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ENNISNOW

6 **RUNNING FREE**
Yolanda Morales' family time is often spent in the saddle.

12 **POSITIVE LIVING**
At Home With Nick Allen and Cassidy Welch.

20 **WHERE ARE THEY NOW?**
Kellen Monreal

26 **GETAWAY TO GOOD TIMES**
Head to Northwest Florida for fun, sun and historical treasures.

28 **A BRAND NEW YOU**
Make the right choices in your diet this year.



22 **CookingNOW**

24 **BusinessNOW**

30 **AroundTownNOW**

36 **FinanceNOW**

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*Managing Editor, Becky Walker | Ennis Editor, Sandra Strong
Editorial Assistant, Rachel Smith | Writers, Debbie Durling . Jeff Irish
Emily Nipps . Virginia Riddle . Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony . Shannon Pfaff*

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen . Martha Macias . Brande Morgan . Anthony Sarmienta

PHOTOGRAPHY

*Photography Directors, Chris McCalla . Brande Morgan
Photographer, Amy Ramirez*

ADVERTISING

*Advertising Representatives, Linda Roberson . Cherise Burnett
Dustin Dauenhauer . Bryan Frye . Jennifer Henderson . Ashlyn LeVesque
Kelsea Locke . Lori O'Connell . Melissa Perkins . Steve Randle
Keri Roberson . Joyce Sebesta . Shilo Treille*

Billing Manager, Angela Mixon



ON THE COVER

Yolanda Morales has found fun in the saddle.

Photo by
Amy Ramirez.

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Sandra Strong
EnnisNOW Editor
sandra.strong@nowmagazines.com
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EDITOR'S NOTE

Happiest of New Years to you!

January is the month to catch up on my reading. Getting comfy on the couch with a good book makes these winter days seem not so long. I may read a lot and nap a little or just the opposite. The most fun books are those I read aloud to my grandsons. Some are read once, while favorites are enjoyed many times.

A few months ago, my oldest grandson asked if he could read a book to me. He's in kindergarten, just learning words by sight, but of course, I said yes. The book he chose has been read so often over the years that the corners of the pages are bent. He read the story based on his memory. When he got to the last word on the last page, he said, "The end!" He may not have read the words from the pages, but his memory was such that he told the story completely, with just the right amount of feeling and emotion. When he became The Hulk, he was downright scary!

What good books have you read lately?

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!

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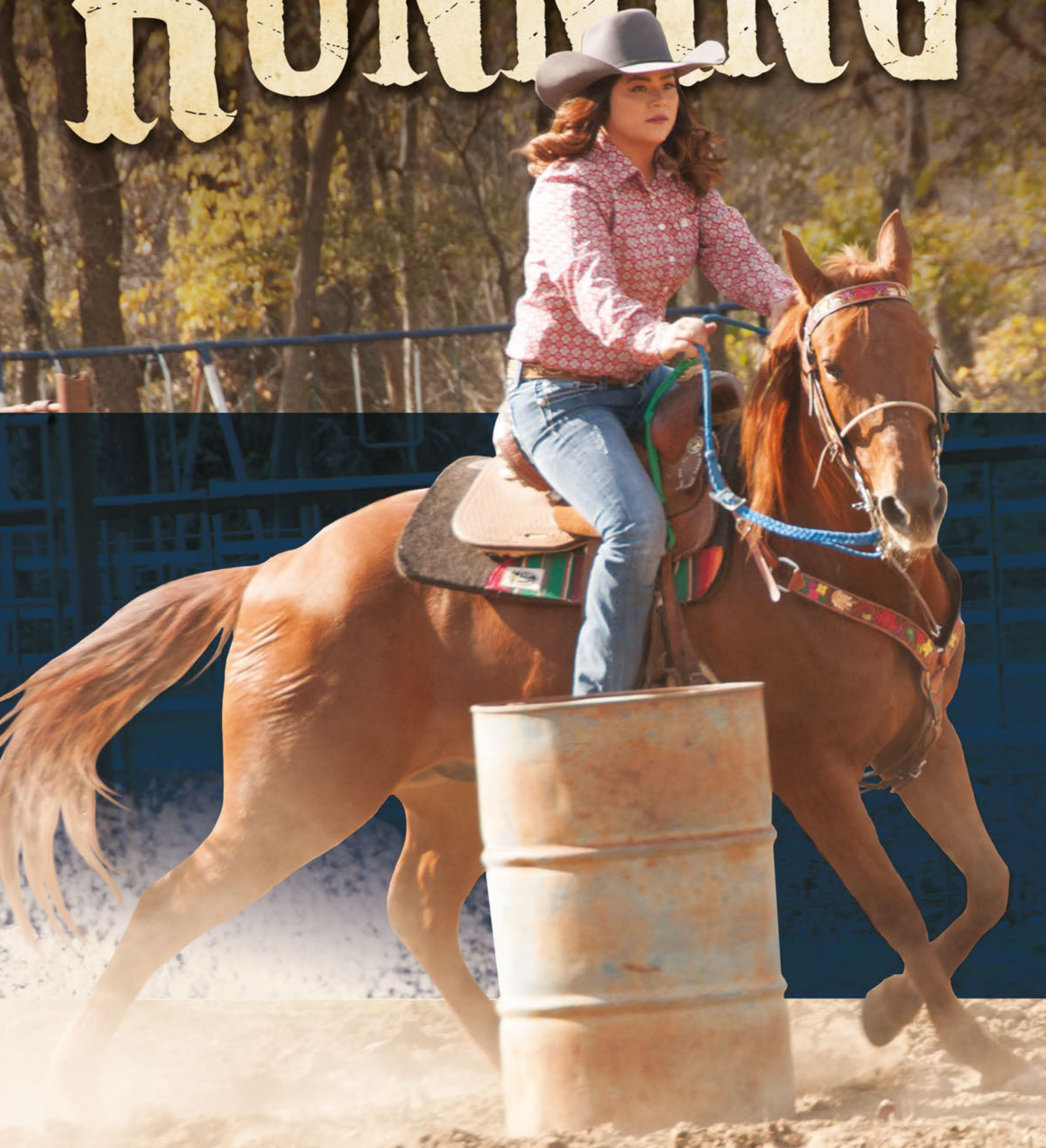
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RUNNING



FREE

— By Virginia Riddle

Out of the gate, a flash and dash around three barrels as fans scream support, blasting down the alley to a halt and then waiting for results that will, hopefully, include setting a record and taking home the gold — that's barrel racing. Greats in the sport, like Ennis' Mary Walker, are an inspiration for Yolanda Morales who started racing in February 2017. "I love the adrenaline rush," Yolanda said. "Every time we compete, it's different."



An equine enthusiast prior to competing in barrel racing, Yolanda has owned a horse for the past five years and ridden trails for fun with her fiancé, Oscar Don Juan, and Giovanni, her 3-year-old son. Oscar's ranch is home for their horses. But when she found Spicy Peach, a barrel racing quarter horse who was previously owned by friends, Valeria Diera and her dad, Eusebio, 28-year-old Yolanda started training and setting goals for gold. She hauls Spicy to Rancho la Rosa in Alvarado, where the Dieras live, for a weekly training session. She also competed on Tuesdays in buckle series competitions during April through May, with her first run at the M7 Arena in Alvarado, Glen Rose and the Fort Worth Stockyards. "Each week, if you place 1st, 2nd or 3rd, you get points," Yolanda explained. "We've been 2nd in 5D competition. My goal this season is to win a jackpot buckle."

During her first ride on Spicy, she knew that he knew what he was doing, even though she didn't. "But Spicy made me feel comfortable. He's not a big, expensive horse, but he can do everything I want to do. I had never thought about competing in barrel racing before. It was our chemistry and bond that made me want to continue to learn more. We trust each other and think and move

as one. The other girls who have been doing this all their lives inspire and encourage me to get better every time," Yolanda said. "This is a whole new world. Every run is filmed and critiqued, so I can have a cleaner run next time. I want to prove myself worthy."

To ride, train, care for a horse and compete, one needs to be prepared physically, emotionally and mentally. "It's a stress reliever for me, but hauling, training and maintaining a horse is a lot of work," Yolanda said. "At first, I felt it physically all over. Conditioning for both Spicy and me takes time."

The attributes of perseverance and having a positive attitude, drive and work ethic are all important to success. Keeping focused and in the moment during training and competition is critical to success and safety for both the rider and the horse. "In Glen Rose, I wasn't focused," Yolanda recalled. "I knocked down the very first barrel after rushing in to compete. I learned that a poor first run can govern the rest of the competition, unless I can overcome it. I have to be mentally prepared to ride every time."

Yolanda's best memory made, to date, was her first competitive ride. "It was the breaking point," she recalled.



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"Was I going to do this thing or not? I went in and did it with the support of my friends and family. I don't think anyone ever forgets their first run. All I could think at that time was, *I did it!*"



With every ride, Yolanda gains confidence in her abilities to compete well, overcoming her late start in this rodeo event and being able to handle the physical demands of riding at an increasingly higher level. In that way, she's following in Mary Walker's footsteps. Mary, the 2012 WPRA (Women's Professional Rodeo Association) World Champion Barrel Racer, won her title at the age of 53 on her horse, Perculatin "Latte," who earned honors that same year as the AQHA/WPRA Horse of the Year. After losing her son in a car accident and experiencing a fall during a competitive run on Latte in 2011 that resulted in multiple injuries to her, Mary fought to recover and regain confidence and trust Latte. Her 2012



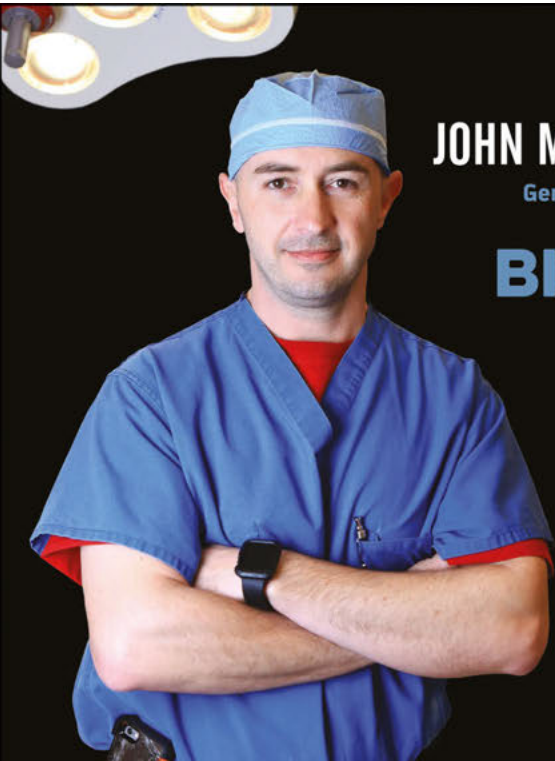
comeback is legendary in the world of barrel racing and inspires Yolanda.

"The rodeo world is a whole new world to me," she said. "People are so nice, sharing and caring. Through this experience I've learned to have more patience. This is a fun sport."

Yolanda is an involved mom. To support her family and sport, she has worked two jobs for eight years, which makes it challenging to find time to ride and train. This Ennis native daughter is a hairstylist at Salon de' Allure and is a justice of the peace court clerk. "I love my hair clients and enjoy making them feel special," she said. "I'm really busy, but the payoff is that no matter whether I'm at work, with my family and friends or riding Spicy, I'm somewhere I want to be. That makes everything worthwhile."

For Yolanda, the joys far outweigh the challenges. "First, riding horses is time I spend with my little family. Second, I have the feeling of running free. Third, I get to bond with an animal that weighs so much. And fourth, I'm gaining trust and confidence with every ride." Yolanda's discovered what Winston Churchill meant when he said, "No hour of life is wasted that is spent in the saddle."

"Anyone who has a dream or goal they want to pursue," Yolanda advised, "should just take a chance and do it." **NOW**



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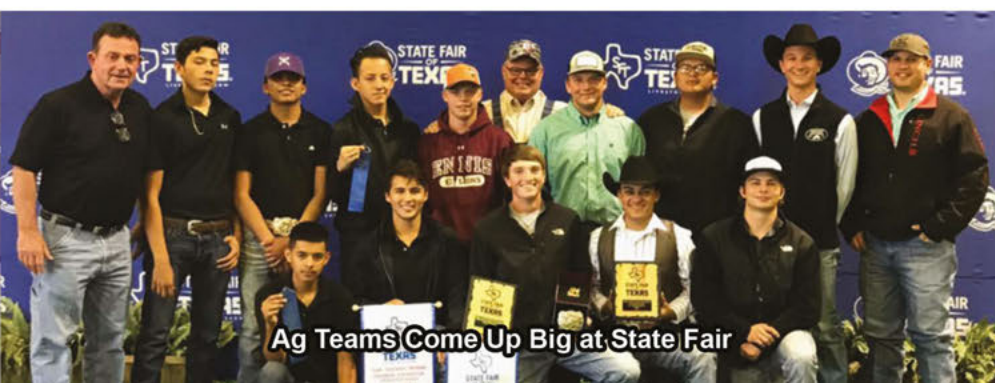
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When Nick Allen left Ennis to pursue his education in California, he had no idea of the treasure he would find. Nick has always been interested in cars, so he enrolled in a school to become a specialized mechanic. After graduation, he secured a job in a hot rod shop. Before long, the manager introduced Nick to his sister, Cassidy. She was attending the Fashion Institute in Los Angeles and was also a native of the area.

At Home With Nick Allen and Cassidy Welch

POSITIVE LIV



Nick and Cassidy became an item and began planning their lives together. Even though they lived with her parents for a while, the cost of living in California made it very difficult to get ahead in their finances. After receiving a job offer in the oil industry, they decided to return to Ennis, where Cassidy could be with Nick's family while he was out working for long periods of time.

In 2014, a new treasure entered their lives. "Rylee came and brought so much joy," Cassidy said. "We could hardly contain it." This new addition made them realize it was time to get out on their own and be a family unit. Thus began the hunt for a house in which to live and grow.

When they came upon the house they now call home, it was "love at first sight." It needed a lot of work, but they saw potential. They made an offer the day it came on the market, and Cassidy wrote a letter to the owner explaining how they are a young couple and wanted to make this house the home in which they raise their family. The homeowner accepted their offer immediately.

ING

— By Debbie Durling



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Cassidy works with an interior designer, and Nick is an electrician with construction skills. They combined their talents and went to work. "The first night we were in the house, the heat went off," Nick smiled. They were worried the heater was broken, but it turned out to be just the thermostat. "It got down to

40 degrees that night," Cassidy remembered. Nick seized the opportunity to replace it with a Nest Thermostat that he can control from his phone.

The outside of the house was painted white. Cedar shutters, made by Nick himself, and cedar posts were placed across the front, creating a fresh look for the otherwise tired, outdated home. This was only the beginning of the updates

and special flair the couple would bring to the little abode.

A farmhouse theme coupled with industrial accents creates modern warmth. The medium-toned wood flooring accents gray walls and white moldings throughout the house. "When we first moved in, it was all popcorn ceilings, wallpaper and paneling," Nick shared. "The large window in the front living room was even boarded up, leaving only a couple of small windows on each side." Working together, the couple smoothed walls and ceilings with Sheetrock and finished them with texture and a coat of paint.

One of the original features of the home that was spared in the front sitting room is the faux fireplace, encased with wall-to-wall shelves and accented with Italian Terrazzo that surrounds the opening. Being right off the doorway, this room showcases little Rylee's masterpieces on an antique shutter leaning against the

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wall beside an entry table purchased new, but painted and roughed-up to look old.

The floor plan is almost completely open, providing space for large gatherings from the front to the back. The dining room is a walk-through area that leads to the kitchen and family room. Over the dining table hangs a pendant light from a boiler room where Nick once worked. It originally used a 300-watt bulb but has been transformed into a normal socket and restored to the original green finish.

Nick carefully fashioned the cabinet doors in the kitchen. White rules the room with touches of metal, stainless and fashionable soft-colored decor. An unbelievable find rests at the end of the counter that houses the farm sink. The couple had wanted a Sub-Zero refrigerator, but the cost seemed astronomical. After searching a social media site, they ran across a 48-inch-wide, Sub-Zero refrigerator, made in 1991. “The only problem was the yellow color of the front panels,” Nick said with a chuckle. Of course, they painted the panels white, and it’s a high-end addition to their refurbished kitchen. An old-fashioned scale hangs in the corner that was rescued from a general store that Cassidy’s grandfather frequented as a child.

The modest home has two bedrooms and two baths. Cassidy has each room professionally polished, even though the renovation is still incomplete. “We are willing to wait





for what we want,” Cassidy shared, as she spoke of future projects to be completed in the house.

A stunning crystal chandelier dazzles the room where their little princess resides. A glider rocker for cuddles waits beside a beautiful bird cage that flatters the table in front of the window. The decor of this room speaks volumes of the treasure it holds. “She is the best thing that ever happened to us,” Cassidy said, with a smile.

Now that they have a home of their own, Nick and Cassidy work hard to keep it clean and neat. They like to spend holidays at home together building traditions that Rylee will remember and cherish someday. Saturdays are their special days with breakfast in bed and a house echoing the sounds of cartoons for little Rylee. Dinner time is also an important time for the family. “Rylee always says the blessing, thanking God for the food and her family,” Nick said.

Moving here has proven to be a wise decision. The neighborhood is mature with large trees lining the streets. Sidewalks give great space for Cassidy and Rylee to take long walks, and the neighbors are friendly and lead quiet lives.

“This refurbished home represents the kind of people we are,” Cassidy said. “We try to make the best of everything, to see the positive in life.” Because of this perspective, the home is filled with items that could have been tossed but, instead, became unique and useful additions to their home. Together, Nick and Cassidy are building a life filled with treasures. **NOW**


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Where Are They NOW?

Kellen Monreal

— By Sandra Strong



Kellen Monreal was a toddler when he first wrapped his little fingers around a baseball and picked up a ball glove. “It was about the same time I learned to walk,” Kellen remembered. You’d think playing baseball would be expected, especially since Kellen came from a family of ball players. His dad, Pete, and older brother, Cole, loved the game and had played since they, too, were quite young. “But, I was never pushed to play,” he explained. “I grew up in a small town and baseball was what kept us out of trouble.”

He played on baseball teams — city, school and select — from the time he could walk all the way through high school. He was the tall, lanky young man in the baseball cap who always had a smile on his face. Kellen vividly recalls his junior year at Ennis High School. “We went further in the playoffs than any other EHS team,” he explained. “We went three rounds deep.”

Kellen also played football and basketball, but his main focus was always baseball. The effort put forth in his sport of choice earned him a partial scholarship to New Mexico State University. He then transferred to New Mexico Junior College as a sophomore. From there, he

traveled closer to home for his junior year on a scholarship to Texas Tech University, all the while honing his baseball skills. “My playing career came to an end my senior year,” he stated. “I tore my rotator cuff and labrum and had to have surgery.”

As they say, when one door closes another one opens. But, it took a few years for the door to the right career to open for Kellen. From 22 to 25, he worked his way up the ladder making money. He traveled all over the country installing equipment. He learned what it truly meant to “live out of a suitcase.” Each promotion came with more money, but it also came with a transfer to a new location. It seemed each new location took him farther away from home. “After a couple years, I realized life wasn’t all about making money,” he admitted. “I had to make a choice, and I chose to come back home. I no longer wanted to be a traveling man.”

In the back of his mind, Kellen knew he wanted to coach, he just had to put the “young man mentality of making money” to rest. He was at a point in his life where he wanted to enjoy going to work every day. He needed to excel at something he would enjoy, something he felt he

would be good at — that something proved to be coaching.

A couple of close friends gave Kellen the encouragement he needed to pursue his newfound career. Once the decision was made, it didn't take long for the proverbial ball to roll. "I flew into Dallas from North Carolina on a Friday morning. Later that same day, I took the Social Studies Composite test," Kellen said. Following the test, he went on a coaches' retreat, not knowing if he'd passed the needed test or not. "Before the weekend was over, I learned through an email that I had most definitely passed the test," Kellen explained, sharing that it's not normal to pass the difficult test on the first try. "I knew my career choice had changed. I called my parents first and my boss in North Carolina second."

"I had to make a choice, and I chose to come back home."

Kellen coached at Arlington Martin High School for a couple of years, and is currently teaching U.S. history and world geography and serving as the head baseball coach and the assistant football coach at Kemp High School. "It just made perfect sense to coach both baseball and football, since I played both myself and was on a couple of championship teams as an Ennis Lion," he shared.

Next month, Kellen and his wife, Alexis, will welcome their daughter, Murphy Kim Monreal, to the family. Who knows, she may love baseball as much as her daddy. Only time will tell. **NOW**



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CookingNOW

In the Kitchen With

KAREN HYKEL

— By Virginia Riddle



A Sulphur Springs, Texas, native, Karen Hykel moved to Ennis, her husband, Jon's, hometown, in June 2017. Karen, an LVN, is an EISD school nurse who works PRN at Ennis' Family First Home Health. The couple has two children, Josie (11) and Dallas (7). "My family and I love Ennis and couldn't be happier," Karen said.

A cook since age 5, under the tutelage of her grandmother, "Nannie" Dink Newkirk, Karen likes to take a traditional family recipe and put her own twist on it. She creates new recipes and finds inspiration from Pinterest, cookbooks, friends and family. "I loved spending time in the kitchen with my Nannie," Karen said. "It puts a big smile on my face when Jon and our children join me in the kitchen." **NOW**

Chicken Stew

This recipe can be doubled or tripled and can be cooked outside in a large stew pot over an open fire.

- 1 whole chicken
- 1 16-oz. bag frozen corn
- 2 14.5-oz. cans diced tomatoes
- 1 2-lb. bag carrots, washed, peeled and diced
- 6-8 medium-sized potatoes, washed, peeled and diced
- 1 small onion, washed, peeled and sliced
- 1 46-oz. jug V8 Juice, Spicy Hot
- 1 tsp. salt
- 1 Tbsp. pepper
- 1 Tbsp. garlic powder
- 1 Tbsp. chili powder

1 tsp. paprika

Combread or crackers

Choice of cheeses, sliced or chunked

1. In a pot, boil the chicken until done; drain, reserving the broth for later use.
2. Let the chicken cool while preparing the vegetables. When cool enough to handle, debone, remove skin and shred the chicken.
3. In a large stock pot, add the shredded chicken, vegetables and next six ingredients. Cover with the reserved chicken broth; extra V8 juice may be added if needed during cooking.
4. Bring the soup to a boil; turn down heat to low. Keep covered, and cook for about 1 1/2-2 hours.
5. Serve with combread or crackers and sliced or chunked cheese.

Chicken Spaghetti

3-4 chicken thighs

1 10.5-oz. can cream of chicken soup

1 10.5-oz. can cream of mushroom soup

1 lb. spaghetti noodles, cooked according to package directions

1/2 16-oz. box Velveeta cheese, cubed

1 10-oz. can Ro-Tel Original Diced Tomatoes and Green Chilis

Salt, to taste

Pepper, to taste

Garlic powder, to taste

1. Grease a 9x13-inch dish; preheat the oven to 400 F.
2. In a large pot, boil the chicken thighs; drain broth and reserve it for later use. Let the chicken cool; debone and shred.
3. In a bowl, mix all ingredients; chicken broth can be added, as needed, to make it moist.
4. Pour mixture into the prepared dish; bake for 30-45 minutes, or until cheese turns as golden bubbly as preferred.

Mi Mi Cherry Congealed Salad

From the kitchen of Alice Skrivaneck, Jon's grandmother.

- 1 16-oz. can dark, sweet cherries, pitted and undrained

- 1 15 1/2-oz. can pineapple, crushed and undrained
- 1 6-oz. pkg. cherry flavored gelatin
- 1 1/2 cups water
- 3 oz. cream cheese, cut into small pieces
- 1 cup pecans, chopped

1. Drain the cherries and pineapple, reserving the juice. Add water, if necessary, to make a total of 2 cups of liquid.
2. In a saucepan, bring the juice to a boil; add the gelatin. Stir until it dissolves.
3. Remove the saucepan from the heat; stir in water. Chill mixture until it reaches the consistency of an unbeaten egg white.
4. Fold in the cherries, pineapple, cream cheese and pecans.
5. Spoon the mixture into a lightly oiled, 7-cup mold or dish. Cover; chill until firm.

Orange Dream

- 2 6-oz. boxes orange sugar-free Jell-O
- 1 16-oz. tub cottage cheese
- 1 cup walnuts
- 2 15-oz. cans mandarin oranges
- 1 16-oz. tub sugar-free Cool Whip
- 1 10-oz. bag mini-marshmallows

1. In a bowl, mix the orange Jell-O and cottage cheese until the mixture is smooth.
2. Add the walnuts and oranges; stir.
3. Add Cool Whip and mini-marshmallows; mix well.
4. Refrigerate; let set for 2-3 hours. For best taste, stir before serving.

Chocolate Pie

- 3 cups whole milk
- 1 1/2 cups sugar
- 1 pinch salt
- 2/3 cup flour
- 2 Tbsp. cocoa
- 2 eggs
- Pie shell, cooked according to package directions

1. In a saucepan, mix all ingredients together; cook on stove top until thick.
2. Pour into a cooked pie shell.

To view recipes from current and previous issues, visit www.nowmagazines.com.





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— By Virginia Riddle

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Small-town friendliness and pricing, combined with up-to-date knowledge and technology and a staff including eight CPAs — these are the attributes that set the full-service accounting firm of Yeldell, Wilson, Wood & Reeve, P.C., founded in the 1980s in Ennis, apart. “We have time-tested experience from serving a wide range of individuals and industries’ needs over the last 30 years,” Greer Yeldell, CPA, said.

Greer is joined in the partnership by CPAs Joyce Reeve, Glen Wilson and Tracie Wood. They, along with a staff of 20 full- and part-time employees, offer the highest level of professional accounting services to clients through the firm’s Ellis County offices in Ennis and Waxahachie. The firm’s services include tax preparation and planning, including returns; IRS representation and litigation support; retirement and estate planning; audits; and general accounting, including payroll and financial statement preparation. “The accuracy of our work is of the utmost importance to us and our clients,” Glen stated. The firm’s a member of the Texas Association of Certified Public Accountants and the American Institute of CPAs.

“A significant source of new clients is referrals from those we currently serve,” Greer added. “Most of our employees have degrees. We have smart, well-educated, qualified, conscientious people hired to serve clients, and we love our jobs. I enjoy finding solutions to clients’ problems, even with the ever-changing rules.”

Greer is a member of the Rotary Club of Ennis and has served on the Ennis Chamber of Commerce board. "I chose accounting as a career, desiring a professional environment, and I liked the entrepreneurial and puzzle-solving aspects of it," he said. He graduated from Lipscomb University, Nashville, Tennessee, with a B.S. degree in accounting.

"The accuracy of our work is of the utmost importance to us and our clients."

Glen, a taxation specialist, graduated from The University of Texas at Arlington with a B.B.A. degree in accounting. "I've always liked the numbers side of things," Glen explained. He served on the Ennis Chamber of Commerce board and currently serves on the boards of A.C.R.O.S.S. (A Christian Response of Shelter and Service), the Ennis Regional Medical Center, Relay for Life and Hope Clinic.

Tracie, like Glen, enjoys working with numbers, but she added, "I like helping people with something they can't do themselves easily." A specialist in audit and accounting, she graduated from The University of Texas at Arlington with a B.B.A. in finance. She serves on the board of the Waxahachie Chamber of Commerce and is a member of the Waxahachie Rotary Club.

"I started my career in the accounting department and went from there, becoming a partner in 2015," Joyce added. She specializes in taxation and is a graduate of The University of Texas at Dallas with a B.S. degree in business administration, majoring in accounting. Joyce serves on the Myrtle Cemetery board and volunteers through Relay for Life and Meals on Wheels.

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TravelNOW

Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**

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A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.

Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.

Heart Healthy³

- *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

- *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose good proteins like lean ground meat or poultry, eggs and legumes.

- *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

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Zoomed In: Kimberly Malone

By Sandra Strong

Kimberly Malone loves helping others. As she works with women, she teaches self-sufficiency and personal growth by educating them on how to write résumés and learn skills that will aide them in finding employment. “My goal is to help those who are in need,” she stated. “So many of the women I work with have just come out of an abusive relationship, so showing them that someone cares is important to me.”

In the future, Kimberly is hoping to offer many of these same women more than just her time. One day, she hopes to oversee a facility in Ennis for women and their children — a place where a new start can be had. “I feel like one day,” she said, “this dream will be my full-time ministry.”



Bobbie Zabojnik and her grandson, Adam Cryer, are busy wrapping Christmas presents.



Craig Dyer, owner of Bee Cleaning, washes windows in downtown Ennis.



There were smiles in the crowd during the Lights of Ennis Parade.



Many individuals are honored during the Ennis Veterans Day Ceremony.



Eddie and Chase Minor, both with the Bristol Fire Department, enjoy lunch at Burger King.



Scarlet, Georgia and Madelin take a beautiful picture with Elsa.



Jimmy and Nancy Swindell are great hosts at an open house at Apple Annie's Garden Gate.



The Varsity football team and cheerleaders pose for a photo after winning the 5A Division 1 Region 3 Bi-District Championship game.

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Calendar

January:

8

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ, Corsicana. Visitors are welcome. For more information, visit www.corsicanaquiltguild.com.

13

Feast of St. Voloc: A costumed event benefiting Scottish Rite Hospital. Purchase tickets in advance at www.willowdenfoundation.com.

15

Dr. Martin Luther King Jr. Day Celebration: 2:00 p.m., Corsicana Public Library, Corsicana. For more information, call (903) 654-4810.

16

5th Annual Martin Luther King Jr. Breakfast: 7:00-9:00 a.m., Cook Education Center, Corsicana. For more information or to make reservations, email lori.tatsch@navarrocollege.edu or call (903) 875-7321.

20

Extraordinary Women's Conference: Haven of Hope, 1107 S. Clay St. Event includes breakfast, lunch and door prizes. Equipping women to serve in leadership roles at their local church. Tickets are \$25 donation.



25

Nunsense: Ennis Public Theatre, 113 N. Dallas St., Ennis. Show will play through **February 4**. For more information, visit www.ennispublictheatre.com.

February:

1

John Conlee: 7:30 p.m., The Palace Theatre, Corsicana. Tickets are \$25-45. For more information, visit www.corsicanapalace.com.

26

WISD's Lighthouse for Learning/Community Education: spring semester begins, Waxahachie. Contact www.wisd.org or call (972) 923-4631 for registration and class offerings and information. Early sign up is encouraged since classes fill up quickly.

Ongoing:

Mondays

Sign Language Class: 4:00-5:30 p.m., Ennis Public Library, 501 W. Ennis Ave. Classes are free and available for all ages. No sign up required.



Second Mondays

Parkinson's Support Group: Ennis Regional Medical Center.

Third Mondays

Ellis County Veterans Networking Group: 6:00 p.m., Ryan's Steakhouse,

Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit www.elliscountyyaggiemoms.org.

Fourth Mondays

Texas Master Naturalists Indian Trails Chapter: 6:00 p.m., First United Methodist Church, Waxahachie. The program begins at 7:00 p.m. For more information about the group, visit www.txmn.org/indiantrail.

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Ave.



Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: 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 [ccurry_98@yahoo.com](mailto:c Curry_98@yahoo.com).

Wednesdays

DivorceCare: 6:30-8:00 p.m., First United Methodist Church of Midlothian, Family Life Center, 800 S. 9th St., Midlothian. DivorceCare for Kids ages 5-12 meet at the same time, as well as childcare for younger children. For more information, call the church office at (972) 775-3993.

First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210 N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at SeldomSeenQuilting@gmail.com for more information.

Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. For more information, contact

Barb at (214) 463-5064 or email barb.jacobs19@yahoo.com. Reservations are due Sunday before the meeting.

Thursdays

Chess: 5:30-7:30 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Elementary age and above. No sign up required.



Last Thursdays

Marine Corps League of Ellis County meeting: RFMI, 1611 W. Ennis. Ave. Every marine veteran is welcome to attend. For more information contact Robert Bell at elliscountymarines@gmail.com or call (306) 808-0604.

Second Fridays

Alzheimer's Family Caregiver Support Group: 9:30-10:30 a.m., Ennis Regional Medical Center.

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

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Match Short- and Long-term Goals With the Right Investments

Not all investments are created equal. Some are better suited for short-term goals, while others can help you build resources for objectives far in the future. As an investor, then, one of your biggest challenges will be to match your short- and long-term goals with the appropriate investment vehicles. How should you proceed?

For starters, identify your short- and long-term goals. Your shorter-term goals will change throughout your life. When you are starting out in your career, for example, you might aspire to purchase a home in the next three to five years. Later on, though, your biggest short-term objective might be to save enough money for a long tour of Europe — without racking up credit card debt.

As for long-term goals, your biggest one likely will be to enjoy a comfortable retirement. But you may well have other long-term plans, too, such as sending your kids to college in 10 or 15 years.

After you have a clear sense of your short- and long-term goals, you can choose the right investments to help you meet them. Let's start with the shorter-term ones. When you're saving for a down payment on a home or for an expensive European vacation, you want to make sure that a certain amount of money will be available to you at a certain time. Consequently, you may want to avoid stocks or stock-based vehicles, which will constantly fluctuate in price, because you don't want the value of your investment to be down at the moment you need the money. Instead, for short-term goals, you may want to consider a fixed-income vehicle, such as a bond, which is designed to provide regular interest payments and return your full principal upon the bond's maturity (providing the issuer doesn't default, which, with investment-grade bonds, is generally unlikely).

For longer-term goals, such as college for your kids and a comfortable retirement for yourself, it's a different story. To achieve these goals — and especially for retirement — you generally need to accumulate as much as you can. As a result, you need investments with growth potential, which means you will need to consider stocks and stock-based instruments. As mentioned above, stocks will always fluctuate in value, and they may be worth more or less than your original investment when sold. However, building a portfolio with an investment mix that's appropriate for your risk tolerance, and that contains a reasonable amount of growth-oriented vehicles, can potentially help you overcome short-term volatility and continue making progress toward your long-term goals.

Plus, you have some attractive long-term options available. With a 529 college savings plan, you can save for college and possibly achieve tax benefits, too. And by contributing regularly to your IRA and 401(k) or similar employer-sponsored plan, you can defer taxes while spreading your dollars among a wide range of investments. But there's one thing all long-term investments have in common: You need patience and discipline to stick with them.

So, there you have some ideas on short- and long-term investing. Keeping this distinction in mind when you invest can help boost your confidence that you're making appropriate moves for all your goals. **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 New Year

As the calendar turns the page, we wish you the very best in the year ahead.



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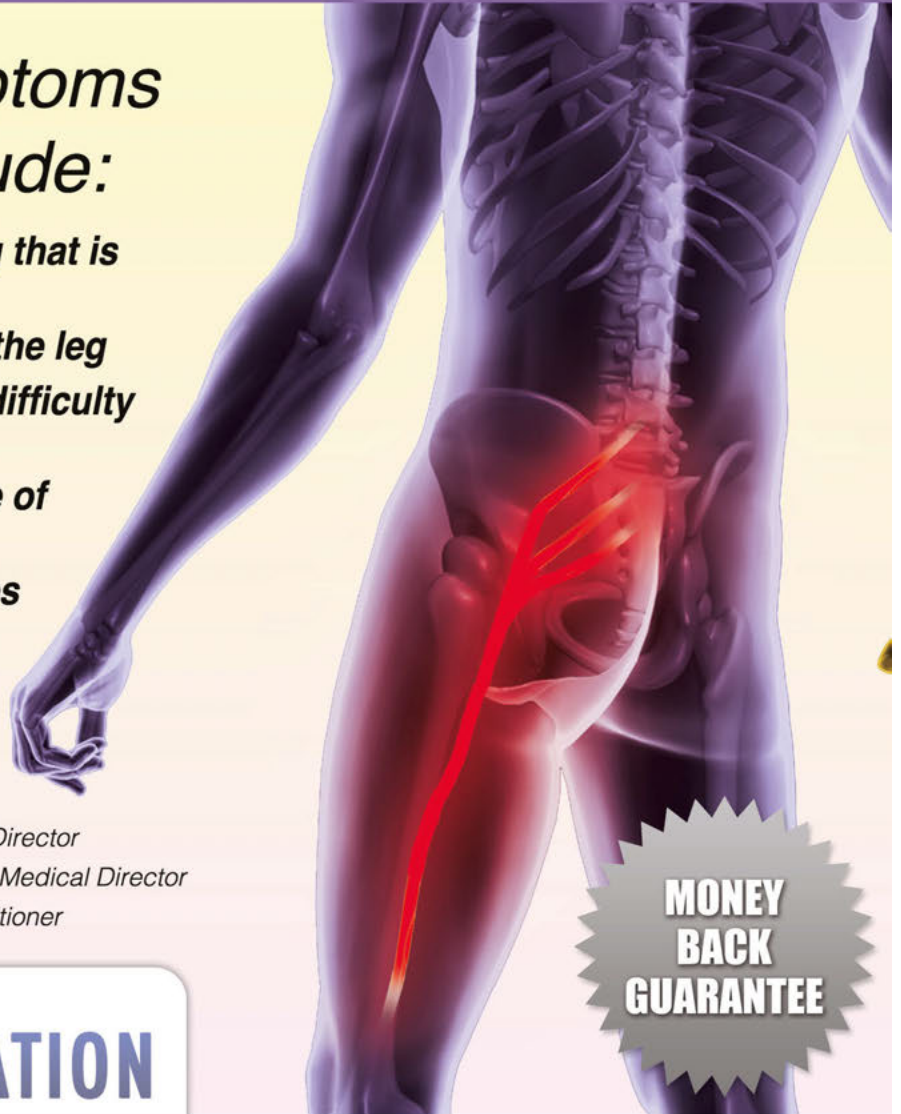
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