

# EnnisNOW

M A G A Z I N E

JANUARY 2014

## A Toast to Heritage

Faith and fun guide Michele  
Andrews' life on Sugar Ridge

## Making Resolutions Stick

Discover easy ways to live  
healthier in the New Year

## Memories in Time

At Home With  
Lillian Alexander

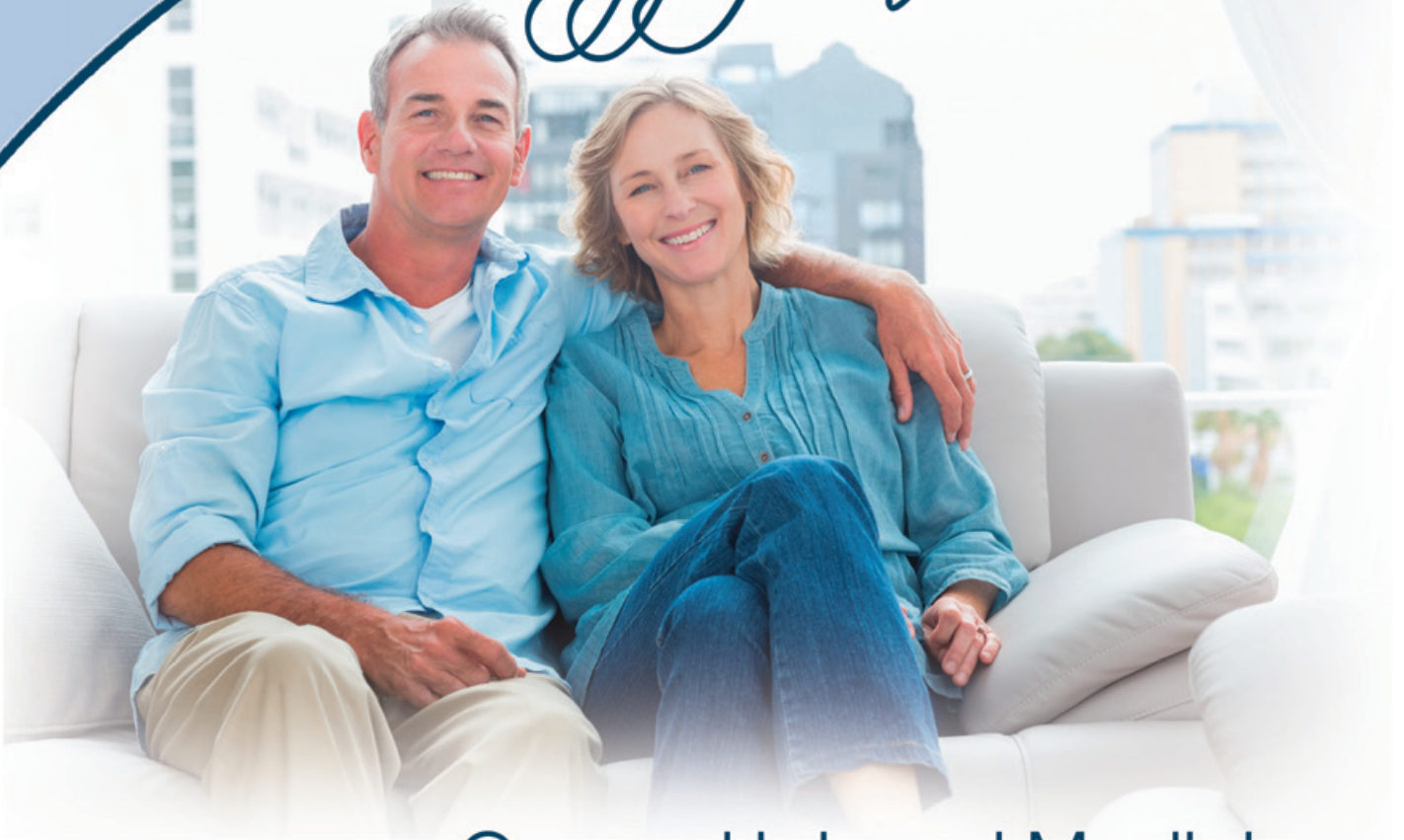
The Man in the Mirror

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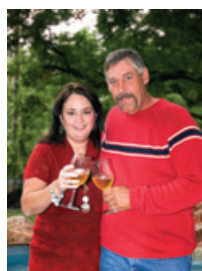
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*Don and Michele Andrews raise a toast to 2014.*

*Photo by Amy Ramirez.*

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## Editor's Note

*New year, new hope ...*

For me, 2014 kicks off with new challenges, ones I never thought I'd face. As a diabetic, I realized foot care was important, but when a sore on my right heel showed signs of infection, I didn't take quick enough action. The vascular surgery team at Baylor Medical Center in Dallas tried to save my foot, but the spreading infection was too severe, and my right leg was amputated at the knee.

Despite the shock of this setback, God has blessed me with optimism, and I anticipate the prosthetic leg that will someday soon enable me to resume an active, normal life. I'm also blessed with loving relatives, friends and co-workers who have stepped up to aid me in every way.

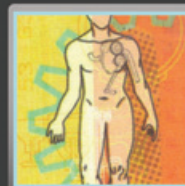
Although on partial medical leave as I recover, I'm still very much a part of the family that is NOW Magazines, and I'm proud to continue serving our readers.

All of us at NOW Magazines wish you and your families a bright and beautiful New Year!

# Randy

Randy Bigham  
EnnisNOW Editor  
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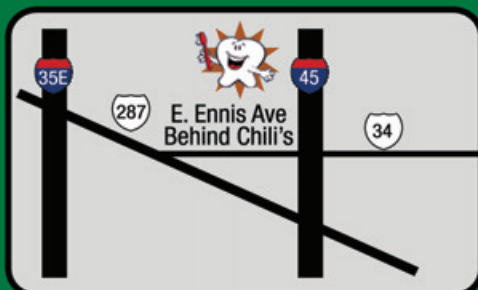
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A man and a woman are posed together. The man, on the left, has a mustache and is wearing a red sweater with two horizontal stripes (one blue, one white) across the chest. The woman, on the right, has long dark hair and is wearing a red short-sleeved sweater with a cowl neck and a decorative button and chain detail. They are both smiling. The background is a collage: on the left, a stack of old, weathered wooden barrels; on the right, a faded image of a wooden structure, possibly a winery or farm building, with some outdoor furniture.

# A toast to Heritage

— By Carolyn Wills

*Special occasions ignite wonder, bring family and friends together and highlight life's blessings. Some people celebrate quietly. Others can barely contain their excitement. On Sugar Ridge Road in Bristol, Michele Andrews goes all out. From laid-back evenings by the fire with a good book to a houseful of family members having breakfast in her big warm kitchen, to a gathering at her Sugar Ridge Winery, Michele delights in her deep Texas roots and spending time with loved ones.*

At the age of 10, Michele knew exactly where she wanted to live when she grew up, even down to the very two acres where her house would one day stand. "When I was a little girl," she recalled, "I told my grandparents I wanted a swimming pool under a circle of pecan trees on their land."





## Roots, family, faith and humor are guiding lights in Michele's life.

Years passed. A student at Palmer High School, Michele spent summers working on home economic projects for extra credit. "The first summer I drew and landscaped my imagined house," she said. "The second summer I designed the floor plan and picked paint chips and materials." Michele knew she wanted brick on the lower part of the exterior and siding on the front. She also wanted an upstairs that was modestly laid out and, of course, there had to be a swimming pool since it was the pool that started it all.

Jack and Myrtle Sparkman ultimately fulfilled their granddaughter's dream and gave her those two beautiful acres with its circle of pecan trees. In 1992, Michele and her first husband, Chris, built the home she had envisioned in her youth, complete with the swimming pool. "My great-great-grandfather founded our family's land on both sides of Sugar Ridge Road," she explained. "Today, my 3-year-old grandson and light of my life, Easton, represents the seventh generation to live on the property. My brother lives three houses up. My son, Zac, built a house next door; my daughter, Christal, bought my grandparents' home; and my parents live just around the corner at the bottom of the hill."

To say Michele is rooted in family, faith, humor and work ethic is an understatement. "We were a big cotton family," she said. "As each grandkid turned 12, my grandfather put us to work in the fields. After hauling hay and weeding fields, he would explain that if we didn't want to do this for a living, we would need to get an education, and that's how we learned the value of hard work *and* education. He also taught us the importance of — and the honesty in — a firm handshake and eye contact."

Michele took her first job at the age of 15. Her father, a paint contractor, owned a commercial building that had a paint store downstairs and a dentist office upstairs. Michele used to sneak upstairs to watch the dentist and eventually Dr. Charles Williams hired her. She worked in the dental field from 1982 to 1999 and







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ultimately became general manager for seven dental offices. "I've always been a career woman," she said. After high school, she enrolled in Texas Woman's University in Denton to study dental hygiene. "I went to college for a year, and then the love of my life asked me to marry him. We had a daughter and a son, and Chris, who was self-employed at the time, stayed home with the kids."

Sadly, in 1997, Michele suffered a terrible loss. "My husband passed away," she shared. "After that, I needed to be closer to home for our children, so I started a dental consulting business and staffing agency."

When she considered remarrying, she asked God to send her a tall man with black hair, no children, out-of-state parents — one who would love her children as if they were his own. Her cousin happened to arrange a blind date for her with a tall man from Pennsylvania who had been in Texas for about four years. "God gave me another blessing," she said. "Don and I have been married for 13 years."

Don works for Verizon, and Michele owns and operates a dental, medical assistant and massage therapy training school called Training Academy 4 U. She established the school in Ferris nine years ago to provide career paths for women who couldn't afford, didn't have time for or simply had no interest in college. The longest of the programs last no more than six months. "Our students are assigned extern positions to gain experience, and we also help them learn résumé writing and develop interview skills."

In addition to their full-time jobs, Michele and Don opened Sugar Ridge





Winery on April Fool's Day 2011. "It started with a wine kit that my parents gave us for Christmas," Michele smiled. "We named it Mora Negro, which is Italian for blackberry." Don and Michele made it in the summer, intending to give it as Christmas gifts, but it was so good that by the end of the year only six of 36 cases were left. The former barn in their backyard was soon converted into a full-service winery complete with tasting room, gift shop and outdoor patio. "We make all of our wines here from juice," she explained. "We use stainless steel barrels and oak chips and, for big projects, the whole family helps. Today, we have 10 labels, and each night we are able to thank God for another good day."

Training academy and winery duties keep Michele very busy. "I work seven days a week, sometimes from early morning to late night, but when I play, I play," she said. "I take off to do things with my kids and grandkids, and I don't feel guilty."

She also enjoys staying in touch with Lela, who has become what Michele

**"My  
great-great-  
grandfather  
founded our  
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considers her “newest” daughter. “Lela was an exchange student from Germany who lived with us last year and truly became part of our family,” she explained. “Her parents stayed with us for a week, and then Don and I went to Germany in October.”



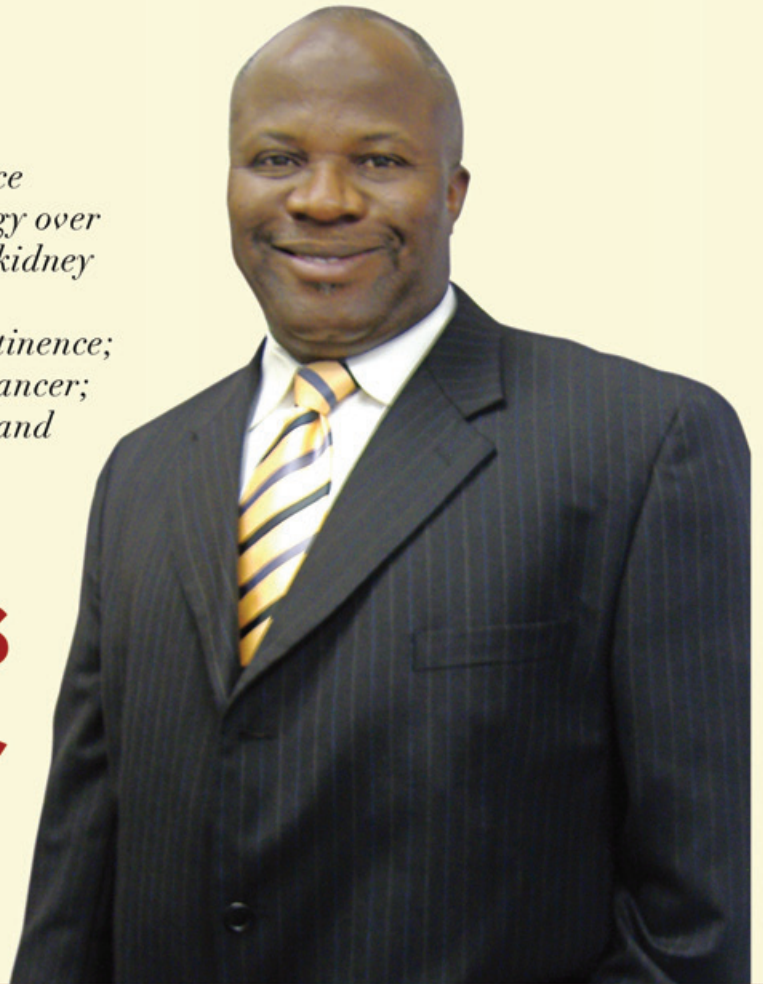
Roots, family, faith and humor are guiding lights in Michele’s life. She and Don honor this heritage through wine labels that tell stories of past relatives. Michele also displays a number of mementos and photos in the family room. As she points out, hers is a family that chooses to be together. “I am so blessed,” she said, “and thank God for our many good days.” **NOW**



# Francis Nwafor, M.D.

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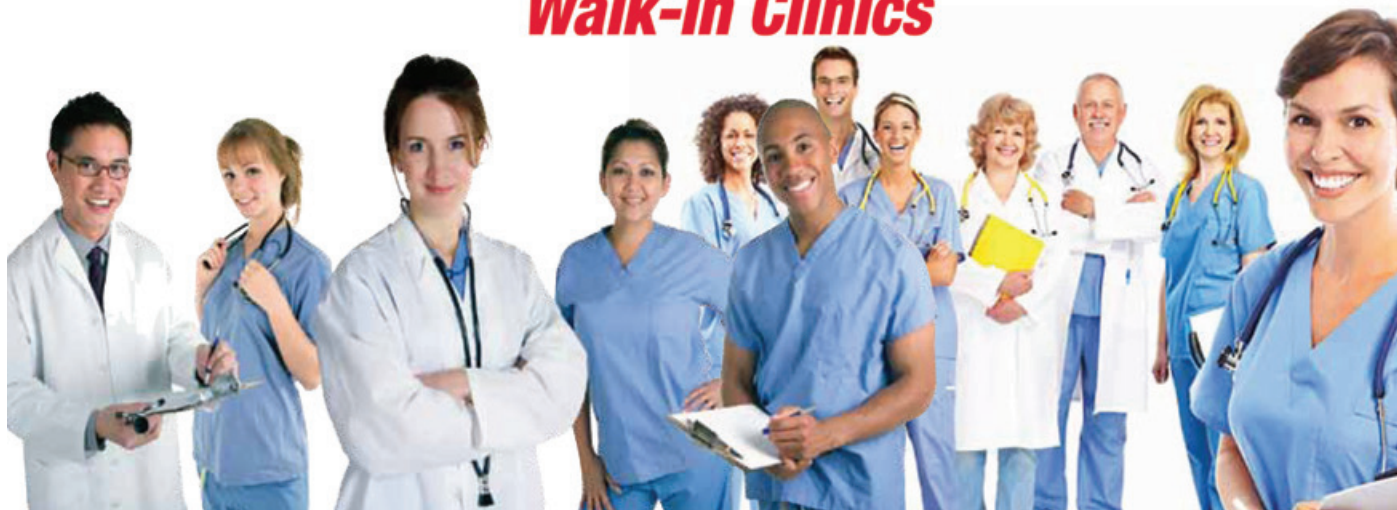
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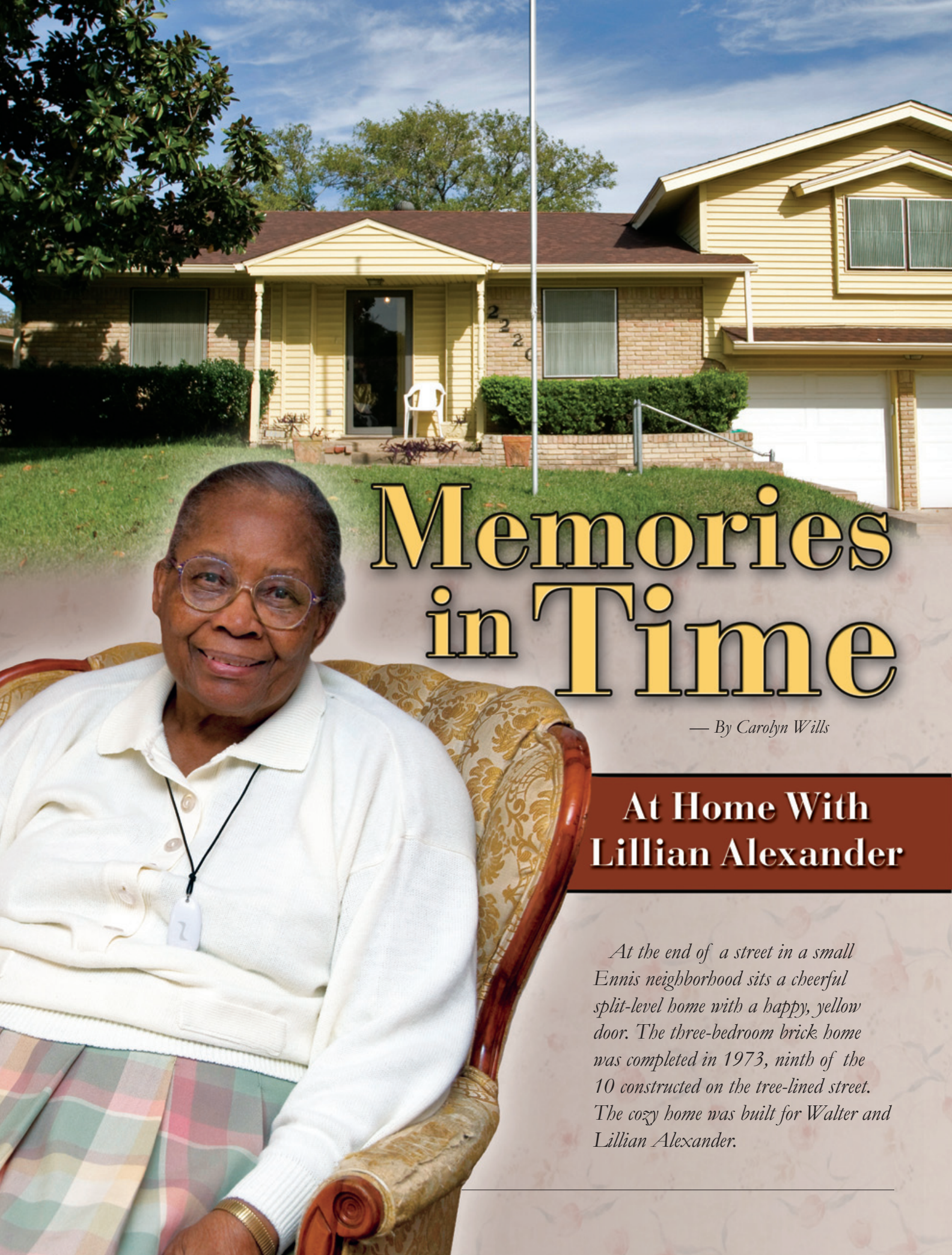
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# Memories in Time

— By Carolyn Wills

## At Home With Lillian Alexander

*At the end of a street in a small Ennis neighborhood sits a cheerful split-level home with a happy, yellow door. The three-bedroom brick home was completed in 1973, ninth of the 10 constructed on the tree-lined street. The cozy home was built for Walter and Lillian Alexander.*





With foresight, Walter later purchased 12 acres adjacent to the home ensuring open spaces for his two children and allowing proximity to his farming roots. "Walter was born and raised on a farm," Lillian smiled. "He loved being outdoors." Ultimately, the land produced big, beautiful, round bales of hay. Eventually, Walter leased it to a local farmer.

Forty years have passed since Walter and Lillian moved into their custom-built home. Their son, Stephen and his wife, Marie, now live on the corner of the same street. They are parents to three children and are also grandparents. The Alexanders' daughter, Amie, lives in Plano with her husband, Vladimer. Amie also has three children.

After 58 years of marriage, Lillian's beloved Walter passed away in 2010. "We had a beautiful life together," she shared. She continues to live in the home built for the two of them and, clearly, theirs is a home that reflects lives well-lived.

With a front door the color of a soft morning sun, the home opens to a light tan, tiled entry and hallway. The first room to the left is a floral-wallpapered formal living room with a richly upholstered Victorian-style sofa, two velvety chairs, marble-topped

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tables and a beautiful upright piano topped with an array of framed family photos. Most impressive, though, is the elegant and imposing grandfather clock standing tall in its corner and, as if it could be missed, announcing its presence with timely chimes. "The sofa is the first piece of furniture we ever bought," Lillian explained. "The clock was a gift from Walter for our 42nd wedding anniversary."

Walter and Lillian started dating when they were students at Prairie View University (now Prairie View



A&M University) in Prairie View, Texas. "Walter's degree was in agriculture," she said. "Mine was in home economics. Later, I earned my master's degree in elementary education."

Walter served as a school principal for most of his life before retiring in 1984. "That's when he fell in love with clocks," she explained. "He liked fixing things, and a friend from the National Reserves introduced him to clocks. Oh Lord, we had clocks everywhere," she smiled.

Lillian retired in 1990 after 35 years of service, seven in classroom teaching

and 28 in elementary school supervisory and curriculum administration. By then, Walter was buying, selling, setting up and repairing clocks, and he wanted Lillian to travel with him. Today, with the exception of the two grandfather clocks, most of the time pieces have found new homes. The grandfathers, though, stand as guardians of Lillian's times and travels with the "clock man."

Down the tiled hallway from the formal living room is a richly decorated dining room across from a bright, white galley kitchen. "The dining room used

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to be combined as the den and dining room,” she said. “It didn’t take long, though, for us to know that wouldn’t work.” Later, they added a den to the back of the house.

The spacious den features custom-built cabinetry and bookshelves across both ends of the room, a large wood-burning fireplace, an aged-oak rolltop desk, big flat-screen TV and an overstuffed sofa for that true “comfort of home.” Most importantly, the walls are covered with a lifetime of family photos, as well as plaques and awards in recognition of Lillian’s and Walter’s years of educational and civic service.



One feature of the floor plan Lillian especially likes is having the master and guest bedroom on the second level toward the front of the house and apart from the rest of the house. “There are just seven steps to the second level,” she said. The large master bedroom is comfortably arranged with oversized wood furnishings, and the guest bedroom features a stunning antique four-poster bed.

The third bedroom, which Lillian refers to as her junk room, is downstairs. “It’s my favorite room, because it has a TV, computer and typewriter,” she smiled. For a total of almost eight years, Lillian served several terms as president of the Ennis chapter of Phi Delta Kappa, a national educational sorority promoting sisterhood and high standards

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within the teaching profession. She also served as a volunteer for the United Way of Ennis. During those years and, to this day, her junk room has been her essential workroom.

Throughout the years, Walter and Lillian watched their children grow up surrounded by neighbors and plenty of other children to play with. "That's when kids could play outdoors," Lillian smiled. "The neighborhood boys loved to play ball and, although Amie is seven years younger than Stephen, she enjoyed being outside and picking flowers and climbing trees."

Although she and Walter kept busy schedules, there were periods when he found time to tend to the hayfield and she to plant flowers on both sides of the house. "I used to love gardening and getting out to walk the neighborhood," she smiled. "The thing I like most about our home is its location and quietness. I'm thankful, too, that Stephen lives so close. He really sees after me, and I thank God for that."

Lillian was born across the Trinity River in Rosser, Texas, but has always considered Ennis her home. "This is where I went to school," she said. "My father died when I was 9. There were five kids in our family, and our mama was very strong. If she made five cents, she would somehow save six. When I told her I wanted to go to college, she cautioned me that 'boys and books don't mix,'" she grinned. "Until I met Walter, I was never serious about any boy. Somewhere along the line he convinced me to marry him."

They were wed on June 2, 1951, five days sooner than originally planned. Although Walter had been drafted out of high school and had completed his military service, he took the ROTC training while at Prairie View University, and was commissioned as a second lieutenant. He went back into the service for an additional three years, spending time in the Korean War. Upon his return, the newlyweds settled in Texas.

Walter and Lillian's marriage made room for independence, respect, partnership and love of God, family and home for both of them. Today, at age 84, Lillian lives her life with grace and humor, honored memories and family ties. With clocks that chime and a happy yellow door, her home is comfortable, warm and elegant — just like her. **NOW**

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# MAKING

# RESOLUTIONS

# STICK

— By Jill Rose

*With the New Year comes a clean slate and a chance to start over. Bad habits and lifestyle choices can be altered with resolutions and goals, and the not-so-great living of the last few months slowly becomes a memory. Whether you want to work out or eat healthier, resolutions can help change your life for the better. Follow these simple guidelines, and this year your healthier resolutions may stick.*

## Be realistic.

You have probably made hundreds of yearly resolutions, yet given up within a few months. Frequently, giving up is due to unrealistic expectations of quick achievement. When setting goals, it's easy to get carried away with grand ideas, but this can set you up to fail. Although it would be amazing to achieve our goals in just weeks, realistically, it will take time — especially when it comes to weight loss. Excess weight/fat did not show up overnight, instead it culminates from decades, or even a lifetime, of poor eating habits. Losing 10 pounds may take you six months or more. Adjusting your goals to your current situation and





not where you want to be in a year, will prove a key to success. Perhaps you plan to run a marathon, but have never run farther than a mile. Break large resolutions like this into smaller, attainable goals: running a 5K in three months, a 10K in six months, a half marathon in nine months and a full marathon in a year. Breaking goals into smaller increments allows you to reach milestones quicker and will motivate you to continue.

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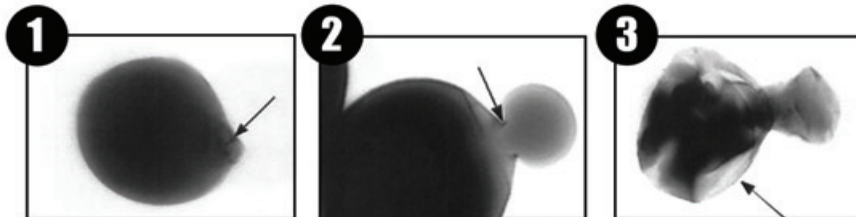


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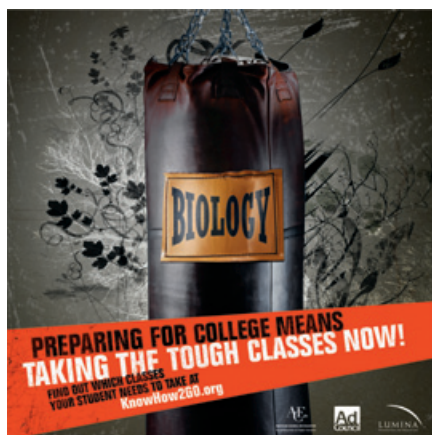
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## Find your true motivation.

In order to stick to your resolutions, you have to be honest about your motivations. Motivations rooted in pleasing others often result in frustration and disappointment. Determine what motivates you — not others — in order to do well. Find your true motivations by asking yourself the following:

Why do I want to live a healthier life? To feel better? To look better for a special event? To impress someone?

Am I afraid of taking risks or failing?

What has stopped me from keeping my resolution in the past?

What can I do differently this year?

When thinking of giving up, what will I say or do to keep my resolve?

Answering these questions first will not only clarify your true motivations, it will prepare you for obstacles.

## Write it down.

While setting realistic goals and determining your motivations may seem like a no-brainer, writing them down is crucial. This is a great way to visualize what you want to accomplish. Write your goal on a sticky note and post it somewhere highly visible, like the bathroom mirror or refrigerator. Seeing what you want staring back at you every day helps keep you focused.

Do you want to eat better and lose weight? Awesome! But what changes will you make in your day-to-day routine to obtain your goals? Will you cut out junk food? Eat more fruits and veggies? What is your weight-loss plan? Will you eat less, work out more or a little bit of both? When and where will you work out? Although these are basic questions, they make obtaining your desired result possible. By mapping out your strategy for achieving your goal when you make your resolution, you can see the work it will take and visualize what you want.





## Monitor your progress.

Perhaps the most vital part of sticking to your resolution is monitoring your progress. If your resolution is to eat better, keeping a food journal is an absolute necessity. No longer is it necessary to write down everything you eat in an actual journal. Apps like MyFitnessPal and LIVESTRONG.COM allow you to record foods quickly and easily, while monitoring your calories and macronutrients. The key advantage is accountability, providing a visual reminder of your progress and warning you when you begin to veer off-path.



If losing weight is your goal, use a journal to monitor your weights and measurements. Most fitness experts advise weighing and measuring once a week. Just a reminder: If you are lifting weights or participating in a muscle-building program, it's not wise to use the scale as a monitoring device. While muscle and fat weigh the same, muscle takes up less space. In the process of converting fat into muscle, you will lose

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Making life changes — no matter how big or little — is hard. Whether with work, kids or just life in general, mistakes are made. Workouts are missed. Cookies are eaten. Things don't go as well as planned. Using these obstacles to convince yourself the goal is too hard makes it easy to give up. Accepting you can't always adhere to your plan can make it easier to achieve your goals. Modify your resolution/goal as needed. If you plan to work out five days a week but you can't find the time, adjust your goal to three days a week. Once you get into a routine and working out becomes second nature, adding an extra two days down the road will be a breeze. Keep the faith and hang in there, because in the end you will be glad you did. **NOW**



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# The Man In The Mirror

— By Jon Peeler

*There's something different about Martin Torres. At first glance, it's difficult to see exactly what that difference might be. Perhaps it's his dark, deep eyes that put those around him at ease. Or perhaps it's the soft, happy smile that seems to always be spread across his face. Today, Martin seems different because he is different.*

Martin was born in a mountain village in Guatemala with birth defects that caused severe facial deformity. The complications causing his birth defects also took his mother's life. Not long afterward, his father packed up his brothers and disappeared, leaving Martin to be reared by his grandmother. "For me, growing up wasn't

**"I had a new face, and I looked different, but inside I was still the same."**





like it was for most people," Martin recounted. His days were spent being mocked and mistreated. "People didn't like me much," he shared. "And when I looked in the mirror, I didn't really like myself either."

At that time, life in Guatemala was hard, but for young Martin it was even harder. Having a different appearance made it tough for him to fit in with other children. Needless to say, his childhood was not one filled with the good memories most take for granted. His main source of comfort came from somewhere deep inside himself. "Sometimes at night I would hear a voice," he explained. "It would tell me that everything was going to be OK."

Martin remembers a time when a missionary came to his village. "He gave me my first job building a church," he said. Though the missionary tried to give Martin more work, he wasn't ready. "One day while we were eating lunch, the pastor asked me if I would like to know Jesus," Martin shared. "I told him, yes I did. He prayed with me, but I didn't feel any different." The one constant in Martin's life, however, was the voice in his head, always reassuring him that one day things would be better.

Looking for that better life, Martin left the little village in search of opportunities in Guatemala City. Things improved, but only marginally. Martin found himself washing cars, making just enough to live on. But things were about

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Carla Phillips





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to change in a big way. "It was a Sunday, and I was washing an American lady's car," Martin said. "She asked me if I had ever thought about seeing a doctor. I thought to myself, *I'm not sick. What do I need a doctor for?*"

The American lady had bigger dreams for Martin. December 14, 1984, was the first day of many firsts in Martin's life. Just one month after he met the American lady, he was traveling on an airplane to the United States! That's when



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he met a woman who would make a lasting impression. Her name was Phyllis. She had been asked by her pastor in Arlington, Texas, if she would be willing to give Martin a place to stay. Without any hesitation, Phyllis took Martin in, along with two other refugees who had also come to the States for medical attention. "The first time I met Phyllis, she came up to me in the airport and gave me a big hug. I didn't know what to do, because no one had ever given me a hug before," Martin said, remembering his friend. "I just knew it felt wonderful."

Once in Dallas, he met with Dr. Kenneth Salyer, founder of the World Craniofacial Foundation. Over the course of four surgeries, Dr. Salyer changed Martin's life in ways he never could have imagined. Growing up, missionaries would visit. They would try to check his eyes, but the deformity was so bad they were unable to get the equipment up to his eyes. That's no longer the case. After the surgery, he was fitted with glasses. He was able to look in a mirror and see his reflection for the first time. "And I liked what I saw," he admitted.

At night, when he lay quiet and still, Martin still heard the voice that reminded him that things would be better. "I had a new face, and I looked different," he admitted, "but inside I was still the same."

Before long Martin found a job and was teaching himself English by listening to American oldies music on the radio and watching American television. One of his favorite things to watch was television evangelists. "They had a way

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Martin Torres poses with his wife, Delores.

of speaking that was very easy for me to understand," he recalled with a grin.

One day as Martin watched, the pastor on television pointed at the audience at home and asked, "Do you know Jesus?" Martin knew the minister was talking to him. A wave of a feeling like Martin had never felt before swept over his body. He prayed to a Jesus he had always heard of, but had never really known.

"I knew immediately what the small voice inside my head had been saying," Martin said, clutching his Bible and remembering that pivotal day. "That's when I knew what my life had been about, and what God wanted from me."

Today, Martin can be found at Palmer First Assembly of God Church, where he ministers to the Spanish-speaking people of Ellis County. To look at him you might never guess the ordeals in his past, but it's easy to see he is different. "God has taught me a lot," Martin said. "Ask and you shall receive. If you ask in faith, God will answer. But He won't do it until we are ready to receive the answers He has for us."

That is Martin's message, and it's one he delivers with enthusiasm to anyone who will listen. "I spread the Word in my Spanish service, and whenever there is a local pastor who needs help, I'm always ready to go minister."

Martin likes to joke with his wife as he looks in the mirror. "I sure am a handsome man!" When Martin says it, he means it as a joke, but nothing could be closer to the truth. And for Martin, that handsomeness comes from within and from above. **NOW**



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**From left:**

Greer Yeldell, Tracie Wood and Glen Wilson bring experience, interpersonal skills and creativity to the financial table.

# Accurate and Precise Service

*Yeldell, Wilson & Co. focuses on client success and satisfaction. — By Virginia Riddle*

Since the 1980s, Yeldell, Wilson & Co., P.C. has been the place to go to receive knowledgeable financial advice and professional accounting services. Partners Greer Yeldell, CPA; Glen Wilson, CPA; and Tracie Wood relate well to clients' needs. "We are able to introduce clients to opportunities and resolve problems," Greer said. "We take on the problems that keep clients up at night, so they can sleep well."

Services range from the preparation of personal and corporate taxes to auditing, bookkeeping, payroll and educating clients. To further serve their clients, the firm's user-friendly website offers the aid of calculators, calendars with due dates, links to other useful sites and a client-secured portal through which clients can access and transport data.

Yeldell, Wilson & Co.'s clients include governmental

entities, nonprofit organizations, pension plans, trusts, estates, corporations and private individuals. Many of their clients are local, but the firm also has clients with offices in other states. "We can do just about anything while maintaining a focus on being on the cutting edge of technology," Greer stated.

In addition to the three partners, the company employs 19 full-time and three part-time staff members, serving as auditors, tax preparers, bookkeepers and administrative staff members. Five staff members are certified public accountants and 10 are degreed accountants. The firm is a member of the American Institute of Certified Public Accountants, the Texas Society of CPAs and the Ennis Chamber of Commerce (serving as past board members). It voluntarily submits to a peer review every three years.



Staying up-to-date with ever-changing tax laws, accounting and auditing standards is perhaps the most challenging and important aspect of the business. Continuing education in laws, regulations and technology must be scheduled on a regular basis for staff. "We have to also stay current in changes in clients' needs," Tracie said.

The public accounting profession is a deadline-driven business. "Meeting constant deadlines is another challenge we accomplish efficiently every day," Glen added.

Every aspect of public accounting has its own set of deadlines. But the rewards are just as great. "I enjoy being able to help clients and staff, too," Tracie shared.

"We are proud of our people skills," Greer explained. "We are imaginative, creative and well-rounded individuals who enjoy extracurricular activities with our families, friends and communities." A father to three teenagers, Greer is the president of the Ennis Rotary Club.

Glen, a native of Ennis, is married with two daughters. He serves on the Ennis Regional Hospital and ACROSS boards and on the American Cancer Society's Relay For Life committee. The firm participates with a Relay For Life team each year and is a 100-percent staff contributor to United Way.

Tracie is working on her MBA degree at The University of Texas at Arlington. She and her husband have three children. Relying on her previous experience in public relations, Tracie explained, "You understand, from an employer's perspective, its needs."

Staff members volunteer at chamber auctions in Ellis County cities and for the Meals on Wheels program. Area schools and nonprofits receive support from the firm as well.

Yeldell, Wilson & Co. continues to service clients in Ennis, but is excited about providing services to the Waxahachie area with the upcoming opening of a second office. Whether in Ennis or Waxahachie, the firm's small-town friendliness and pricing, combined with big-city knowledge and technology, remain a reliable foundation for its clients' success. **NOW**



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*Ron Lester and Roger Bryant, as Johnny Depp, at a come-in-costume movie screening in Dallas.*



*Dr. Nicole Davis cuts the ribbon during her induction into the Chamber of Commerce.*



*Melody Bigham and her son, Jakob, get ready to inspect what Santa brought.*



*Hunter Garcia and Jaylyn De La Cruz ham it up for the camera at a recent gathering of friends and family.*



*Mike Hall and Sonny Shroyer, of TV's The Dukes of Hazzard, at the cast reunion party hosted by Galaxy Drive-In.*



*The Ennis Chamber of Commerce welcomes Teletech to Ennis.*



*DeAnna Goodrum and her daughter, Sara Walker, at a family gathering.*



*EnnisNow's Linda Roberson and her husband, Craig, celebrate at Ninfas in Waco.*



*EHS receives \$25,000 from State Farm through the Celebrate My Drive program.*



*Community members attend a ribbon cutting for K&L Tees.*



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# Will You Be Able to Retire When You Want?

Despite the soaring stock market of the past few years, some Americans are nervous about their ability to retire comfortably — or even retire at all. Consider these somewhat sobering statistics:

Almost half of American workers report being “not too confident” or “not at all confident” about being able to afford a comfortable retirement, according to the Employee Benefit Research Institute’s 2013 Retirement Confidence Survey. The 28 percent who say they are “not at all” confident is the highest level recorded in the 23 years of this survey.

Between 2010 and 2012, the percentage of people 45 to 60 who planned to delay retirement rose to 62 percent from 42 percent, according to the Conference Board, a nonprofit business membership and research organization.

If you’re in either of these groups — that is, if you’re concerned about having enough resources to enjoy your retirement years or you’re afraid that you’ll have to work longer than you anticipated — what can you do to possibly alleviate your worries? Your first step is to get specific about your retirement goals. Have you set a target date for your retirement yet? If so, how many years until you reach this date?

Once you know when you want to retire, you’ll need to come up with some sort of price tag for your retirement years. By taking into account your hoped-for lifestyle and your projected longevity, you should be able to develop a reasonably good estimate of how much money you’ll need as a retiree. You may find it helpful to work with a financial professional — someone with the tools and experience to plug in all the variables needed to calculate your retirement expenses.

Next, review your retirement savings vehicles, such as your 401(k) and IRA. Are you contributing as much as you can

afford to these accounts? Are you increasing your contributions when your salary rises? Within these vehicles, are you choosing an investment mix that can offer the growth you’ll need to accumulate a sufficient level of retirement savings?

Even after you’ve maxed out on your IRA and 401(k) or other employer-sponsored retirement plan, you can find other tax-advantaged vehicles in which to invest for retirement. Again, your financial advisor can help you evaluate the ones that may be suitable for your needs.

Still, even after maximizing your investments, you may come up short of what you’ll need, given your desired retirement date. Consequently, you may need to consider working a couple of extra years. If you like your career, you may find that moving out your retirement date isn’t so bad — you’ll bring in more earned income, and you may be able to delay taking Social Security, which would eventually result in bigger monthly checks. Plus, you could postpone your withdrawals from your 401(k) and IRA, giving these accounts more time in which to potentially grow. (Keep in mind, though, that once you turn 70 1/2, you’ll have to start taking money from your 401(k) and your traditional IRA.)

In any case, do what you can to retire when you want — but be flexible enough in your thinking so that you won’t be shocked or dismayed if you need to slightly extend your working years. By covering your bases in this way, you can be ready for whatever comes your way. **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.*

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## The Benefits of Surgical Care in a Community Hospital

People suffering with medical issues want and deserve the best care available, as close to home as possible. Historically, this necessitated a balancing act for patients, between convenience and quality of care. People like the convenience of their local community hospital, but conventional wisdom told them more complex medical issues, such as spine surgery, needed to be treated at larger hospitals or university centers.

With the changes that are occurring in medicine, this balancing act has become much easier for people living in smaller, more rural areas. Nowadays, many major medical issues cannot only be treated *well* in local community hospitals, but in many cases can actually be *better* treated locally.

A combination of factors has led to this change. Changes to insurance policies and health care laws have led doctors and smaller, community hospitals to create a new kind of partnership, which delivers the highest quality health care to patients, close to home. Doctors working in partnership with hospitals, can now provide high-quality, specialty service to patients, with better control over surgical outcomes and patient care. People in Ennis and the surrounding areas can now access high-quality, local neurosurgical care.

But, what is “better care” in practical terms? Better care in local facilities means fewer patients for each nurse to handle, as well as some of the lowest infection and post-operative complication rates in the country. Patients, who undergo operative procedures of the spine, may now have shorter hospital stays. Now, their nurses know their names, and the vast majority go home after only one night in the hospital. In short, working with a community hospital allows more direct, efficient care with better outcomes.

With a new future for medicine fast approaching, we are entering a new era of boutique medicine, with smaller community hospitals and surgical centers leading the way. The people of Ennis are getting the best care available for their surgery, as close to home as possible. **NOW**

*Steven Zielinski, MD*

*Spine surgery and neurosurgery*

*Member of the medical staff at Ennis Regional Hospital*

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### January 1 — 3

No classes for Ennis ISD which continues the Winter Break Holiday that began December 23.

### January 11

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 is \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30 p.m. Concessions will be available. For more information, call (972) 846-2014 or (972) 846-2211.

### January 13

Ennis High School's Paw Power Booster Club: 6:30-8:00 p.m., EHS Cafeteria, 2301 Ensign Rd. The organization's regular meeting will be held.

### January 16

MLK Oratorical, Essay and Art Contest: 7:00 p.m., San Jacinto Auditorium, 501 N. Gaines St. The competition, held in commemoration of Martin Luther King, Jr. and sponsored by Unity in the Community, is open to all Ennis ISD students.

### January 18

12th Annual Health Fair and Community Fest: 10:00 a.m.-1:00 p.m., Ennis High School, 1405 Lake Bardwell Dr. The charitable event, presented by Unity in the Community, benefits Ellis County servicemen and women. Health screenings offered include mammograms for women ages 35 and older, prostate exams for men 40 and older, and testing for cholesterol, blood pressure, diabetes, HIV, sickle cell, vision, hearing and STD. Dental exams will also be performed and flu shots administered. In addition, blood and bone marrow donations will be accepted. WIC and counseling services will also be available. Food and merchandise vendors will be on site and canned food collected for Helping Hands of Ennis. For more information call (469) 285-4386 or email [uitcofenis@gmail.com](mailto:uitcofenis@gmail.com).

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.

### January 19

2014 "Keeping the Dream Alive" Community Service Award Gala and Silent Auction: 6:00 p.m., SPJST Hall, 1901 E. Ennis Ave. The event, honoring city leaders and volunteers who have contributed significantly to community betterment, includes a dinner

which begins at 6:30 p.m., following the silent auction. The program starts at 7:00 p.m.

### January 25

Bristol Opry: 7:00-9:30 p.m., Old Bristol Schoolhouse, Union Hill Road at Church Street, Bristol. The country music show features local singers and musicians. Sponsored by the Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

Third Annual Run for Their Lives 5K Hero Run: 8:00-10:45 a.m., Getzendaner Park, 400 S. Grand Ave., Waxahachie. The race is sponsored by Texas Baptist Home for Children and benefits that organization's post-adoption services ministry. For more information, call (972) 937-1321 ext. 229.

Hot Club of Cowtown: 7:30 p.m., Palace Theatre, 110 W. 6th Ave., Corsicana. The concert features the Austin-based western swing trio Hot Club of Cowtown, who have lately opened for Bob Dylan and Willie Nelson among other top acts. The band Angel (Sandy and Kay Jenkins) also appears. For more information, call (903) 874-7792 or email [corpallace@sbcglobal.net](mailto:corpallace@sbcglobal.net).

### January 26

Open Auditions for *Harvey* by Mary Chase: Times to be announced, Ennis Public Theatre, 2705-C N. Kaufman St. This show, based on the Pulitzer Prize winning comedy that premiered on Broadway in 1944 and is best known today for the 1950 film version starring James Stewart, will open at the Ennis Public Theatre on **March 28**. For more information, call (972) 878-7529 or email [info@ennispublictheatre.com](mailto:info@ennispublictheatre.com).

### February 7

Ennis Czech Music Festival Pre-Party and Polka Jam Session: 7:00-11:00 p.m., Sokol Activity Center, Sokol Clubroom, 2622 E. Hwy 34. Sponsored by polkabeat.com, the event features amateur musicians who are encouraged to bring their own instruments, a covered dish or snack. No cover charge. Doors open at 5:00 p.m.

### February 8

Ennis Czech Music Festival: 1:00-10:30 p.m., Sokol Activity Center, 2622 E. Hwy 34. Six bands are featured including Czech & Then Some (1:00 p.m.), The Moravians (3:00 p.m.), Ennis Czech Boys (5:00 p.m.), Czech Harvesters (7:00 p.m.) and the Jodie Mikula Orchestra (9:00 p.m.). Food and a raffle are among other highlights of the event. No reservations. Doors open at 12 noon. For

more information, call (972) 875-7959 or visit [ennisczechmusicfestival.com](http://ennisczechmusicfestival.com) or [sokolennis.com](http://sokolennis.com).

### 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.

#### Third Mondays

Ellis County Aggie Moms meetings: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin St., Waxahachie. For more information, visit [www.elliscountyyaggiemoms.org](http://www.elliscountyyaggiemoms.org).

#### Fourth Mondays

Creative Quilters Guild of Ellis County meetings: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue.

#### 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).

#### Third Tuesdays

Veterans Networking Group: 5:00 p.m., Ryan's Steak House, Hwy 287 Bypass and 77. Call Mike Lamb at (214) 763-0378 for more information.

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

#### Third Wednesdays

The Ellis County Christian Women's Connection: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. For more information, contact Kay at (972) 935-2054 or Margaret at (972) 937-1016 for reservations. Cost is \$13.

#### Thursdays

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

#### Sundays

Griefshare meetings: 2:30-4:00 p.m., Cowboy Church of Ellis County in the sanctuary Youth Inc. room. For more information, call (972) 935-9801 or visit [www.cowboychurchofelliscounty.org](http://www.cowboychurchofelliscounty.org).

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





## In The Kitchen With Corie Mach

— By Randy Bigham

Corie Mach is a self-taught cook who loves to grill up a variety of Texas and southwest specialties. What's more, his Czech heritage has opened the culinary door to an appreciation for other ethnic foods. "Texas is a multicultural state, so there's a big opportunity to experiment with what people consider Texas food," Corie pointed out, adding that he enjoys cooking everything from Mexican to Cajun to Italian dishes.

But healthy eating is also on Corie's kitchen radar, and he traces this influence to his maternal grandmother. "She was a downhome, country cook," he recalled, "using ingredients available at home or in her garden. We were organic before it was cool."

Corie likes inventing his own recipes. "Family and friends are my guinea pigs!" **NOW**

### Gumbo

**3/4 cup butter, divided use**  
**6 cloves garlic, minced**  
**4 cups onion, chopped**  
**1 1/2 cups celery, chopped**  
**2 lbs. okra, chopped**  
**1/2 cup all-purpose flour**  
**1 lb. beef stew meat, cubed**  
**4 cups water**  
**3 12-oz. bottles dark beer**  
**1 32-oz. can diced tomatoes**  
**3 tsp. white sugar**  
**3 tsp. parsley, chopped**  
**2 sprigs fresh thyme**  
**4 bay leaves**  
**2 pinches salt**  
**1 tsp. cayenne pepper**  
**2 pinches ground black pepper**  
**2 lbs. medium shrimp**  
**1 lb. flaked crab meat**  
**2 lbs. Andouille sausage**  
**1 tsp. Louisiana hot sauce**  
**1/2 cup Worcestershire sauce**  
**1 lemon, seeded**  
**File powder, to taste**

- 1.** Melt 4 Tbsp. butter in large skillet over medium heat. Cook garlic, onions, celery and okra, stirring constantly, until golden brown. Set aside.
- 2.** In large stock pot, combine remaining butter and flour. Cook, stirring constantly until roux is chocolate brown.
- 3.** Stir in vegetable mixture and stew meat. Cook, stirring, until vegetables are tender and meat is browned.
- 4.** Stir in next 7 ingredients. Season with salt, cayenne and black pepper. Bring to boil, reduce heat and simmer for 2 1/2 to 3 hours, stirring occasionally.
- 5.** Add shrimp, crab and Andouille. Stir in hot sauce and Worcestershire. Squeeze lemon into pot.
- 6.** Simmer 10 minutes or till shrimp are pink.
- 7.** Remove bay leaves, sprinkle with file and serve with lemon slices and hot sauce.

### Quick Tomato Linguine

**1 lb. linguine**  
**Olive oil, to taste**  
**3 cloves garlic, sliced**

**1/2 red bell pepper, chopped**  
**1 large tomato, chopped**  
**1/2 cup chicken stock**  
**Salt and pepper, to taste**  
**Balsamic vinegar, to taste**  
**1 leaf fresh basil, chopped**  
**Italian cheese of choice in amount desired, grated**

- 1.** Cook linguine until al dente, drain, leave in pot.
- 2.** Heat oil in skillet. Add garlic, sauté until fragrant. Add bell pepper, cooking until tender. Add tomato, bring to boil; add stock.
- 3.** After reduction to desired thickness, add salt, pepper and vinegar.
- 4.** Add linguine; cook till soft, stirring constantly until all ingredients are well-mixed.
- 5.** Add basil and cheese.

### Chili

**1 cup olive oil**  
**2 lbs. hamburger meat**  
**1 lb. venison (or ground pork)**  
**4 cups yellow onion, chopped**  
**2 cups green bell pepper, chopped**  
**3 jalapeño peppers, seeded and chopped**  
**3 poblano peppers, seeded and chopped**  
**3 serrano peppers, seeded and chopped**  
**1/2 cup celery**  
**1/2 cup garlic, minced**  
**2/3 cup Mexican tortilla flour**  
**2/3 cup chili powder, or to taste**  
**1 tsp. cayenne pepper**  
**2 tsp. ground cumin**  
**1 tsp. black pepper**  
**1 Tbsp. salt**  
**3 large tomatoes, chopped**  
**6 cups beef broth**  
**1 12-oz. dark beer**  
**1 cup red wine**  
**4-5 large cans black beans**  
**Sharp cheddar in amount desired, grated**

- 1.** Cover bottom of large pot with olive oil and brown meats. Stir in onion, peppers, celery and garlic; cook till vegetables are soft.
- 2.** Add flour, chili powder, cayenne, cumin, pepper and salt. Cook, stirring constantly for 30 seconds.
- 3.** Add tomatoes, broth, beer and wine; simmer for 2 hours.
- 4.** Add beans; simmer 30-60 minutes longer.
- 5.** Serve with cheese.

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



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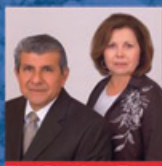
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