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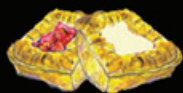
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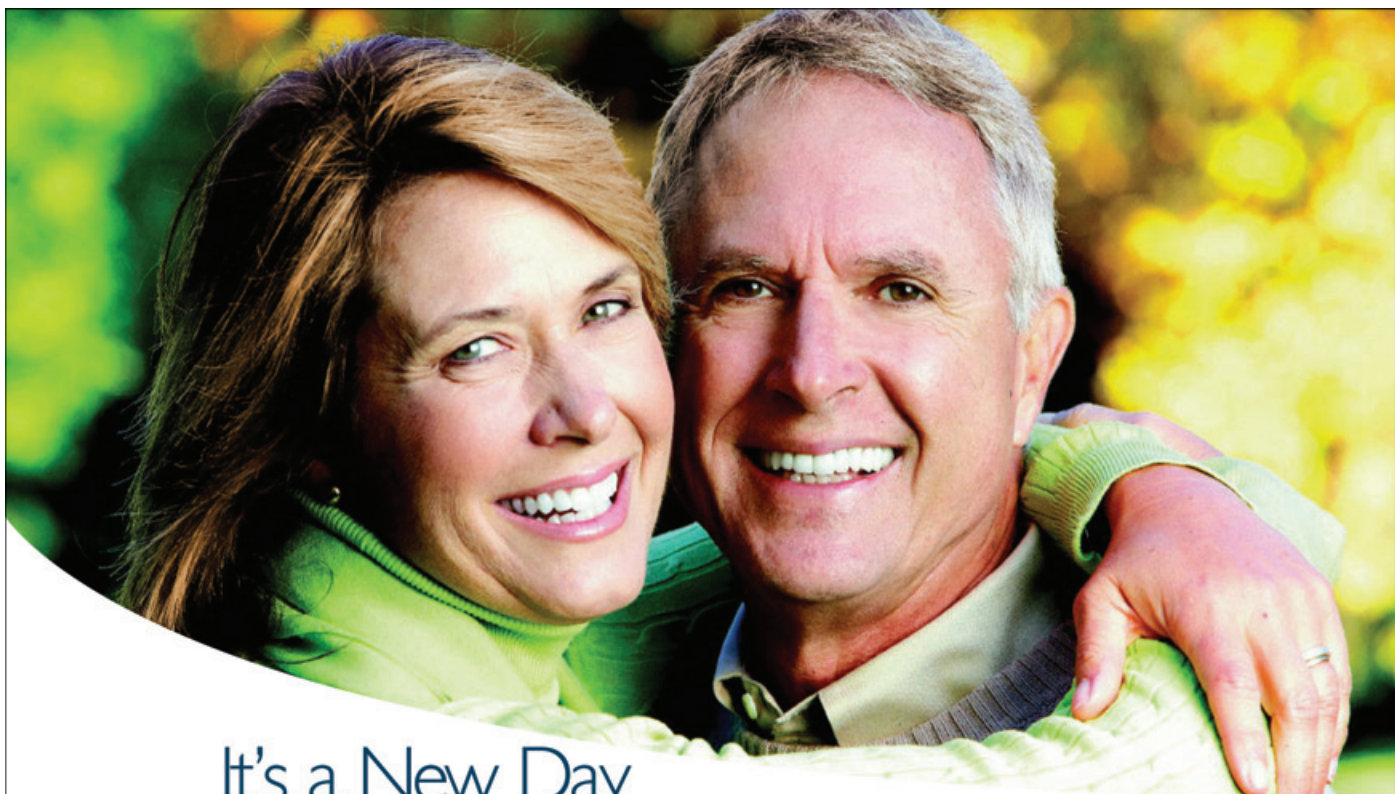
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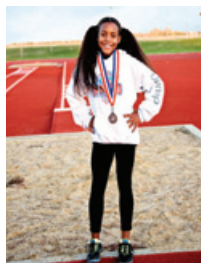
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## ON THE COVER



Page Lemonia has great plans for the future.

Photo by Amy Ramirez.

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## Editor's Note

*Happy New Year!*

And what an exciting New Year it promises to be, not only for myself, as *EnnisNOW's* new community editor, but for NOW Magazines in general. With 10 thriving markets, serving a diverse and growing readership, the product we offer improves daily as a unique celebration of what it means to enjoy living in beautiful North Texas.

For me, the charm of Ennis knows no equal, and I have a right to be partial. My family has lived here for over 50 years, witnessing the progress of the Bluebonnet City, yet observing how our neighbors have remained the same warm, friendly people at heart. It's a privilege to live and work in Ennis, and I look forward to continuing the mission of my predecessor, the inimitable Sandra Strong, to feature the stories of down-to-earth genuineness, camaraderie and pride that define who we are.

# Randy

Randy Bigham  
*EnnisNOW* Editor  
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# ON TOP OF THE GAME


— By Dianne Reaux

*"My dream is to be an Olympian," said the soft spoken fifth grader. Paige Lemonia, an A honor roll student, attends Dorie Miller Intermediate in Ennis, and she loves playing sports. Her list of extracurricular activities is dizzying. She plays tennis and basketball, and participates in gymnastics. Paige is also a track and field participant. She runs the 100 meter, 400 meter and 80 meter hurdles, as well as the long jump. While Paige thoroughly enjoys playing all these sports, track and field is currently where her star shines brightest.*



**"MY DREAM  
is to be an  
OLYMPIAN."**





Last summer, Paige participated in two prominent track and field competitions. In July, Paige entered the long jump competition at the Texas Amateur Athletic Federation held in Corpus Christi. Prior to the meet, she had been jumping an average of 12 feet. Although most of the participants were two years older than Paige, she was not intimidated. “Mama,” Paige insisted, sharing her youthful perspective on the age difference between herself and her competitors, “we’re all the same!”

Tracy Burr Lemonia patiently explained to her daughter that the two-year age difference was indeed significant. “Paige, these girls were already walking when you were born,” Tracy explained. “They have been training for at least a year longer than you have.” Apparently, Paige was unimpressed. Her best jump of the summer occurred at this meet — an amazing 15 feet 1 inch. She ended up placing eighth out of a field of 29 jumpers. The following month at the Texas Junior Olympics, hosted in Houston, Paige placed 22nd out of 79 other competitors.

“Paige has always loved sports,” Tracy shared. “She’s spent a lot of time around athletes, pretty much since she was born. When Paige was 3 or 4 years old, I coached my girls’ varsity basketball team. When the team ran full-court drills, Paige would run right along with them.” As an athlete, Paige has exhibited a confidence that belies her youth. She is also a member of the select track team, Ennis Heat, where she excels at everything she attempts and has a fearless disposition.

Her determination to succeed is reminiscent of a young Tracy. Tracy had also been a strong student athlete. Her dedication to the sport she loved and her determination to get a college education helped her to achieve her goals in spite of the challenging, if not unusual, set of circumstances she faced.

Tracy is a well-known member of the Ennis community. Born and reared in Ennis, she attended Ennis High School, where she was a solid academic student, as well as a standout athlete. She played basketball, track and volleyball. “I played most sports, but my favorite was basketball,” Tracy explained. “I loved basketball!” Tracy’s performance on the basketball court helped lead the Ennis Lady Lions to the 1983 state tournament. Their team lost in the first round of play, but they have the proud distinction of being the only basketball team from EHS ever to compete at the state level.

In fact, Tracy was such an impressive talent on the court that she was awarded a full two-year athletic scholarship to attend Navarro College in Corsicana. She played for the Navarro Bulldogs, but their basketball program folded after one year due



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to a lack of funding. Fortunately, the school was committed to their athletes. They honored Tracy's scholarship, and she was allowed to complete her education.

Tracy graduated from Navarro in 1985 with aspirations to pursue education beyond her two-year associate's degree. She applied and was accepted by The University of Texas at Arlington (UTA). She still loved playing basketball. In spite of no opportunity to play on an organized team for over two years, Tracy set aside her trepidation and tried out for the girls' basketball team as a walk-on candidate. Her performance on the court was still solid, so much so that in January 1986 she was awarded a full athletic scholarship. On top of her game





## “The town of Ennis and Ennis ISD gave me a strong FOUNDATION.”

in the classroom and on the court, Tracy graduated from UTA in 1988 with a bachelor's degree in sociology.

Many people grow up in small towns, graduate from high school, go away to college and choose not to return to their hometowns for various reasons. But, Tracy chose to return to Ennis. “The town of Ennis and Ennis ISD gave me a strong foundation,” she explained, “and that’s what I want for Paige.”

Back in Ennis, Tracy worked as a junior high coach for St. John Catholic School. She worked her way up to head girls basketball coach and was employed by the school for 18 years. St. John Catholic School closed in 2008, and she now works for Dorie Miller Intermediate as their physical education teacher.

Tracy’s experiences as a student athlete, combined with her long career of coaching and mentoring young students, have given her a unique perspective when it comes to parenting a student athlete. “When I was in high school, I participated in track and field. But I didn’t like it. I only participated because I was made to. I loved basketball. Now that I am a parent, those experiences taught me to listen to what my child has to say

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about what she really wants to do and what she doesn't."

Another decision Tracy made was not to narrow her daughter's athletic focus down to just one sport. "Although Paige has excelled in track and field, I've never encouraged her to concentrate solely on that one sport," Tracy admitted. "As a coach, I have seen too many parents make that mistake, and then their child faces early burn out."

Tracy wants her daughter to experience as many extracurricular activities as possible. Right now, her focus is on athletics, but one day it may be music or dance, and if she chooses to explore any of them, Tracy will support her. "My desire is for Paige to become a well-rounded individual," Tracy explained. "And if her focus continues to be on athletics, then hopefully, her hard work will be rewarded with a scholarship to help further her education."

Although Paige is still at a youthful stage in her life, it's hard to miss the parallels already apparent between this mother and daughter. Hard work, determination, self-motivation, a competitive nature and a desire to succeed are mutual attributes. If Paige continues on the path she has currently chosen for herself, a shot at the Olympics wouldn't seem to be an unattainable goal. And if she makes it, Tracy will be one of the proudest moms in the arena. **NOW**





# Dilip Solanki, M.D.

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*Dr. Solanki specializes and is board certified in Internal Medicine, Medical Oncology and Hematology. Dr. Solanki was Professor of Medicine at the University of Oklahoma College of Medicine and also held academic appointments at Georgetown University School of Medicine. He currently sees patients at Ennis Doctors Center, Methodist Charlton Cancer Center, and Texas Oncology - Corsicana.*

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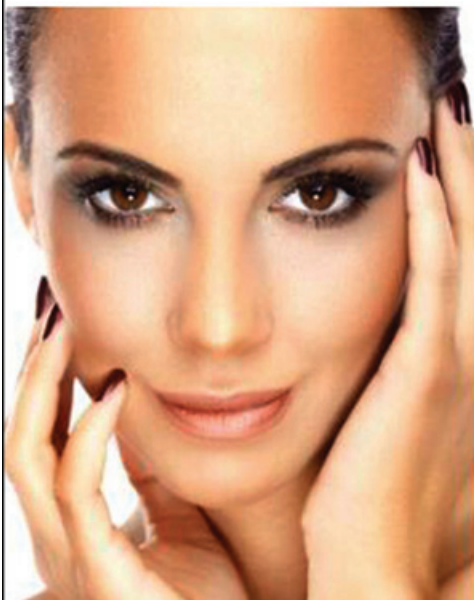
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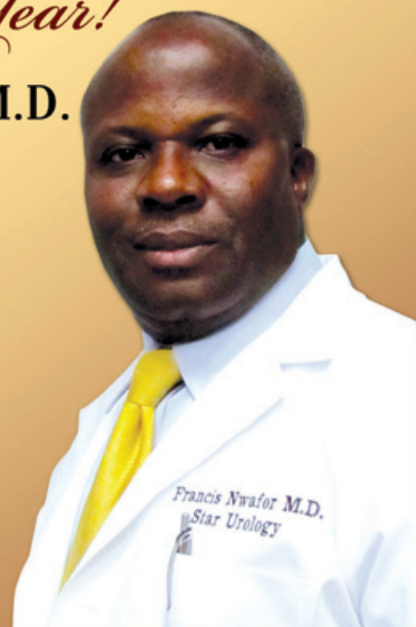
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# Back *to* Nature

— By Rick Herron

*For Chuck and Kim Hortman, it seems almost every hour of every day is scheduled for them to be somewhere doing something, whether it's working odd hours or doing volunteer work. As an Ennis fireman, Chuck's hours are often long and sometimes intense, and Kim's career as a nurse practitioner keeps her away from home for long stretches of time. Add caring for a blended family with five children at home and you have a*



*prescription for a frantic life with the potential for lots of unplanned and unwanted stress around every corner.*

## At Home With Chuck and Kim Hortman







Therefore it's no surprise that when the Hortmans decided to build their dream home back in 2005, they both knew it would have to be built somewhere in the open country, far away from the heart of Ennis. They shared the common desire to live somewhere with no neighboring homes mere feet from each other and definitely away from the sounds of traffic. After a long search, they found the perfect spot off Ensign Road, several miles south of Ennis city proper.

"Before we started looking for the best place to build, we had already found the floor plan we wanted to use for our dream home after visiting a friend's house," Kim remembered. "We made a few changes to the building plan to

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accommodate our own tastes and preferences.”

That included making sure that the home they would eventually build would have plenty of room, both inside and outside, for their children still living at home — Kaelee; the twins, Lacey and Kortnee; and Levi — all of whom attend public school in Ennis. “Before we built this house, we changed the floor plan to add more bedrooms and bathrooms, and wound up building a four-bedroom, three-bath home on a six-acre lot,” Kim said. “We also made sure to place the master bedroom and bath on the opposite side of the house from the kids’ rooms.”

Chuck, who has been in fire service for 22 years starting in Mineola and continuing in Ennis, is an avid hunter and fisherman who loves “anything and everything outdoors.” In addition to being a nurse practitioner for EmCare in Waxahachie, Kim also spends a

lot of time volunteering for several Ennis organizations. “I got involved with volunteering when the kids started school,” she said. “On the few weekdays I have off, I’m involved with two PTO boards, youth cheerleading and youth football.”

Both Kim and Chuck felt strongly about rearing their family in the country, surrounded by nature’s wide open spaces. Kim’s early years growing up in metropolitan areas and moving every few years because her dad was

in the service made her determined to provide her kids with the best possible environment and surroundings.

When building started on the home, the Hortmans used a contractor, but wound up doing a lot of the work themselves, such as installing an island in the kitchen complete with running water.

From the light-colored brick home’s front patio, visitors are greeted with ceramic tile flooring as far as the eye can see. The spacious entry hall opens up into an open floor plan centered on the main living area, lit beautifully by natural light pouring in



through a French door that leads to a backyard dominated by a beautiful dark plaster, rock-lined swimming pool. “We

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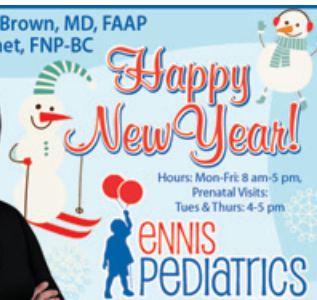
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added the pool and hot tub three years ago to enhance our enjoyment of the backyard," Chuck said, "because we really love to sit out here and enjoy the blissful peace and quiet that comes with living in the country."

A winding waterslide next to the pool, however, guarantees that when they've had enough of the quiet, there's bound to be a lot of poolside fun for the Hortman kids and their friends. "We always have a lot of parties for the kids during the summer," Kim said. "Our swim parties are enjoyed by everyone, kids and parents alike."

At the end of the long driveway, a metal building houses Chuck's shop, a boat and all of the yard tools necessary to maintain six acres of land. The house and pool take up about two acres, Chuck stated, and plans for the back four acres, which are currently undeveloped, may



very well include something right out of the movie *Field of Dreams*.

"Chuck is seriously thinking about making the back four to five acres into a functioning baseball field," Kim said. "We can't think of anything that would be better or more fun for our kids and all the neighborhood kids."

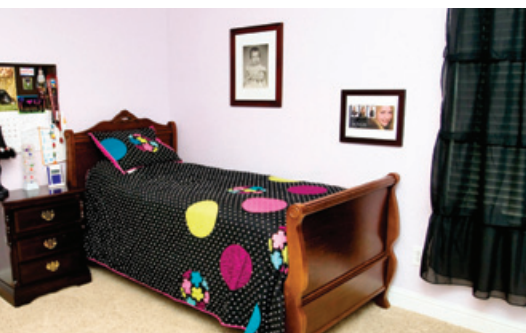
Kim's office is located to the left of the entry hall in an enclosed space with lots



of windows. She refers to this area as “my space.” Along with a sturdy cherry desk, there’s a wood curio cabinet full of Kim’s collection of antique medical equipment, figurines and old medicine bottles.

The formal dining room currently is used as a workspace and play area for the kids. “I’ve already made plans for that room to be my sitting room, after the kids are grown,” Kim confided.

Next to the dining room is an open kitchen complete with a two-door oven perfect for cooking for a large family. “Including a double oven was at the top of our list of ‘must haves’ since Chuck,



when he’s home, cooks as much if not more than I do!” Kim confessed.

“In fact, the gas stove was my preference,” Chuck added, “since I cook on one like it at the fire station.”

Open spaces above each kitchen cabinet are home to a colorful and tasteful assortment of vintage Dr. Pepper bottles. “I love the open areas on top of the cabinets,” Kim said. “It gives us display space that enhances the coziness of the kitchen while being out of the way.”

Behind the kitchen, off a separate hallway, are the kids’ bedrooms and baths, as well as a large laundry room. Arched entryways throughout the home provide an architectural detail pleasing to the eye, and in the master bedroom located on the east side of the home, a recessed ceiling gives added depth, height and space to the room.

Looking around her home, with Lacey and Cortnee laying on the living room sofa and Levi’s arms wrapped around his mother’s waist, Kim knows she’s a lucky lady. “We absolutely love it out here,” Kim confessed, while Chuck nodded his head in agreement. “I was raised a city girl, so the serenity Chuck, the kids and I find living out here sure beats living in the middle of town.” **NOW**

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Jeanette Patak  
(President) and  
Mary Macalik  
(Executive Secretary)

# Madam President

— By Randy Bigham

*The only thing Jeannette Patak loves more than her hometown is the job she has promoting her hometown. "I'm an Ennis girl through and through," laughed the effervescent blonde who's been president of the Ennis Chamber of Commerce since 2007. "So I care about this city and am very proud of its success." Born and reared in Ennis, with a Czech ancestry she's equally proud of, Jeannette couldn't dream of a better way to make a living than to share the benefits of the city she loves with future residents and merchants.*



# Ennis



Aided by the chamber's executive secretary, Mary Macalik, Jeannette reports to work with a winning smile and a goal to make each day count in a big way for the Bluebonnet City. Whether organizing the agency's annual auction, now in its 29th year, or networking with the Downtown Merchants Association, Jeannette is on the civic ball, her mind always on how to best showcase the qualities Ennis has in abundance. Apart from the quaint allure of its Victorian architecture and the fame of signature events like the National Polka Festival, Ennis offers what Jeannette believes is a unique appeal to prospective homeowners and commercial investors alike. It's not in the brick and mortar of the historic downtown section that sets Ennis apart, or in the revelry of tourists

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attending events there. "It's the people," Jeannette asserted. "Ennis is a thriving community. We have new businesses coming in, like Brookshire's, which opens next year. And yet, we're kind of a throwback to a simpler time, because we haven't lost our small town charm."

A case in point was the Ghosts and Goblins Bash, held Halloween night in and around Minnie McDowell Park,



where over 1,000 children were tricked and treated to a fun and tasty good time. Complete with games, prizes and candy aplenty, the chamber sponsors this popular annual event that has the aura of an old time fair, perfectly in keeping with the festivity's nostalgic setting.

The chamber has a fascinating history of its own, and Jeannette proudly upholds the heritage of the organization. She herself is an important part of that heritage. Jeannette joined the chamber 16 years ago as secretary and has also served five years as president.

Founded in 1918, the agency is now in its 95th year, representing hundreds of local companies and individuals. Many of these have been affiliated with the chamber for more than 50 years — Bank of America, Ennis State Bank, Avenue Fuel Distributors, Henry Oil and Gas, Blazek Building Supply, Leggett & Platt, Sherwin-Williams, Pollan Furniture and McCarty, Wilson and Mash. "Some of our businesses have actually been with us for the entire time we have been in existence," Jeannette said. "Two that I know of, just offhand, are Arden Insurance and Kever Mortuary." A glance over the chamber's original 1918



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charter reveals the names of many families who are still well-known in the civic life of Ennis today: Glaspy, Dunkerley, Allen and Fisher.

"It's great having the long history, and we want to celebrate the merchants who have enjoyed such longevity," Jeannette observed. "It is a real inspiration to new businesses just starting out." An occasion to recognize early companies that made

Ennis their home base was held in 2008 with a display of old albums and scrapbooks in the chamber's offices to mark the group's 90th anniversary. Many visitors enjoyed the exhibition and older residents, in particular, recalled the chamber's former secretary, the late Marie Munn, who served the organization for 42 years. Marie, for whom the chamber's boardroom was dedicated, is more than a name to Jeannette, who not only knew her but credits her training to the grand old lady of the chamber.

"I took Marie's place, or I should say I succeeded her, because no one can replace Marie," Jeannette recalled. "She was Miss Ennis and just knew everything and everybody. People still have very fond memories of Marie." Jeannette benefited from the expertise her predecessor shared, as well as from her remarkable memory. The older woman had such fantastic recall of so many details that all Jeannette had to do



Jeannette Patak is greeted with a smile and bouquet from Nancy Swindell of Garden Gate Floral and Gifts Shoppe.

was call her up and Marie would know the answer to any question she might have.

One of the many advances made during Marie's tenure as chamber secretary was the construction of the agency's current offices in 1984. "We

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are fortunate to have such a nice facility in our city," Jeannette said. "And the credit goes to the dedication of chamber members and their commitment to the community." (Officers on the original building committee were Toby Mash, Phil Newsom, Steve Howerton, Dorothy Armstrong, Don Weldon and Johnny Cody.)

As much as Jeannette enjoys her work as chamber president, she manages to squeeze in quality downtime with her husband, Charlie, a local musician best known for appearing regularly with the Jodie Mikula Orchestra. "Charlie's been with the group since 1989," Jeannette explained. "He loves it, and so do I." In fact, Jeannette considers herself the band's No. 1 fan, although she admits she's got some competition for that title. The Jodie Mikula Orchestra has retained its stellar reputation for decades, performing across the state at conventions, fairs, festivals and on the radio. Jeannette tries to make it to as many of the band's gigs as she can. And Charlie, who plays every instrument from accordion to rhythm guitar, repays his wife's loyalty by agreeing to perform with his band mates for chamber events. "I make most of their shows," Jeannette confessed. "And they are very good to help us with our work here."

She points out that the relationship is typical of the camaraderie to be found in the Bluebonnet City. "We're just like a big family," Jeannette said. "We all pull together to help each other." Jeannette insists the neighborliness of the people of Ennis that gives the city its charm, therefore attracting new residents and merchants every year. "You don't get lost as some number, the way you would in a big city," Jeannette admitted. "Here, when you deal with local business people, they know your name, they ask about your family."

The homespun spokeswoman for Ennis' commercial potential sees a lot changing in the city's future, but one thing she knows will remain the same is the genuineness of the people who live and work here. "However much we expand," Jeannette predicted with her compelling smile, "I don't think it will affect our attitude. Ennis may be a growing city, but it hasn't forgotten how to be a town." **NOW**

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Alecia Piper (Activities Director), Adell Wood, Emilie Harrison, Margaret Valek, Leighton Ansley and Lora Lambert.

# A Place to Call Home

*Blending gracious elegance with state-of-the-art medical services, Legend Oaks Healthcare is a thriving Ennis mainstay.*

— By Randy Bigham

“With all the comforts of home ...” So the old adage goes, but it rings true for Legend Oaks Healthcare & Rehabilitation, one of the finest facilities of its kind in Ennis. Far from the image of the average nursing care provider, this warm, friendly home away from home is located a proverbial stone’s throw from Ennis Regional Medical Center.

“From a services standpoint, our range of patient therapy is our strong suit,” said Christopher Sciacca, Legend Oaks’ upbeat administrator. “But the truth is that looks matter, so we’re very proud of the attractive, homelike environment we offer. The building definitely sells itself.” The facility’s exterior beauty rivals its interior amenities. There are private entrances, a gym, a beauty

parlor, flat screen TVs in the transitional unit’s suites and a first-class dining room menu.

Legend Oaks also features a prime location. “We’re basically just across the street from ERMC,” Christopher enthused. “So families concerned about their loved ones can know prompt emergency medical care is literally right next door.”

Built in June 2010, the 124-bed facility has another convenience factor to its credit — the connective highway, known as 287 Bypass, which delivers visitors directly to the property, whether en route from Corsicana or Waxahachie. Legend Oaks’ excellent quality of care, homespun hospitality, as well as its accessible location, have won for it a coveted “Best of the Best” annual media award



for two consecutive years.

In addition to being ideally located, Legend Oaks offers thorough and widely acclaimed therapy choices. "We have found this in our own outcomes and through feedback we receive from physicians and people in the community," Christopher said.

Along with traditional physical therapy, the facility conducts speech and occupational therapy, all of which can be provided in an outpatient capacity. "We are very proud of the reputation we have achieved in this field," Christopher added.

The administrator praises his nursing care personnel, led by Dr. Deepak Patel, Legend Oaks' medical director. "Our clinical staff is great," he maintained. "They really take care of our people." The same compliment he applies to Legend Oaks' social worker, Sandie Peebles. "She is great at transitioning our short- and long-term residents, whether it's getting them the medical equipment they need, setting up home health services or scheduling doctor's appointments."

Christopher is encouraged by positive feedback from residents, their families and other members of the community who visit Legend Oaks. "We strive to make sure our residents and their families are satisfied and genuinely happy," Christopher maintains.

Leighton Ansley, the facility's cheerful admissions and marketing director, agreed that referrals come thick and fast through word-of-mouth recommendations. "We get so many referrals through people who have undergone therapy here and had a positive experience," he said. "It means a lot to hear such great things about the work that's being done here."

Another perk for residents of Legend Oaks, and one Christopher attributes to its outstanding reputation, is a monthly social event, already famous locally, called Polka Night: "This is held every third Thursday. It's a concert put on by the Legend Oaks Polka Band, which is made up of current or former residents' families and community volunteers. This is a high point on our calendar, because it really underscores the kind of community involvement that we're all about." **NOW**

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*The Ennis Chamber of Commerce recently hosts a ribbon cutting and open house for Dr. Felicia Lewis.*



*Jean Nelson and Mary Nell Glaspy put final touches to the Ennis Golden Circle's Christmas tree.*



*Texscapes Greenery's entry in the Christmas Parade of Lights.*



*Sarah Garrison, Zephie Allen and Glenda Duran enjoy a game of dominoes at the Ennis Golden Circle.*



*Lee Brown, Kenneth Haskovec and Jerilyn Martinek Brown lately enjoyed a gathering of old friends.*



*Mike Salik, a mechanic at CK Customs, heads back to work after lunch.*



*Cody Company employees sport Ennis Fire Department pink T-shirts in support of breast cancer research.*



*Hometown Chiropractic has the winning float at the 2012 Ennis Christmas Parade.*



*Sandra and Kevin Strong pose with holiday decorations.*



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## Don't Fret Over Changing Bond Prices

When you own stocks, you know their prices will always fluctuate. To help ease the effects of this volatility on your portfolio, you could add other types of investments, such as bonds. Yet bond prices will also rise and fall. But there may be — in fact, there should be — a big difference in how you view the ups and downs of stocks versus those of bonds.

Any number of reasons can cause stock prices to go up or down. But in the case of bonds, prices go up and down largely, though not exclusively, for one reason: changes in interest rates. Suppose you purchase a bond that pays four percent interest and then, a year later, newly issued bonds pay three percent. You could now potentially sell your bond for more than its face value, because it provides more income to investors than the new bonds. Conversely, if newly issued bonds pay five-percent interest, the value of your existing bond would drop, because it's unlikely that someone would pay full price for a bond that provides less income than newer bonds.

When you own stocks, or stock-based investments, you want their price to rise, because you probably plan on selling those stocks someday — and you'd like to sell them for more than you paid for them. But it's not so cut-and-dried with bonds. While some people may indeed purchase bonds in hope of selling them for a profit before they mature, many other investors own bonds for other reasons.

First, as mentioned above, owning bonds can be a good way to help diversify your portfolio. Second, and probably more importantly, people invest in bonds for the income they provide in the form of interest payments. And here's the good thing about those interest payments: They'll always continue at the same level as long as you own your bond, except in the rare

case of a default. (Although defaults are not common, they can occur, so you do need to take a bond's credit risk into account before investing.) Thus, if you plan to hold your bonds until they mature, you don't have to worry about a possible drop in their value. But if you need to sell your bonds before they mature, the price you receive will depend on current interest rates.

You can't control or predict interest rates, but you can help soften their impact on bond prices by building a "ladder" of bonds with varying maturities. Then, if market interest rates rise, you can sell your maturing short-term bonds and purchase new ones at the higher rates. And if market rates fall, you'll still have your longer-term bonds working for you at higher rates. (Usually, but not always, longer-term bonds pay higher rates to compensate investors for incurring inflation risk over time.) Keep in mind, though, that the investments within your bond ladder should be consistent with your investment objectives, financial circumstances and risk tolerance.

Whether you own your bonds until maturity or build a bond ladder, you can do something to protect yourself from price movements. And that type of control can prove valuable to you as you chart your course through the investment world. **NOW**

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

## HAPPY NEW YEAR

New Year's is a time to reflect on the year past. It is also a time to set goals for the future, and Edward Jones can help you do just that. We're in your neighborhood and available to help you take steps now to help meet your long-term financial goals.

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*Abduction survivor and  
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# Health Nuts and Why I Love Them

Nuts of all kinds are rich in unsaturated fats, vegetable protein, fiber, minerals and phytosterols. Many studies have shown that consumption of nuts can decrease the incidence of gallstones and coronary artery disease in men and women, and diabetes in women. Some evidence shows that they also have an impact on high blood pressure, cancer and inflammation in the body. Other studies show a reduction in visceral body fat (or what we would call abdominal fat) and also a reduction in the risk factors associated with metabolic syndrome. Rather than causing weight gain, studies have shown either weight loss or a weight neutral response with nuts added to the diet on a regular basis.

You might ask, "What is metabolic syndrome, and why should I be concerned?" That's a good question. With the rise of obesity in the United States, we should all have some idea of what it is, and how to reduce the risks. Although some differences exist in the criteria of metabolic syndrome by several organizations, it essentially includes having at least three of the following risk factors: a large waist line (with actual measurements criteria being different for men and women), an elevated triglyceride level of greater than 150 (this is what is called "the other bad fat"), a low HDL of less than 40 (this is our good cholesterol), an increase in blood pressure of over 130/85 and a fasting blood sugar of over 110. These symptoms contribute to an increased risk of diabetes.

Let's look at some of the studies done at home and abroad. A study published by the *British Journal of Nutrition* in 2007 showed the effects of eating pistachios on weight loss. Two groups of obese participants were given lower calorie diets

with either a 240 calorie snack of salted pistachios or 220 calories of salted pretzels for 12 weeks, where both diets decreased their calories by 500 below each individual's regular resting metabolic rate requirement. Both groups lost weight, but there were significantly different changes in BMI (Body Mass Index), and also triglyceride levels in the two groups. A six-year follow up study done in Spain to assess the risk of developing metabolic syndrome showed that those who consumed two or more servings of nuts per week had a 32-percent lower risk of developing metabolic syndrome as compared to those who did not eat them. Finally, a study published in the *American Journal of Clinical Nutrition* this year comparing eating a diet with almonds, which contain monounsaturated fats (MUFAs), and composing 39 percent total fat in one group versus a diet of 53 percent carbohydrates and only 5 percent MUFAs showed a reduction in weight and BMI of -18 percent versus only -11 percent and a reduction of waist circumference of -14 percent versus only -9 percent, as well as a lowering of systolic blood pressure of -11 percent versus 0 percent.

Evidence is pointing to nuts as a healthy addition to the diet in that they can keep our risks lower for developing central obesity, high blood pressure and diabetes. They are a good snack alternative for you and your family as they taste great as well. **NOW**

Jill Van Horn, D.O.

Member of the medical staff at Ennis Regional Medical Center

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### Through January 2

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

### January 2

Children's Choir and Dance: 6:00 p.m., New Hope Church, 2003 E. Ennis Ave. Kids will learn music and performance techniques. Classes will be held every Wednesday. For more information, call (972) 330-4490.

### January 2-4, 7-11

Christmas Tree Recycling: 7:30 a.m.-3:00 p.m., 1011 Eastgate, Midlothian. Please check in at the office. Make sure all decorations and electrical lights are removed. No artificial trees or wreaths will be accepted.

### January 8

Midlothian Area Historical Society meeting: 7:00 p.m., Midlothian Civic Center, Midlothian. For more information, contact Beverly Sink at (469) 628-1907 or e-mail her at [beverlysink@sbcglobal.net](mailto:beverlysink@sbcglobal.net).

### January 12

11th Annual Unity in the Community Health Fair and Community Fest: 10:00 a.m.-1:00 p.m., Ennis High School, 1405 Lake Bardwell Dr. Free medical screenings available, free

doctor's consultations onsite, vendor booths and children's attractions. For more event or vendor information, call (214) 374-1929 or visit [www.unityinthecommunityofennis.org](http://www.unityinthecommunityofennis.org).

### January 16-30

Junior Historians Fundraiser: Ennis Junior High School, 3101 Ensign Rd. Throughout each school day, Dena's Gourmet Popcorn will be available, proceeds benefiting the projects of the Junior Historians. For more information call (972) 872-3850.

### January 19

Run For Their Lives: 9:00 a.m.-noon, Getzendaner Park, 400 S. Grand Ave., Waxahachie. Run will benefit the Texas Baptist Home's Adoption Department. For more information, call (972) 937-1321.

### February 2

Jazz Café presents "A Night of Memories:" 6:30-10:30 p.m., Waxahachie Civic Center, Waxahachie. The event includes dinner, live music from the WHS Jazz Orchestra and silent auction/raffle benefiting the WISD band programs. Tickets: \$30 in advance, \$35 after January 20. For more information on where to purchase tickets, go to [www.spiritofwaxahachie.com/jazzcafe](http://www.spiritofwaxahachie.com/jazzcafe).

### February 9

Ennis Czech Music Festival: 11:00 a.m.-10:30 p.m., Sokol Activity Center, 2622 East Hwy. 34. Bands performing will include the Moravians, Ennis Czech Boys, Jak Se Do, Czech Harvesters, Jodie Mikula Orchestra and Czech & Then Some. For more information, visit [www.ennisczechmusicfestival.com](http://www.ennisczechmusicfestival.com) or call (972) 878-4748.

### Ongoing:

#### Mondays and Wednesdays

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

#### Second Tuesdays

Ennis Masonic Lodge No. 369 meetings: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at [c Curry\\_98@yahoo.com](mailto:c Curry_98@yahoo.com).

*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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## In the Kitchen With Renee Marchant

— *By Randy Bigham*

For Renee Marchant, cooking is more than a thrill — it's a thrill to share. Friends and family alike congregate in her kitchen for a fun as well as delicious evening together. "I enjoy cooking and having friends over," said Renee, who was reared in Garrett and went to school in Ennis.

Renee collects recipes from magazines and TV cooking shows but always adds her own touch. Her love of cooking began in childhood when her mother taught her how to bake apple strudel. Now Renee shows her friends how to turn out a perfect strudel from her mom's coveted recipe. "It is so much fun watching people make their first apple strudel," Renee remarked. "We spend the day laughing and baking. It's great therapy when you're down!" **NOW**

### Berry Fruit Salad

- 1 pint strawberries, hulled and cut in half**
- 1 pint blueberries**
- 1 pint raspberries**
- 1 Tbsp. balsamic vinegar**
- 1/4 cup sugar**

- 1.** In a large bowl, combine berries, vinegar and sugar; stir gently.
- 2.** Cover securely with plastic wrap; refrigerate for 30 minutes to 1 hour.

### Corn Salad

- 2 15.25-oz. cans whole kernel corn**
- 1 bell pepper, chopped**
- 1/2 medium onion, chopped**
- 8 oz. Mexican cheese, grated**

- 1/2 cup salad dressing**
- 1 1/2 cups chili-cheese flavored corn chips**

- 1.** Drain corn and place in a medium-sized mixing bowl.
- 2.** Add pepper, onion, cheese and salad dressing.
- 3.** Just before serving, add corn chips.

### Sauerkraut Salad

- 2 15-oz. cans sauerkraut, drained**
- 1 small jar pimentos**
- 1/2 bell pepper, chopped**
- 1 small onion, chopped**
- 1/3 cup oil**
- 1/3 cup white vinegar**
- 1 cup sugar**
- 4 stalks celery, chopped**

- 1.** Mix all ingredients.
- 2.** Refrigerate overnight.

### Okra Creole

- 1/4 cup chopped onion**
- 1 green pepper, chopped**
- Oil**
- 2 cups sliced okra**
- 1 cup corn**
- 3/4 cup tomatoes, chopped**
- 1 tsp. salt**
- 1/8 tsp. pepper**

- 1.** Cook onion and green pepper in 1/4-inch hot oil until onion is golden brown; stir frequently.
- 2.** Add okra; cook for 5 minutes.
- 3.** Add remaining ingredients, cover and simmer 15-20 minutes.

### Black Eyed Peas With Ground Beef

- 1 lb. ground beef**
- 1 bell pepper, chopped**
- 1 medium onion, chopped**
- 1 can Ro-Tel tomatoes**
- 4 15-oz. cans black eyed peas, drained**

- 1.** Brown ground beef with the pepper and onion.
- 2.** Drain and place in slow cooker.
- 3.** Add Ro-Tel and black eyed peas; stir and cover.
- 4.** Cook on high 2 hours.

### Sweet and Spicy Chicken

- 3 lbs. chicken legs**
- 1 18-oz. jar apricot-pineapple preserves**
- 1 pkg. taco seasoning**
- 1/4 cup ketchup**
- 1 jalapeño, finely chopped**

- 1.** Place chicken on a baking sheet and broil for 8-10 minutes while preparing sauce.
- 2.** In a small bowl, combine remaining ingredients.
- 3.** Place chicken in a Crock-Pot; pour sauce over chicken.
- 4.** Cook on high for 2 1/2 to 3 hours.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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

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