swabs. Include plenty of fresh towels, extra toilet paper and air freshener.

Keeping your guests entertained during their stay can be a challenge. Why not plan a shopping trip with your female guests and send the men off to play golf? Whatever you choose, don't stress! Your guests will be happy to spend quality time with you.

Hosting parties and overnight guests can take a lot of time before, during and after, so ask for help. Many hosts and hostesses often find themselves too busy to enjoy their hard work. Don't let that happen to you. Take time to sit back, chat with your guests and enjoy yourself! **NOW**

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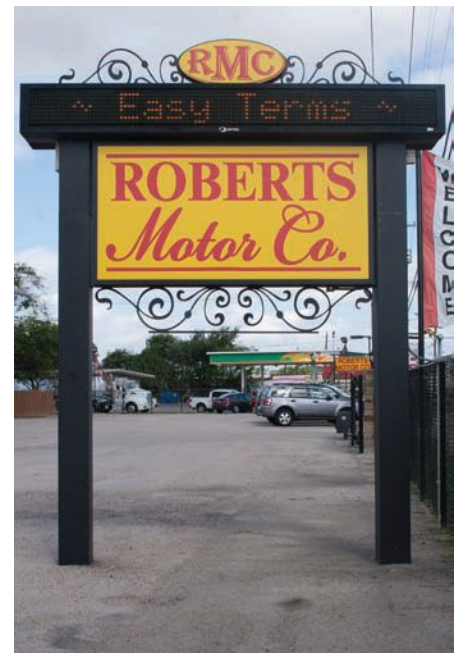


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Jay and Kathy Roberts, Traci Borden and Tudy Garcia offer cool cars with warm smiles at Roberts Motor Co.



# A Driving Force

*Optimum customer service is behind the wheel at Roberts Motor Co. — By Randy Bigham*

Community matters at Roberts Motor Co. Operated by a husband and wife team dedicated to providing "great cars at great prices," this handily located discount auto dealership finances its hand-picked vehicles to better serve the families of Ennis. Founded by the late Byron Roberts in 1978, his son, Jay, carries on the business, assisted by his capable better half, Kathy, and a stellar team of professionals. Jay and Kathy believe the success of Roberts Motor Co., now in its 36th year, owes largely to the fact that it's family-owned and -operated. "We see a lot of second generation customers," Kathy said. "People know us and trust us, and we get comments all the time like, 'My parents bought a car when Mr. Roberts was here,' or, 'A friend just got a great car from you.'"

Such personal testimonies fuel the pride Jay and Kathy take

in the quality service they provide. "Our people are available to help every day," Jay added. "I may be out buying inventory, but Kathy or our staff is always here ready to help." Building relationships with clients is not only important to the Robertses from a business perspective. It's a big part of the satisfaction they personally derive from their work.

"Customers tell us they appreciate us, and we appreciate them," Kathy pointed out. "So it's a good feeling knowing they're happy with the car they've purchased from us." She's also gratified by the knowledge that by enabling people to own an affordable vehicle, she is making a difference in their lives.

Jay agreed. "We finance here, just like a bank does," he explained, "so because we're carrying the note, we have long-standing connections with our customers."

“For example,” Kathy added, “a customer recently bought her first car in her name and was so excited. When she comes in to pay on her note, she tells us how happy she still is with the car and how much it’s improved her life. So it’s definitely the people that make it rewarding.”

Jay and Kathy find equal pleasure in the convenient location of their renovated facility on Kaufman Street, where they serve locals as well as out-of-town visitors. “People learn about us by word of mouth, through our website, or just find us by driving in from the highway,” Jay said, indicating the property’s nearness to I-45. The office

**“Customers tell us they appreciate us, and we appreciate them.”**

even boasts a drive-thru window for customers’ convenience. “That way, if it’s raining, or you have a car load of kids in the summer, it makes it easy to pay your bill or ask a question,” Kathy said.

The couple inspects and selects all vehicles on the lot. “We pick them out and drive them first,” Jay specified. “That way we know they are high quality. I’m more interested in the technical or mechanical side of the process, and Kathy has a great sense of what’s best as far as visual appeal.”

For all their own devotion to the business, the pair insists that the prosperity of Roberts Motor Co. has been made possible by their longtime manager, Arturo “Tudy” Garcia. “He has been here many years and is very respected in the community,” Jay commented. “Without Tudy and his familiar face, it would have been difficult after my dad passed away. When we came in, it was hard dealing with hundreds of accounts, but Tudy made the transition smooth for us.”

Jay and Kathy are grateful as well for the loyalty of their customers. “As soon as we have a new car on the lot, we get phone calls,” Jay enthused. “Sometimes we don’t even have the car off the trailer yet!” **NOW**

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*The Ennis Fire Department visits New Way Leadership Academy.*



*A Memorial Park ceremony welcomes amputee vet Cody Jones.*



*EHS' David Averett and Ennis Ford's Thomas Barteel unveil the Perfect Drive Giveaway.*



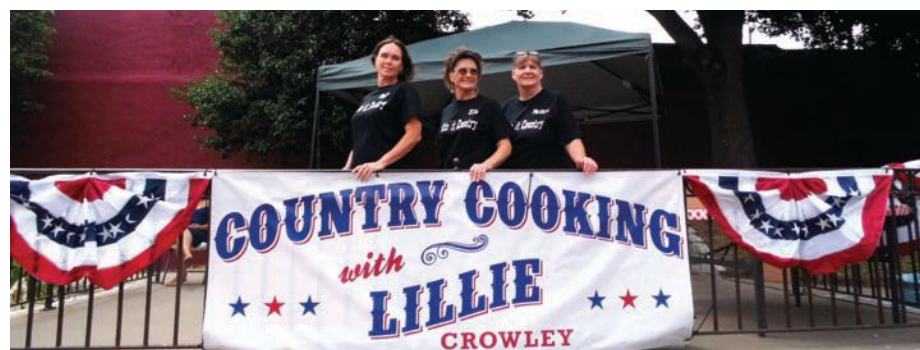
*EnnisNOW's Linda Roberson takes a selfie with Conni Durbin at the Ennis Chamber Auction.*



*Lexie Davis' 12th birthday party involved lots of end-of-summer fun.*



*Kristi Leal of Ennis Doctors Center participates in the ALS ice bucket challenge.*



*Cookin' It Country pays tribute to the late Lillie Crowley at Ennis Farmers Market.*



*Roy and Lynn Miller dress for the Duck Dynasty theme at the Ennis Chamber Auction.*



*Kids love feeding the ducks at Old City Lake year round.*



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## Are You a Baby Boomer? Don't Let Retirement Plans Go Bust.

If you're a baby boomer, you're at the point in life where, if you haven't actually entered retirement, you're at least approaching the outskirts. But if you're like many of your fellow boomers, you may be experiencing more than a little trepidation over your financial prospects as a retiree. That's why it's so important for you to determine what steps to take to help improve your chances of enjoying a comfortable retirement.

Just how worried are baby boomers about their future? Consider these numbers: Seventy-two percent of non-retired boomers think they will probably be forced to delay retirement, and 50 percent have little confidence that they will ever be able to retire, according to a recent AARP survey. Other surveys show a similarly bleak outlook among the baby boom generation.

Fortunately, when it comes to building resources for retirement, you have options. Of course, if you're in one of the younger age cohorts of the baby boom generation, your possibilities are greater — you may still have time to take measures such as boosting your 401(k) and IRA contributions, reducing your debts and positioning your portfolio to provide you with a reasonable amount of growth potential.

But even if you are pretty close to retirement, or at least close to the point where you initially expected to retire, you can act to better your outcome. For one thing, you could re-evaluate your planned date of retirement. If you really don't mind your job and could extend your working life for even a couple of years, you could help yourself enormously in at least three ways:

- You'll add on to your retirement accounts. The longer you work, the more you can contribute to your IRA and your 401(k) or other employer-sponsored account.

- You may be able to delay taking Social Security. You can start taking Social Security as early as age 62, but your benefits will be permanently reduced unless you wait until your Full Retirement Age (FRA), which will likely be 66 or 67. Your payments can increase if you delay taking your benefits beyond your Full Retirement Age, up to age 70.

- You may be able to delay tapping into your retirement vehicles. The longer you wait until you begin withdrawals from your IRA and 401(k), the more time you are giving these accounts to potentially grow. (Once you turn 70 1/2, you will need to generally start taking withdrawals from a traditional IRA and a 401(k) or similar plan, but you don't face this requirement with a Roth 401(k) account.)

As an alternative to delaying your retirement — or possibly as an additional step you can take along with a delay — you may be able to adjust your investment mix to provide you with the combination of growth and income that can help carry you through your retirement years. You can also be strategic about which investments you start taking withdrawals from, possibly allowing your portfolio to grow more than you had envisioned.

Start thinking now about ways you can help yourself achieve the retirement lifestyle you've pictured. You may want to consult with a professional financial advisor who can suggest the strategies and techniques most appropriate for your situation. In any case, with some careful planning, you can be a boomer whose retirement plans don't go bust. **NOW**

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

# HAPPY THANKSGIVING

Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the very best.



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## An Indulgent Brew

— By Betty Tryon, BSN

Umm, the smell of hot coffee brewing is the best wake-up call. It is even better than the smell of sizzling bacon, because with coffee you get a little extra something. Caffeine is a central nervous system stimulant, which means it can change the way you feel and behave. That little zap to your system makes you feel more awake, focused and alert. Studies now show caffeine's benefits go beyond increased energy to providing some protection from diseases such as type 2 diabetes, Parkinson's and dementia.

But as with anything affecting your brain and your heart, there is always the possibility of too much of a good thing. With caffeine, overindulgence is easy. Since the FDA identifies it as a drug and a food additive, the products in which you can find it are endless. Caffeine is in prescription and over-the-counter medications, such as headache tablets and diet pills. You can find it in certain teas, energy snacks, soft drinks and candy — particularly those with chocolate. You can also find caffeine in some ice creams and yogurts. If you need to lower your daily intake of caffeine, it is necessary to read labels to be sure how much you are taking.

Generally, caffeine does not cause difficulty if consumed in safe amounts. A moderate amount of 100-200 mg. caffeine, which is roughly two cups of coffee a day, is considered to be reasonable.

Regular sized soft drinks, such as Coke and Pepsi, contain approximately 35-55 mg. The total of what is safe for individuals may depend upon body type, size and health. Taking over 600 mg. of caffeine a day can be detrimental to your health. The amount of caffeine children consume should be greatly limited. A safe amount for adolescents is considered to be no more than 100 mg. per day. Pregnant women should check with their doctor before consuming caffeine.

Symptoms of consuming too much caffeine are increased heartbeat, feeling jittery, nervousness, increased blood pressure and headaches. Those with heart irregularities may want to check with a physician to determine a safe level of caffeine to consume. Drinking caffeinated drinks too close to bedtime can cause insomnia. Caffeine is a diuretic as well as a stimulant. A diuretic increases the output of urine — meaning you lose more fluids. That is why caffeinated drinks should not be used to quench your thirst.

There is a lot of good along with some risk in caffeine. Pay attention to your intake before you enjoy! **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.*



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### Through November

Story Time: **Wednesdays**, 10:00 a.m., Ennis Public Library, 501 W. Ennis Ave. Geared to pre-school children ages 3-5, the program presents a reading from a selected book, songs, finger plays and other fun games. A 15 minute program follows, suited to children ages 2 and under.

### November 7, 8

Waxahachie Old Fashioned Singing:

**Friday**, 7:00 p.m.; **Saturday**, 3:00 p.m., historic Chautauqua Auditorium. Event is a staged musical featuring quality arrangements of several well-known hymns and gospel songs. Contact artistic director R.G. Huff at (972) 923-2709 or visit [www.WaxaOFS.com](http://www.WaxaOFS.com).

### November 8

Third Annual Holiday Bazaar:

9:00 a.m.-3:00 p.m., Knights of Columbus Hall, 850 S. I-45. Event offers unique gifts and handmade crafts, various vendors and children's activities. For more information, call Stephanie at (972) 989-1785.

Ellis County Veterans Appreciation Day:

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, call (469) 309-4040.

### November 8, 9

Greatest Generation Aircraft & Gun Show:

**Saturday**, 9:00 a.m.-5:00 p.m.; **Sunday**, 9:00 a.m.-4:00 p.m. Sokol Lodge, 2622 Hwy. 34. Hosted by GGA Productions, the show offers unique selections of vintage and modern firearms. Admission is \$8 per person. Kids admitted free with paid adult. Active-duty military personnel, in uniform or with ID, are admitted at half price. On-duty police officers in uniform are admitted free of charge. For more information, call (972) 875-7959.

### November 11

AVID Potluck: 6:00 p.m.-8:00 p.m., Ennis Junior High School, 3101 Ensign Rd. EJHS's Advancement Via Individual Determination (AVID) group hosts a special potluck.

### November 15, 16

GGA's Ennis Holiday Showcase: Sokol Lodge, 2622 Hwy. 34. Event offers artwork for sale, handcrafted items and other special gifts. For more information, call (972) 875-7959.

### November 24 — 28

Fall Break: At all campuses and offices, Ennis ISD observes its annual district and student Thanksgiving holiday.

### November 26

19th Annual Pre-Thanksgiving Bash: 7:00 p.m., KJT Hall, 1216 S. Paris St. Drew Z Productions presents musician Jamie Richards who will appear at 9:00 p.m. with special guests. For more information, email [info@kjt35.org](mailto:info@kjt35.org) or call (972) 875-5443.

### December 4

Christmas Parade of Lights and Lights of Ennis Block Party: 7:00 p.m., downtown. Holiday-themed floats, spotlighting local businesses, schools and individuals, compete for top placement in best entry contest. Celebration will include the official lighting of downtown decorations and three 30-foot tall Christmas trees. Sponsored by Ennis Chamber of Commerce and the Lights of Ennis Committee. For more information, contact the Chamber at (972) 875-2626.

*Submissions are welcome and published as space allows. Send your current event details to [randy.bigham@nowmagazines.com](mailto:randy.bigham@nowmagazines.com).*



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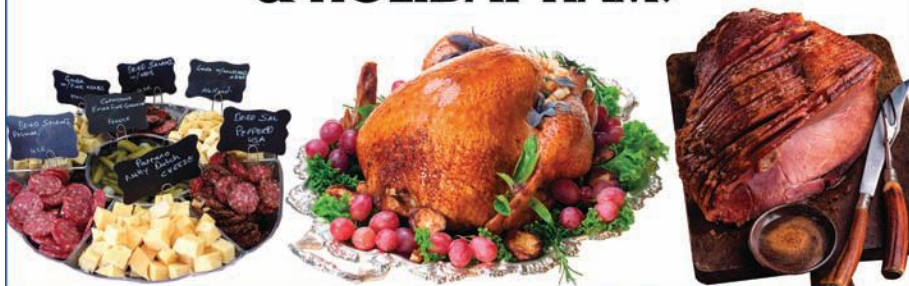
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## In the Kitchen With Janell Taylor

— By Randy Bigham

After 25 years with Ennis ISD, serving in the high school library and media center, Janell Taylor continues to enjoy her job. But cooking has been a lifelong pleasure, too. “I’ve always liked to cook,” Janell admitted. “I took homemaking in school, but received hands on training from my mom, Christene Spence, and my mother-in-law, Helen Taylor.” Today, Janell still prepares meals for her son and daughter-in-law, Kevin and Melisa Taylor, and her daughter and son-in-law, Kim and Chad Hrnjak. But she also delights in cooking for her grandsons, Taylor and Carson Hrnjak, who help her in the kitchen when they visit “Nonnie.”

In the summer, Janell’s hobby is fishing with longtime friend and former classmate, James Santos. The fried fish meals that result are a favorite with Carson. **NOW**

### Pork and Bean Salad

- 2 14.75-oz. cans pork and beans**
- 1 whole onion, chopped**
- 3 fresh jalapeño peppers, chopped**
- 3 fresh tomatoes, chopped.**

1. Stir all ingredients together and refrigerate at least 3 hours before serving.

### Granny’s Buttermilk Cake

- 3 cups sugar**
- 1 cup shortening**
- 5 eggs**
- 3 cups flour**
- 1/4 tsp. soda**
- 1/2 tsp. salt**
- 1 cup buttermilk**
- 2 tsp. vanilla**
- 1 tsp. lemon flavoring**

1. Preheat oven to 350 F. In a large bowl, cream sugar and shortening; then add eggs one at a time, beating after each addition.
2. In a separate bowl, combine flour, soda and salt.
3. Alternate adding dry ingredients and buttermilk to sugar and egg mixture.
4. Add vanilla and lemon flavoring and pour into a greased and floured tube pan. Bake for 1 1/4 hours, or until toothpick inserted in the center comes out clean.

### White Chili

- 1 lb. ground turkey**
- 2 15-oz. cans great northern beans**
- 1 16-oz. can white hominy**
- 1 pkg. Lawry’s Chili Spices & Seasonings**
- 1/2 cup water**

1. Brown turkey in a nonstick skillet; drain any fat from pan.

2. Add undrained beans and hominy.
3. Combine chili seasoning with water and add to chili. Bring to a boil, reduce heat and simmer for 20 minutes or until thoroughly heated.

### Creamy Banana Pudding

- 1 14-oz. can Eagle Brand sweetened condensed milk**
- 1 1/2 cups cold water**
- 1 4-serving size pkg. instant vanilla pudding mix**
- 2 cups Borden whipping cream, whipped.**
- 36 vanilla wafers**
- 4 bananas, sliced and dipped in ReaLemon lemon juice.**

1. In a large bowl, combine milk and water; add pudding mix.
2. Beat well. Chill 5 minutes. Fold in whipped cream.
3. Spoon 1 cup pudding mixture into a 2 1/2 quart glass serving bowl. Top with one-third each of the wafers, bananas and pudding. Repeat layering until all ingredients are added; chill.

### Best Ever Meat Loaf

- 1 lb. ground beef**
- 1/4 cup milk**
- 1/2 cup bread crumbs**
- Salt and pepper, to taste**
- 1/2 tsp. seasoned salt**
- 1/4 tsp. garlic powder**
- 2 Tbsp. onion, chopped**
- 1 Tbsp. green pepper, chopped**
- 1 egg**
- 2 Tbsp. Worcestershire sauce**

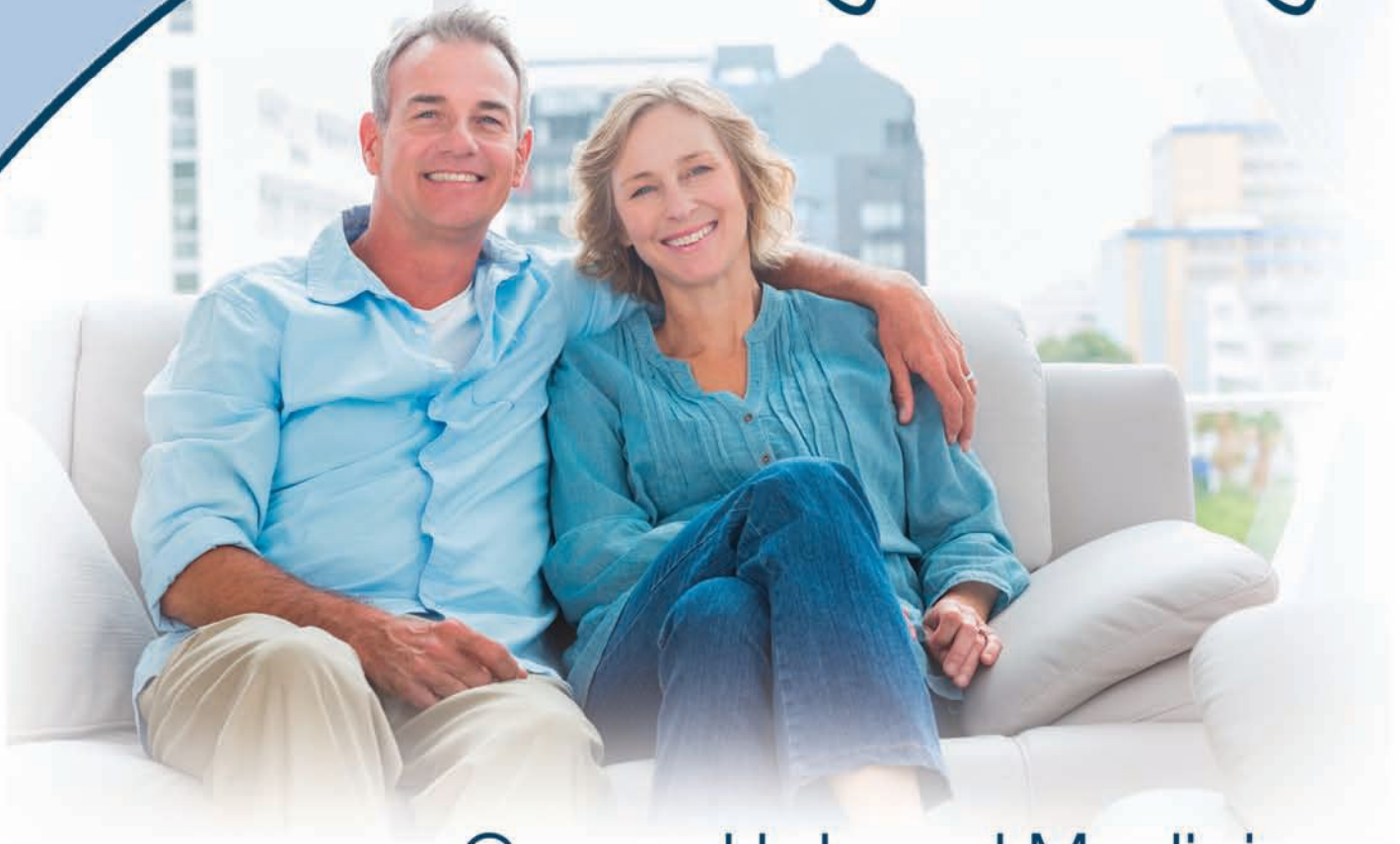
1. Mix all ingredients together. Pack mixture into a greased 9x5-inch bread pan.
2. Bake at 325 F for 1 hour or until done.

### Caramel Brownies

- 3/4 cup margarine**
- 1 pkg. German chocolate cake mix**
- 2/3 cup evaporated milk**
- 1 14-oz. pkg. caramels, melted**
- 1 12-oz. pkg. chocolate chips**

1. Melt margarine; add cake mix and evaporated milk; mix well.
2. Place half of cake mixture in a 13x9-inch greased and floured pan.
3. Cook in a 350 F oven for 3-5 minutes. Pour melted caramels over cake mixture, then sprinkle chocolate chips over caramels. Top with remaining cake batter; bake 12-15 minutes at 350 F.

# Your Best You, *Optimize your vitality.*



## General Internal Medicine and Hormone Replacement



**Felicia Lewis, MD**  
Internal Medicine  
Board Certified

**Dr. Lewis provides care  
in the following areas:**

- Peri-menopause and menopause management
- Male and female hormone replacement
- Bio-identical hormone replacement
- Low testosterone syndrome treatment
- Certified Wiley Protocol provider
- Well woman exams
- All primary-care services
- All-natural nonhormonal options also available



OFFICE

2203 West Lampasas Street, Suite 111  
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Most major insurance plans accepted.

Please call 972-875-7770 to schedule a consultation.

# KNEE PAIN SUFFERERS FIND NEW HOPE IN FDA APPROVED TREATMENT

Treatment Covered by Most Major Health Insurance Plans - Including Medicare

## Who is a **good candidate** for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee pain?
- Does your knee pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees?
- Do you have difficulty going up and down stairs due to knee pain?
- Do you take medications for knee pain?
- Are you considering surgery to alleviate knee pain?
- Have you suffered a knee injury during a sporting event?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee injury?
- Have you had a direct blow to the knee from a fall?

### Consider these facts before surgery.

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails, and the pain is too much, some feel that surgery is the only option. Before you put yourself through months of immobility, pain, rehab and hefty medical bills, consider something else.

### How do I know that this is right for me?

In most cases, if you have knee pain, this is a great solution. Our doctors will give you an honest and fair evaluation of your particular knee pain. Call today to schedule your FREE knee consultation. Now is the time to take control of your life and say goodbye to knee pain the nonsurgical way!

Hometown Physical Medicine		Surgery
Cost	Covered by most insurance plans including Medicare	Deductible, co-pay, medications, time off work, etc.
Risk	No known side effects	Complications, poor outcome, addiction to pain medications
Pain	Little to none	Can be severe for months
Recovery	Immediate	Months/years

— Dr. David Marcial, D.C. Clinic Director

— Dr. Michael K. Shrader, M.D. Medical Director

— April Morgan Family Nurse Practitioner

**Call now** to change your life. You can live pain free.

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