# Ennis CVV

DECEMBER 2015

2015 Holiday Shopping Guide

# More Than Enough

At Home With Barry and Stephanie Marchbanks

### Have Dress Will Travel

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Promoting Patriotism

Treating the Whole Person

In the Kitchen With Marie Dyess

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- Are you considering surgery to alleviate knee pain?
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- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee injury?
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#### Consider these facts before surgery.

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

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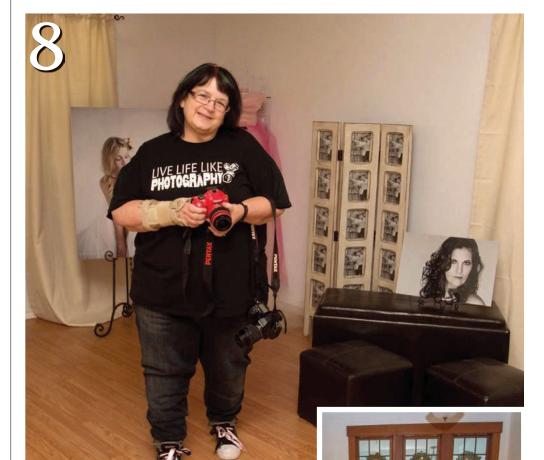
#### ON THE COVER



Stockings are hung by the chimney with care at the home of Barry and Stephanie Marchbanks.

Photography by Amy Ramirez.

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#### Editor's Note

Merry Christmas and Happy New Year, too!

I used to think all I wanted for Christmas was "one little do over." If I found this do over in my stocking, what one thing in life would I go back and do differently? As I pondered the thought, I realized the smallest change would alter the present, and there's too much in this present life to be thankful for, so why risk changing it? I quickly marked "one little do over" off my Christmas wish list.

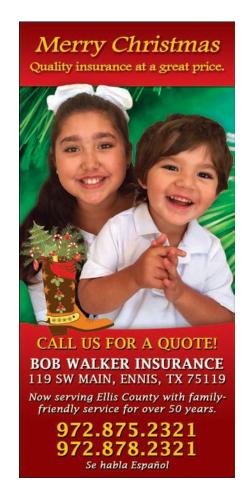
Thankfully, and by the grace of God, I've ended up in a wonderful place. I have a career filled with good stories about good people. I have a large, blended family that means the world to me. I'm on the right path. I don't need to go back and do anything differently. All life's experiences have made me who I am today. My roots are firmly established right where God has planted me.

May your holidays be merry and bright!

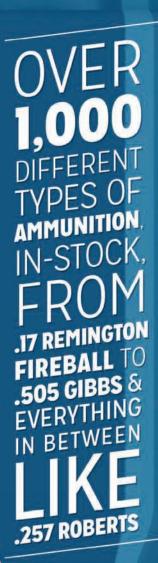
#### Sandra

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P.S. The publisher and staff of NOW Magazines wish you and your family a very merry Christmas and a happy holiday season!







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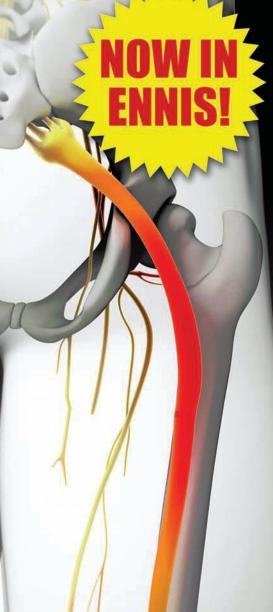
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Almost everyone thinks about traveling through time, but in reality none actually do so. From its vintage beginning, a very special, filmy, beauty of a dress actually did travel through time and space, finally stopping in Ellis County as part of the Traveling Dress Project. The journey began mid-century, and the gown journeyed until it stopped in a secondhand store in Minnesota, where photographer Gianella Simon purchased it. Smitten, she posted a photo online, and it began to go viral.



Barbara's opportunity to photograph the dress came out of her continuing online education in photography. Gianella posed a question in a photography forum that Barbara followed: "What if we shared this dress, a la the movie, The

"Gianella had that question up recalled. "And I said, 'Oh, I'm on it. I wanna play."

Interest grew swiftly worldwide, and in 2014, the Traveling Dress Project was born. The passion drew top-tier photographers whom Barbara was excited to associate with. The end result will be a book featuring photos taken

into a witchy snow queen, a more avant-garde look. Then Barbara's scheduled shoot was moved from March into July. Now, the snow queen became the woodsy, witchy queen.

On shooting day, the temperature measured over 100 degrees, and the location was the old Nash Schoolhouse conditioning. Barbara's husband, Roy, her unofficial assistant and self-described "mule," remembers dumping ice on his head that day.

Nevertheless, Elizabeth Cooper of Fort Worth, their 23-year-old model, loves the heat and was cool and calm on the day of the photo shoot. A firsttime model, she was natural for the part.







### "Photography emotional connection for me."

"I had a really good time," Elizabeth pointed out. "I liked the creepy, dark idea. That was an easier character to play."

Elizabeth's entry into this story began with Roy asking her an awkward question: "You don't have to answer if you don't want to, but what size dress do you wear?"

Roy and Elizabeth both work at Longhorn Harley-Davidson in Grand Prairie, and Barbara received no answers to her Facebook model call, primarily because of the tiny nature of the dress. which measured 17-inches across the shoulders. But true to her personality, Elizabeth took the question in stride and shrugged as she answered, "Eh ... a size 2." It was a perfect match. Elizabeth's long, rippling hair didn't hurt, either. So it was agreed.

As Barbara's vision for the shoot began to unfold, another important character came into play — her trusted hair and makeup artist, Jessica Brodski of Dallas. "I'm really fortunate to have Jessica. She gets my concepts. She knows what I'm thinking," Barbara indicated.

Barbara and Jessica connected via the planetary nature of Facebook, and it was a fit from the start. The two clicked, and Jessica appeared sight unseen to help. Jessica does everything for the shoots, from hair and makeup to adjusting





clothing and even holding reflectors. "It becomes a kind of dance between us," Barbara mused. "We feed off each other, and the concept grows. She's my right-hand person."

That dance for the Traveling Dress began with more traditional glamour photos, taking advantage of the antique piano and the blackboard in the schoolhouse, and progressed toward edgier shots. The headpiece changed from a massive creation on an upside down lampshade to the final version, which was 2 feet tall, contained a bird, a squirrel and a hedgehog, and had branches that passed beyond the frame of some photos.

But Jessica could not get the headpiece to stay on Elizabeth's head. So Barbara and Roy ripped it apart and reworked it. "I was finally able to secure that headpiece with extra hair extensions, a lot of bobby pins and pure will," Jessica remembered.

And when all was said and done, Elizabeth was pleased with what she saw. "I think the photos are beautiful," she breathed.

So Barbara's shoot was finished, and the photos *are* gorgeous, but the loveliest part of this tale is the generosity it inspired. Proceeds from book sales will benefit Operation Smile, a not-for-profit organization that provides free surgeries to repair cleft lip, cleft palate and other facial deformities for children around the globe.

This idea is close to Gianella's heart, since her own daughter was born with a severe cleft lip. Although medical insurance covered most treatment expenses for them, Gianella cared deeply about other parents not so fortunate. The dress concept provided an opportunity to









address that need. "Every child deserves to smile, and every parent should see that," Gianella mused.

The spirit of giving is infectious, and Barbara was bitten, too. A few years ago, her grandfather asked Barbara to do photos for a high school senior who couldn't afford to pay. The experience impacted her. "When I walk away from a photo shoot thinking, I nailed those shots!' that's wonderful. But when I walk away thinking, 'I nailed those shots and the mom is crying because I met a need,' that's the best," Barbara reflected.

In that spirit, Barbara plans to contact local high schools and ask counselors to recommend a deserving high school senior to receive a complimentary photo shoot, a gift from the heart. "Photography is an emotional connection for me," Barbara pondered.

The Traveling Dress Project will wrap in December 2015. Gianella plans to have the book released by December 2016. Once the project is complete, the story of the dress will most likely be remembered for years to come. NOW

### Chance Turner, RN, MSN, FNP-C

Family Nurse Practitioner

Chance Turner recently joined Ellis County Medical Associates as a Family Nurse Practitioner providing primary care. He is accepting new patients of all ages. Chance's previous experience providing critical care and tending to ICU patients gives him excellent skills dealing with disease management and acute illness treatment. Chance was born and raised in Texas and graduated from Texas Tech, receiving highest honors and a 4.0 GPA when earning his Masters of Science in Nursing. He has a special interest in aesthetic and cosmetic treatments and can provide a variety of services in the med spa.

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The home, built in 1915, held so many magical moments for Stephanie. When given the opportunity to buy, the memories of family came rushing back. "My mom grew up in this house. Her name is etched in a brick that dates back to 1954," Stephanie said, further explaining that her grandparents had rented the home from 1940 to 1959. "Even though it never belonged to my family, it's always been my dream home." These family facts were the icing on the proverbial cake when the decision was made to purchase the home in October 2002. As the packing at the Knox Street house began, Barry, Stephanie and their six children soon realized how much stuff can be accumulated in 14 years of living. The new home is much smaller in overall square footage than the one on Knox, and it



didn't come with lots of storage, which proved to be a good thing for Barry and Stephanie. The lack of storage assured them that the 14-year accumulation of stuff from their previous home would not be duplicated. "The lack of closet space with a family of our size was probably impractical," Stephanie said, as she looked around the family room at all she and Barry have accomplished, "but I love every single creak and crevice."

After the family settled in, Barry and Stephanie got busy "waking the old place up." They had the home rewired and the plumbing was repaired. The foundation and porch, which had termite damage at closer inspection, was repaired. Barry pulled out all the old shrubs from around the house and relandscaped with beautiful groundcover and plants that don't grow so high they obstruct the view from the wraparound porch. The two of them took down window treatments, thus allowing the natural light to flow inside.







The outside painting, which proved to be a great labor of love, took Barry three years to complete. "After scraping and sanding, I added primer," he said. "I gave the house two coats of paint using only one paintbrush." The rafter tails were also repaired, and new gutters that mimicked the original ones were installed. The care Barry took to refurbish the outside of the home has definitely stood the test of time.



Stephanie has always enjoyed the process of making things better. "Yes, I do," she admitted, using the once saggy porch as a prime example. "You can't see all the work we did shirring up the porch, but we know what you can't see makes what you do see much better."

The original wallpaper on the ceilings and walls has since been covered over. The dark wood paneling that was prevalent throughout the home was

painted a lighter color so as to brighten up the rooms. The original cherry wood, built-in bookcases display books, mementos and family photos. Many windows were redone. "They are doublehung, wood casement windows, some with lead glass," Barry shared. "They are all original to the home."

Barry and Stephanie hired a carpenter, Justin Cowdin from Fort Worth, who also had a desire to restore the home to



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"We bring in fresh and simple, even if it may be modern, to get the eclectic look."









its original state, to help them complete many of the repairs. "He soon became an extended member of the family. He loved working here," Stephanie said. "He always said it was his respite."

Barry and Stephanie agree that the changes they make need to be authentic and true, but the furnishings need to be an honest representation of the people who live within. In this case, the furniture and the majority of the decor are modern. The vintage suitcases used for storage, the office desk made of wood from the old Ennis Junior High School gym, the sampler hanging in the family room dating back to 1860 that once belonged to Stephanie's grandmother and the antiques that have been passed down from family give the home's interior an eclectic vibe.



Add Christmas to the mix and you have a home that causes passers by to slow down and take notice. The two Christmas trees can easily be seen from the street. The tree skirt on the live tree downstairs was crafted by a local Czech lady. Stephanie purchased the vintage ornaments from an estate sale. "They had never been used," she said. "I got them for a song, and they are so beautiful." The artificial tree is displayed in the upstairs window of Timothy's room, the youngest child — and the only child of five boys and one girl who still lives at home.

Thick garland, burlap bows and white lights find their holiday resting place on the banisters leading upstairs. The decorations on the two mantels, one in the dining room and the other in the family room, offer even more holiday cheer. Stephanie doesn't like clutter, but she believes in using all the things in her home, including the teacups and handpainted china that's been passed down



through the years. "They provide such good memories of family time and past Christmases," Stephanie added, as Barry nodded in agreement.

This year, the children said "no" to exchanging gifts. They want to spend quality time as a family playing games, sharing in the Lord's Supper and retelling the story of Jesus' birth to the 11 grandchildren who look to them for guidance and understanding. When you get six children, their spouses and all the grandchildren together, the house can quickly seem small. "We are cramped during family gatherings," Stephanie said with a smile, "but I love the closeness it brings."

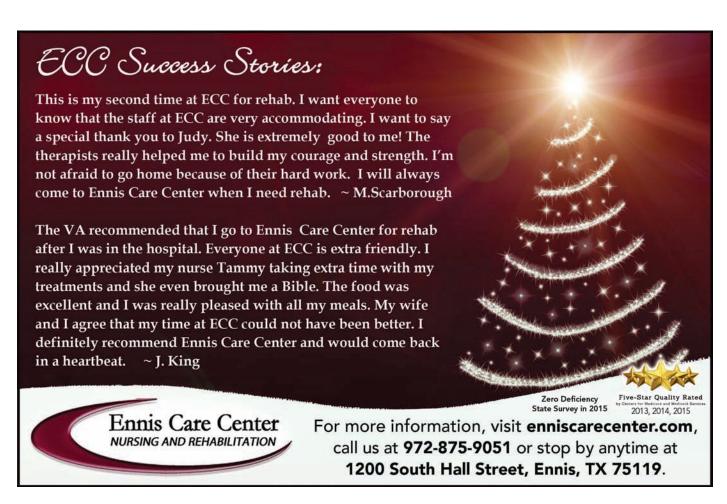
Regardless of the season, simplicity is important to Barry and Stephanie. She likes minimalism, but in her mind, vintage homes seem to go hand-in-hand with clutter, dust and collections. "That's been my struggle since moving here,"



she confessed. "I think I'm still learning how to balance being in love with this vintage beauty while still keeping my love for clean lines intact." The solution for them has been to place priority on the craftsman-inspired house itself, keeping and restoring its historical integrity as accurately as possible. "We bring in fresh and simple, even if it may be modern, to get the eclectic look," she added. "We let the house and our family things stand on their own merit, and we think that's more than enough." NOW









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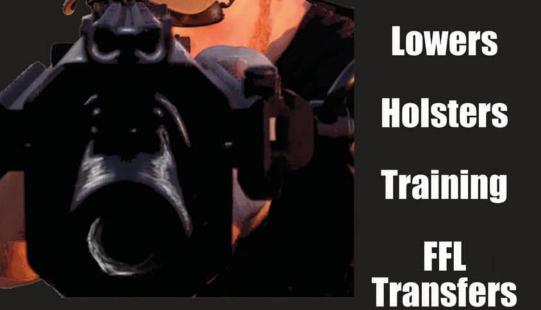
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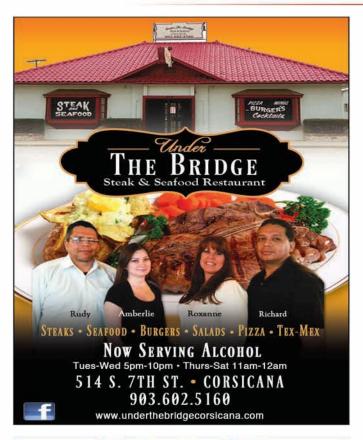
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Cheree Barrett is a proud mother and wife of men who have served in the U.S. military. Her husband, Rick, who served as a Navy Seabee, is a secondgeneration veteran. Rick and Cheree's son, James, served as an Army sergeant and was honorably discharged in 2013. Cheree serves in her own way as president of the Bluebonnet Blue Star Mothers, a chapter of the state and national organizations of Blue Star Mothers, Inc. "The camaraderie of the mothers is a joy felt by all of us," Cheree said.

It's not just an organization for mothers. Stepmothers, grandmothers, foster mothers, godmothers and female legal guardians of children serving in the military, National Guard, military reserve branch or of military veterans are welcomed.

Cindy McCain, wife of Senator John McCain, is the national spokeswoman of the organization, since she is a former military wife and mom of two sons serving in the U.S. Navy. The Blue Star Mothers' mission is to never forsake U.S. troops, veterans or families of Fallen Heroes. "We are a nonpartisan, nonpolitical and nonsectarian organization," Cheree said.

When parents raise a son or daughter who is inspired to serve their country through joining a military branch, that parent is full of pride and apprehension. Studies have shown that supportive parents play an important role in how their son or daughter reintegrates into everyday life at home following deployment. Some of the most supportive parents of military service men and women are the Bluebonnet Blue Star Mothers.

"Our local chapter has 25 members from locations as far away as Snyder toward the west, Southern Dallas County to the north, Corsicana to the south and Mabank to the east," Cheree explained. "When someone sends in her membership application, she can choose a local chapter or decide to be a member at the national level only." Cheree is one of the



"The camaraderie of the mothers is a joy felt by all of us."







Misty Culpepper, CPA • misty@mistyculpeppercpa.com Fax: 844-964-7612 • 208 W. Knox • Ennis, TX









original members of the Bluebonnet Chapter located in Ovilla, which was chartered five years ago with the required five initial members.

Rounding out the chapter's governing board are 1st Vice President Martha Vansyckle, 2nd Vice President Donna Fosner, Treasurer Karen Hall, Financial Secretary Doris Urban, Recording Secretary Kathy Kresse, Chaplain Joy Sanders, Care Package Coordinator Sheryl Hornung, Membership Chair Sheri McMillan, Patriotic Instructor Collis Blackmon, Refreshment Chair Pat Minyard and Scrapbook Chair Donna Fosner. The chapter's annual membership fee is \$30. Members meet on the fourth Monday of each month (except on holidays) at 7:00 p.m. at St. Paul's Church in Ovilla.

Trenda Thompson of Waxahachie became a member in 2014 and has already become very active in the chapter's work. Her son, Colt Thompson, is in the Army Reserves until he graduates from Texas A&M University,



at which time he will go into active duty. This busy mom works at DeSoto Fashion Glass but still finds time to participate in many of the group's activities, as well as volunteer with the Boy Scouts of America and reenactment troops with her husband, who is an Army veteran.

A scrapbook chronicles the chapter's many activities, which include participating in area parades, donating boxes of Girl Scout cookies to VA hospitals, shipping male and female gift boxes quarterly to military units, sending out "care cards" to troops in the U.S. during holiday seasons, participating in area veterans' ceremonies, speaking to civic clubs and volunteering at the Dallas Fisher House and DFW Airport USO. "We are allowed to go to the gate to greet service men and women," Cheree said. Chapter members receive help with their activities. "We work with the Patriot Guard Riders, and area churches and Crafty Scrappers in Waxahachie are collection points for donations that are packed into the gift boxes. "The Boy Scouts of America troops help pack boxes," Cheree said thankfully. The scrapbook is especially important to members, since each mom has a page dedicated to her military child or children.

Some duties are very hard on members emotionally but are essential in order to carry out the chapter's stated mission of support. Chapter members presented a Waxahachie mom with her Gold Star flag signifying the loss of a child while serving in the military. "Thank goodness that isn't something we do often nor do we want to have do it," Cheree said. Members were interviewed by WFAA-TV, Channel 8, while standing on the route Chris Kyle's burial procession

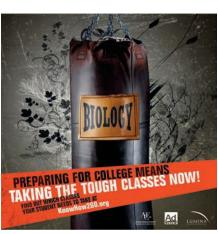


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# Merry Christmas



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took. "That was a sad day for everyone," Cheree remembered. A Hutchins-area mom's son received a traumatic brain injury from an IED while in a mess hall, and the chapter members were able to help the family through his recovery in the Dallas VA Medical Center. He is successfully continuing to serve in the Army National Guard. "We have found that families deal with death and injury in many different ways," Cheree revealed.

The chapter has won several honors for its parade truck, which is decorated with flags. Rick created the special equipment used, and the members use hand clappers and display big photos of their children while chanting a shortened version of "We Raised Warriors" that Cheree learned while attending a national convention of Blue Star Mothers. The group won the Mayor's Choice Award in the Ovilla Heritage Day Parade and took second place in the Red Oak Veterans' Day Parade. Additionally, they have appeared in the Ennis Polka Festival Parade and the Ferris Pioneer Day Parade.

Cheree has enjoyed attending the group's national conventions in Colorado; Washington, D.C.; Ohio; and California. She gets to learn from speakers and network with moms from every corner of the U.S. "At the D.C. convention, we were given a tour of the Pentagon, which was fascinating," she remembered.

A native of Ferris, Cheree holds a position in the Trust Department of Bank of America in downtown Dallas. That experience has helped her during speaking engagements and in conducting meetings, which always include a prayer, business meeting and occasional speakers. Each member has a lanyard, pin, ribbon and decal for her car, all of which denote her child's service.

One message that the chapter tries to instill in the public's mind is to remind veterans to register with their local VA. "That's a first priority," Cheree emphasized. "Veterans have many benefits, which they need to access. When my son became a veteran, it made me more aware of veterans' issues. I can't say enough good things about the Dallas VA." NOW

Editor's Note: For more information about the chapter, contact Cheree at (972) 679-9425.









#### Business NOW





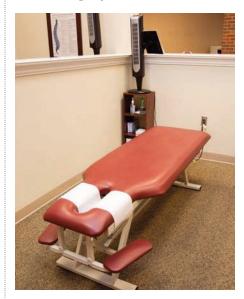


#### Hometown Physical Medicine David Marcial, D.C.

2200 W. Ennis Ave. Suite A Ennis, TX 75119 (972) 875-8600 www.hometownchirotx.com Facebook: Hometown Chiro

#### Hours:

Monday:Thursday: 8:30 a.m.-6:30 p.m. Friday: 8:30 a.m.-noon 24 hour emergency care is available.



Dr. David Marcial and his dedicated staff are ready to care for patients with experience in treating the whole person and honesty that has proven to be the best policy.

### **Treating the Whole Person**

Dr. David Marcial takes time to listen to his patients' needs.

— By Virginia Riddle

Soft hues and peaceful music accompanied by Patient Care Coordinator Brittany Berglund's smile and welcoming ways help Dr. David Marcial's patients relax upon their arrival for consultation and treatment. The wait is not long. "I am considerate of patients' time and see them within 15 minutes. I know they each have a life and other things to do," Dr. Marcial said.

However, he does take the time with each patient to listen. "I see each individual as a whole person, not just a knee or back," Dr. Marcial remarked. His chiropractic practice, Hometown Physical Medicine, offers decompression therapy, therapy following automobile accidents or work-related injuries and therapies for headaches, neck and back pain, pinched nerves and sciatica knee pain. Dr. Marcial advises patients in nutrition and exercise, and he

practices what he advises others to do by exercising, running and reading for relaxation in his own spare time.

"When people are in chronic pain, their systems are overstressed. They are not enjoying life, and they even can become depressed easily," Dr. Marcial stated. "We have the joy of helping people and giving them hope. Not very many people get to do that every day, and I do it without drugs or surgery. It is great to see someone not having to use a cane to walk anymore, and he or she can do everyday things again, such as play with kids or grandkids," he added.

In practice in Ennis since 2006, Dr. Marcial directs the Ennis staff of five employees, which includes Julie Cameron, insurance specialist, and two medical assistants. The practice moved to its

#### Business NOW

current location two years ago. The practice accepts major insurance plans, Medicare and major credit cards.

Dr. Marcial is a native of Mexico but moved with his family to El Paso when he was 13 years old. He is bilingual in English and Spanish. As a college undergraduate student, he was studying pre-med when a friend had an accident on a jet ski. Visits to five doctors, with MRIs and scans completed, did not relieve the friend's pain, so he became addicted to pain medications. Dr. Marcial recommended that his friend see a chiropractor, and that was the turning point for both his friend, who got better, and Dr. Marcial, who changed the course of his life by attending and graduating from Texas Chiropractic College in Pasadena. He is licensed to practice by the National Board of Chiropractic Examiners and the Texas Board of Chiropractic Examiners.

# "I see each individual as a whole person, not just a knee or back."

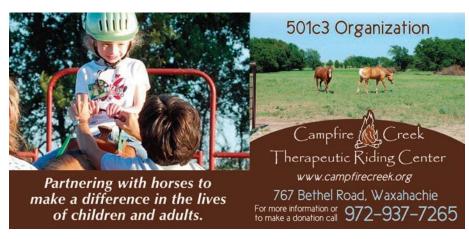
A belief in honesty being the best policy guides Dr. Marcial's treatment of patients. "If a treatment is not working, I will be the first to tell her or him and not waste the patient's money and time. I will always be honest," he said.

Hometown Physical Medicine and Dr. Marcial serve the greater community by awarding \$1,000 to Ennis ISD's Teacher of the Year and participating with a float in the Christmas Parade of Lights. Dr. Marcial is a popular speaker at area civic groups and businesses. His topic is tips on how to live safely at home or in the workplace.

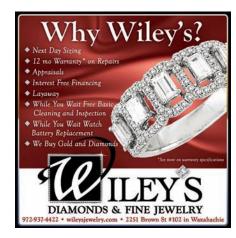
"This is a small town with very genuine and caring people, so our patients become family. It's a great feeling to change peoples' lives for the better every day," Dr. Marcial said.











#### Around Town NOW



The Joe Barton Family Foundation along with Zin Smati, Mayor Russell Thomas, Paul Begnoche and others welcome Hope Clinic to Ennis.



Jesse De Leon speaks to the Ennis Lions Club on behalf of the Ennis EISD Education Foundation.



Youth members from RFMI perform a dance skit during a Sunday morning service.



Jayda Emerson is escorted by Devin Pruski during the Homecoming Ceremony at EHS.



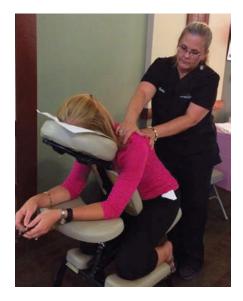
Pastor Cord Blankenship prays over the members of El Trio de Hoy after they performed at the first ever Fall Family Concert held at RFMI.



Howard O'Daniel is all smiles as he waits his turn to bowl.



Shane Wigley from Camp Gladiator speaks to the Ennis Noon Lions Club.



Robin Voss from Hometown Chiropractic gives free massages at a recent ERMC Ladies Night Out event.



The Ennis Chamber of Commerce hosts an open house and ribbon cutting for Sew Happy.



## LIVE

Friday, Dec. 4
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Saturday, Dec. 5
Travis Parke Band
Friday, Dec. 11
Troubles Tavern
Saturday, Dec. 19
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# What Are Your Excuses for Not Investing?

We all make excuses. Most of the time, they're pretty harmless. But you could be hurting yourself if you make excuses for not taking action in some areas — and one of those areas is investing.

Not investing, or not investing enough, can have serious consequences. In fact, a lot of people are poorly prepared financially for retirement. Consider these figures from the Federal Reserve: The median retirement account value for individuals between 35 and 44 is just \$42,700. For people 55 to 64, the corresponding figure is \$103,000. These figures are frighteningly low, especially when retirement can easily last two or three decades.

In short, you need to invest. So, what's stopping you? Here are some common excuses:

- "I'll do it later." The longer you wait before you start investing, the less time you have to accumulate money, and the less likely it may be that you'll achieve your goals, such as a comfortable retirement lifestyle. If you haven't begun investing, do it today.
- "I don't have enough money to invest." The cost of living is unquestionably high, and you may feel that you have just enough money to pay your bills before your next paycheck. But if you look for ways to economize, you may well be able to free up even a little money to invest each month. And then, when your salary goes up, you can increase the amount you invest.
- "I'll have Social Security." Social Security benefits generally account for only about 40 percent of an individual's preretirement income, according to the Social Security Administration. Unless you want to scale back your lifestyle

greatly during your retirement years, you'll need to supplement Social Security with your employer-backed retirement account, such as a 401(k), plus your own investments, such as those that go inside an IRA.

- "Can I really invest enough money for my retirement?" Consider this: Going back to 1990, if you had invested \$10,000 in the stocks that make up the S&P 500, and simply held on to these stocks, you would have amassed more than \$76,000 after taxes by the end of 2013. Of course, past performance of the market is not a guarantee of how it will perform in the future, and the S&P 500 is an unmanaged index and is not meant to depict an actual investment. But this illustration still shows that patient, diligent, long-term investing can produce positive results.
- "I don't know where to begin." If you work for a company that provides a retirement plan such as a 401(k) or something similar, you've already got a great place to begin. You only need to sign up for the plan and start deferring a part of your salary, and you're an investor. It's also quite easy to open an IRA, another popular retirement savings account. In any case, if you have doubts about how to get started investing, you will find it valuable to meet with a qualified investment professional.

Don't let excuses get in the way of developing good investment habits. With time, determination and effort, you can overcome many of the obstacles you thought prevented you from becoming a full-fledged investor.

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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### Health NOW



## Why Are My Medicines So Expensive?

Are you serious? Maybe that was your response when your pharmacist broke the news that your long-term medicine has just become much more expensive. Dramatic increases in pharmaceutical costs have made national news with one 62-year-old medication rising from \$13.50 per pill to \$750 per pill overnight! Drugs more recently developed for the treatment of hepatitis and cancer cost thousands of dollars per month. Politicians are vowing to intervene if elected, but the issue is far more complex than they realize. So, what is really going on?

In the U.S. the process by which a new drug is brought to market is quite lengthy. The Food and Drug Administration requires very stringent and exhaustive testing to establish safety and efficacy prior to releasing a drug upon the open market. This testing is extremely expensive and is much more extensive than is seen in other developed countries. Hence, many newer products now available here have been available for years in other countries. This process also greatly affects the selection of new drug types in which pharmaceutical companies will invest. For instance, we see very few new oral antibiotics developed because there is so much generic competition driving anticipated profits lower. Conversely, revolutionary new products, such as the biologics, have no generic competition fueling robust research and development expenditures.

Once a product has cleared the FDA approval process, the company is awarded a 17-year patent, during which time the company may charge whatever the market will bear, and it is shielded from competing companies making the same product. This period is established to allow the company to recoup

their research and development costs. However, the price that the market will bear is complicated by the fact that insurance companies negotiate the price of the product and exert substantial economic pressure to accept markedly reduced prices. In addition, drastic price concessions are often made soon after a product launch in order to develop a critical market base. These concessions are all very costly. Unfortunately for seniors, these price breaks are not available for Medicare patients since the Health Care Financing Administration has established laws that preclude its members.

Once the 17-year patent expires, generic companies are permitted to produce the product as long as it is demonstrated to be equivalent. However, if the product is difficult to produce or the anticipated profit margins are not deemed to be sufficient, a generic equivalent may not be produced. Also, many of the major pharmaceutical companies have bought generic manufacturers in order to eliminate competition. As in other industries, mergers of major pharmaceutical companies are frequent, leading to further competition reduction. Likewise, modifications may be made in the original product during its patent life in order to prolong its exclusive status and extend its premium pricing.

So, prices of prescription drugs will likely continue to rise. Inform your physician if prices become an issue, and options can be explored.

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## Mountain to Metro

Year-round adventure beckons explorers from every generation to Ogden, Utah.

Ogden, Utah, a vibrant town in northern Utah, is a nationally recognized destination nestled within the Rocky Mountains. This old railroad town transformed itself into a Mecca for adventurists. Passion, intrigue and rich history combine to offer endless experiences. Ogden's mountain-to-metro personality is derived from a unique balance of vibrant shopping, delicious dining, exciting nightlife and backyard access to year-round, breathtaking outdoor recreation.

Don't come to Ogden expecting a typical mountain town. Al Capone is rumored to have said Ogden was too wild a town for him in the 1920s. While Ogden has recently experienced a renaissance, O-town's soul will always be a bit rowdy.

As Utah's oldest settlement, transcontinental railroad officials designated Ogden as their junction point in 1896. More than 120 trains passed through Ogden each day. Today, Ogden's accessibility makes it a gathering spot for visitors and locals alike.

The area boasts three major ski resorts — Snowbasin, Powder Mountain and Wolf Mountain. The resorts offer a combined 10,000 acres of skiing with an average of 400 inches of snow. No lift lines mar the landscape, just open terrain and access to pristine groomers and powder shots, not to mention spectacular views. *Ski Magazine* consistently ranks Powder Mountain and Snowbasin resorts in the top five for value, snow, on-mountain dining and service.

Snowbasin provides luxurious skiing with multi-million dollar lodges, 3,000 vertical feet and high-speed gondolas. Powder Mountain's 7,000 acres, one of the largest ski basins in North America, gives skiers of all abilities a true backcountry experience. Wolf Mountain is arguably the best learn-to-ski mountain in the western United States and operates the largest night skiing venue in the state.

After absorbing Ogden's 170,000 acres of national forest, three ski resorts, miles of trails or 13,000 acres of lakes connected by pristine rivers, you can head downtown for a cool place to hang with friends. Charming, historic 25th Street is injected with local love, featuring boutique shopping, galleries,

independent restaurants and bars, including Tona, voted one of the top-10 ski-town sushi restaurants by *Ski Magazine*.

Downtown Ogden offers live entertainment, museums, culture and events. Visit Fort Buenaventura for an epic sporting event or mountain man rendezvous. Tour the Union Station's numerous museums, including the John M. Browning Firearms Museum or the Utah State Railroad Museum among others. Children will enjoy the award winning George S. Eccles Dinosaur Park, Ogden Nature Center and Treehouse Children's Museum.

Experience live theater, music and dance at Peery's Egyptian Theater or browse one of the 20 fully operating galleries displaying original works of art. A number of nationally recognized events take place throughout the year — from the independent Sundance Film Festival held in Park City and Harvest Moon Celebration to the XTERRA USA National Championships and Ogden Marathon.

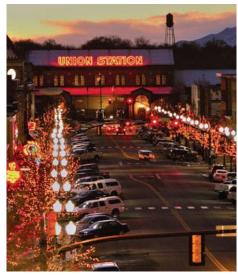
The town offers luxury mountain getaways, with mountain trails at your back door, to restored historic hotels located right downtown. In addition, the Ogden-Hinckley Airport is only five minutes away from downtown or the Salt Lake City International Airport is a quick 35-minute drive.

Travel times from Ogden are more-thanreasonable for educational daytrips to exotic sites like Utah's Great Salt Lake, where high-salinity water is so buoyant that people can easily float. You'll find opportunities for great hiking and wildlife viewing, including bison, antelope and birds, at Antelope Island State Park. Swimming and sunbathing are also popular on its clean, white sand beaches. Freshwater showers are available to rinse off after swimming, before the 40-minute drive back to your lovely lodging in Ogden.

For more information on great escapes available throughout the year, go to www.visitogden.com.

By Aimee Edwards. Photos by Out of Bounds Creative.









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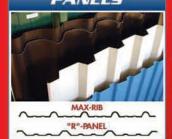




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#### December 1 — 31

Lights of Ennis: thousands of twinkling lights will illuminate the downtown area. For more information, call (972) 878-4748.

#### December 3

Christmas Parade of Lights & Block Party: 7:00 p.m., downtown Ennis. Evening will include food trucks, children's activities and much more.

#### December 3 — 5, 6

A Duo of One-Act Plays: Little Women and The Olive Press: Dec. 3-5, 7:00 p.m.; Dec. 6, 3:00 p.m., Hagee Communication Center's Black Box Theater, SAGU campus. Limited seating. Tickets are available at www.sagu.edu/events/.

#### December 4

Shrek the Musical: 7:00-9:00 p.m., Ennis Public Theatre, 2705 N. Kaufman St. For more information, call (972) 878-7529 or visit www.ennispublictheatre.com.

#### December 4, 5, 11, 12, 18, 19

A Christmas Story: 7:30-9:30 p.m., Friday and Saturday; Sunday matinees, Theatre' Rocks, 505 N.E. Main St. For more information, call (972) 878-5126 or visit www.theatrerocks.com.

#### December 4 — 6, 11 — 13

Bethlehem Revisited: 6:00-9:00 p.m., 402 N. College St. directly behind Central Presbyterian Church. Free admission, but donations are always welcome. Call (972) 937-2924 or visit www.cpcwax.org for more information.

#### December 5

Lucky's CC Car Show/Toy Drive: 10:00 a.m.-4:00 p.m., N.W. Main Street in downtown Ennis. \$10 registration fee along with one unwrapped toy. Proceeds and toys from the event will benefit Mission Ennis – Bridge Builders Angel Tree. For more information, call Chubby at (469) 774-5692.

#### December 5, 6

Candlelight Home Tour: 2:00-8:00 p.m. Visit three unique homes in Waxahachie, spanning from the Victorian era to the 21st Century, as they don their holiday finery. Tickets: \$15, children 12 and under are free. Visit www.downtownwaxahachie.com for more details.

#### December 8

National Active and Retired Federal Employees Association Chapter 1191monthly meeting: 11:00 a.m.-1:00 p.m., Grand Ennis Buffet. The event also includes a guest speaker. For membership information, call (214) 949-6197.

#### December 10

Christmas Market: 5:30-8:00 p.m., Red Oak High School Cafeteria. Event includes a silent auction and several door prizes. Donations benefit the ROHS Special Needs Prom. Free admission. For more information, contact Melinda Hines at (972) 617-3535, ext. 6117.

MACS: 6:00 p.m., Tabernacle Baptist Church Life Center. Evening includes a covered dish meal and a program of singing or informational message.

#### December 11 — 13

Happy Hollandaise – Winter/Christmas Showcase: Chautauqua Auditorium. For more details, visit www.wct.texas@gmail.com.

#### December 12

YMCA Santa Run: downtown Waxahachie.

Cocoa Stroll: 4:00-8:00 p.m., downtown Waxahachie.

#### December 12, 13

The Turkish Van Cat Connection Club Cat Show: Ellis County Expo Center. For event times and information, visit www.TurkishVanClub.com.

#### December 13

Ellis County Gryphon Toy Run & Motorcycle Parade: 8:00-11:00 a.m. Riders will meet in downtown Midlothian. The parade will depart at 11:00 a.m. Proceeds benefit Ellis County children and the Midlothian Senior Center.

#### December 17

Ellis County Veterans Networking Group: 6:30 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.

#### December 18

Guys Night Out: 5:00-8:00 p.m., downtown Waxahachie with participating merchants.

#### January 23

Annual 5K Run for Their Lives Roundup for Children: 8:00 a.m., registration; 9:00 a.m., race begins, Getzendaner Park, 400 S. Grand Ave. \$30 per person; groups of four or more are \$25 per person. Proceeds help support the Texas Baptist Home for Children adoptions. For more information and to register, visit www.tbhc.org or email cbarber@tbhc.org for sponsorship opportunities.

#### 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 meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit www.elliscountyaggiemoms.org.

#### Fourth Mondays

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.

#### 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 Kay at (972) 935-2054 or Margaret at (972) 937-1016 for reservations.

#### Second Thursdays

Mom's Connected meeting: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Call the church office at (972) 875-3861 for more information.

#### Fourth Saturdays

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

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





### Cooking NOW



### In the Kitchen With Marie Dyess

— By Virginia Riddle

Marie Dyess, a certified Master Wellness volunteer with the Ellis County AgriLife Extension Agency, loves to do healthy lifestyle demos at cooking classes, senior centers and other community events. "Most people enjoy good food, and good relationships are often built around good food," Marie explained. "Healthy food keeps our bodies functioning properly, and healthy relationships keep our lives worth living. We must keep our bodies and souls in healthy balance."

Clowning around as Miss Fit, is another of Marie's volunteer efforts. "I use a 3-foot-long vegetable peeler and tell corny jokes," she said.

A country girl at heart, Marie hosts an annual cookie baking day during December. "I started this family tradition with my kids, then I did it with my grandkids and, lately, with many of my great-grandkids." NOW

#### Marie's Fruit Cake

Butter-flavored cooking spray 1/2 cup unsalted butter, room temperature

- 1 1/2 cups applesauce
- 1 tsp. vanilla
- 1 egg
- 5 tsp. Splenda
- I cup all-purpose flour
- I cup whole wheat pastry flour
- I tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 cup walnuts, chopped
- 1/2 cup pecans, chopped
- I cup dates, chopped
- 1/2 cup candied fruit
- 1/2 cup candied maraschino cherries
- **I.** Preheat oven to 325 F Spray butter-flavored cooking oil onto a Bundt pan or several small loaf pans.

- **2.** In a medium bowl, mix next 5 ingredients well; set aside.
- **3.** In a larger bowl, mix remaining ingredients well.
- **4.** Combine first bowl's ingredients into larger bowl; mix well.
- **5.** Pour into prepared pan(s); bake 1 hour, or longer, until brown.

#### No-bake Orange Balls

Yields about 5 dozen.

- 1 12-oz. box vanilla wafers
- 1 1/4 cups powdered sugar (divided use)
- 1 cup shredded coconut
- I cup pecans
- 1 6-oz. can frozen orange juice, thawed
- **I.** Divide wafers into enough plastic bags for each child to have one; let children crush bagged wafers with wooden spoons.

- **2.** Combine wafer crumbs with remaining ingredients, using 1 cup of powdered sugar; mix well.
- **3.** Roll dough into small balls; roll each ball into additional powdered sugar.

### Marie's Black Bean and Cilantro Spread

- 1 15- or 16-oz. can black beans, drained and rinsed
- 2 tsp. fresh lime juice
- 2-4 drops Young Living Lime Essential Oil (optional)
- 2-4 tsp. mild salsa, to reach desired consistency
- Tony Chachere's Creole Seasoning, to taste

Fresh cilantro leaves, coarsely chopped 2 tsp. red onion, finely diced

- **I.** Puree beans, lime juice, oil, salsa and seasoning in food processor or blender, scraping down the sides once or twice; add more salsa if mixture is too dry.
- 2. Add cilantro; mix well; stir in red onion.
- **3.** Serve spread at room temperature with crackers, pita bread or corn chips.

#### **Peanut Butter Fingers**

Yields about 60.

- 12 slices of whole wheat/multigrain bread
- 1 1/2 cups peanut butter
- 5 Tbsp. vegetable oil
- 2 tsp. brown sugar
- 1/4 cup nuts, finely chopped (optional)
- **1.** Trim the edges from each slice of bread; reserve the edges. Cut each slice into 4 or 5 "fingers."
- **2.** Lay bread fingers and edges in a single layer on a cookie sheet. Toast for about 45 minutes in the oven; set a low heat, not over 275 F.
- **3.** Mix peanut butter, oil and brown sugar over low burner while stirring; mix well.
- **4.** When bread is toasted to golden brown, remove from oven; let cool. Place edges only in a plastic bag; grind or crush them into crumbs.
- **5.** Add chopped nuts, if desired.
- **6.** Dip bread fingers in warm peanut butter mixture; let drip on a rack.
- **7.** Roll dipped fingers in breadcrumbs; place on rack or waxed paper to dry. Store in an airtight container.





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