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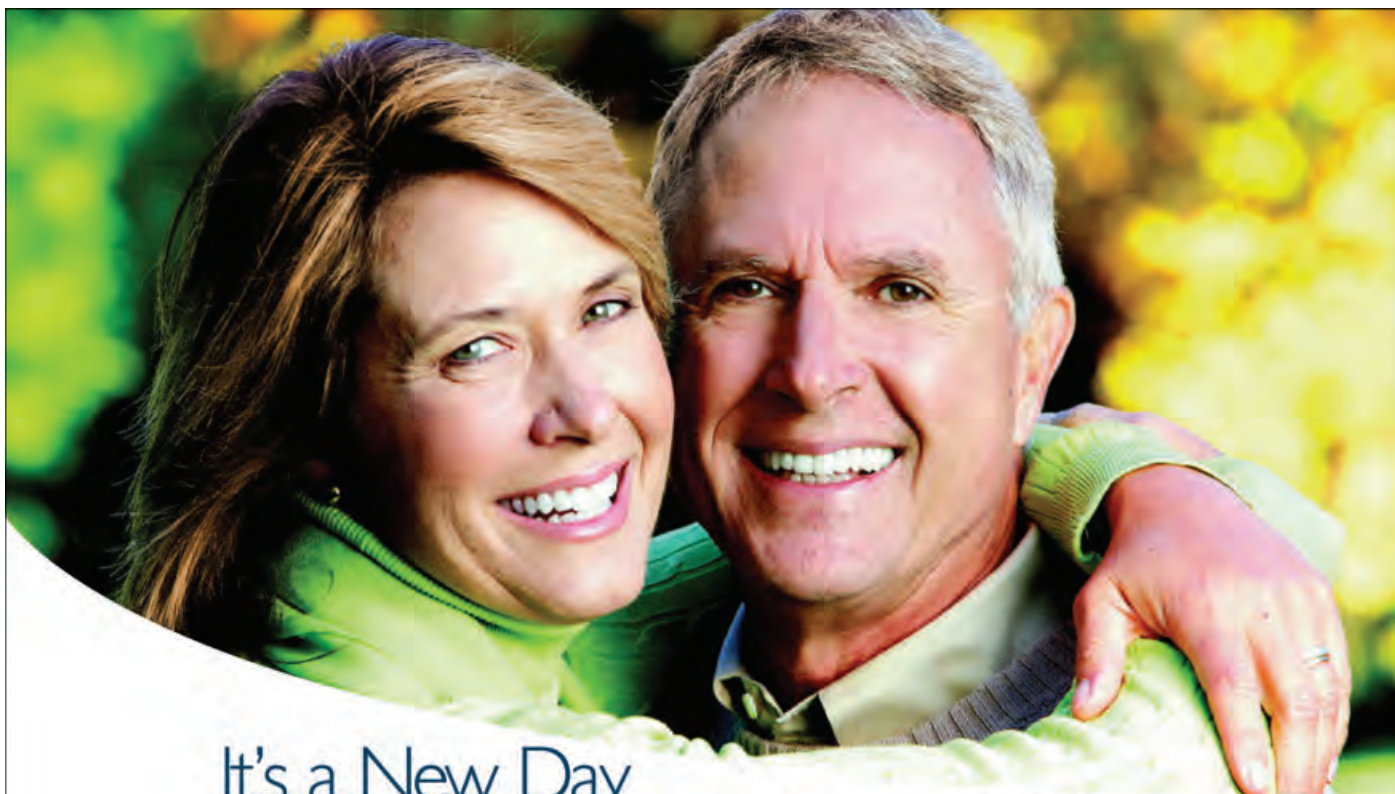
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## ON THE COVER



Music and art inspire the hands of Anna Wilson.

Photo by Amy Ramirez.

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## Editor's Note

*One sweetheart of a month...*

February is all about love, but not just the kissing kind. It's about the affection we have for remembering history, savoring the inspiring stories that have uplifted us and made us proud of our fellow man. As Black History Month, February is a time to celebrate the romance of yesteryear, as well as to commemorate the far-from-romantic facts we as Americans – black and white – have overcome.

Ennis has its own fascinating past and, as part of a new policy to feature articles of historical interest, *EnnisNOW*

will pay tribute in upcoming issues to people who have shaped local heritage and lore.

For the time being, why not take part in preserving a little history yourself? Feel free to share ideas with me for stories on friends and neighbors who've made good, or e-mail me fun photos of local events for our Around Town page!

## Randy

Randy Bigham  
*EnnisNOW* Editor  
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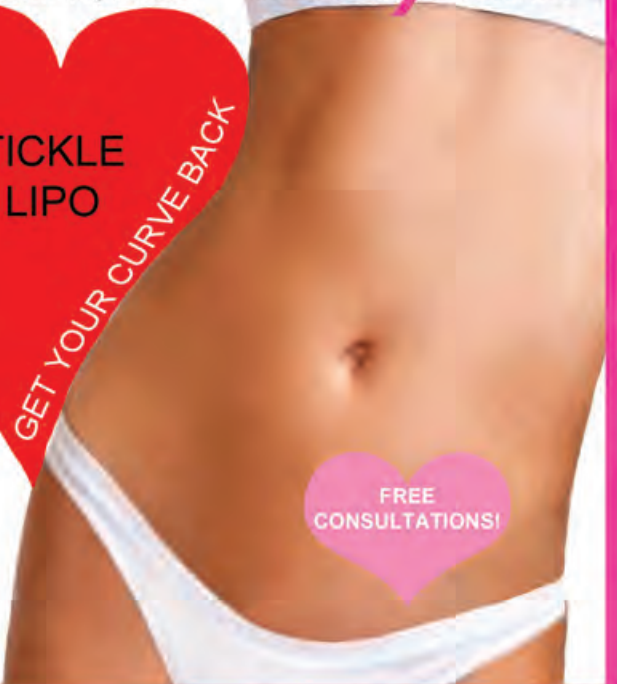
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# Art in the

— By Randy Bigham



*A young Ennis painter, who is also a gifted musician, is enjoying learning her craft and continuing her family's legacy of creative ability. Anna Wilson is a 19-year-old Navarro College student immersed in art appreciation courses, but in private, she's equally dedicated to her love of art. "I really like recording nature," Anna said. "My favorite picture so far is one I've done of palm trees, but I don't just do tropical scenes. I love painting all kinds of different places — some I have been to and some I have seen in photos."*



# Family



Preferring landscapes, Anna toils over each canvas with deep concentration and a keen eye for detail. These traits come naturally to the aspiring artist whose family members are similarly focused and proficient. Anna's father, Michael, known for his efforts in behalf of the Templeton-McCanless Historic District, is talented in music and drawing. Her older sister, Susie Sibley, is gifted musically as well, and their brother, Ryan, values art and music, though he hasn't expressed himself through those mediums. Their mom, Laurie, an Ellis County Museum board member and author of *Railroading in Ellis County*, among other books, claims her daughter has inherited no artistic skills from her. "Anna definitely didn't get her talent

from me," Laurie laughed. "But I'm not surprised by her interests, because her dad is so creative. He paints and plays music, and her sister played the piano for 10 years. So Anna has picked her talent up naturally."

Anna began drawing as a hobby around the age of 10, but she didn't realize her potential as a painter until she enrolled in private classes with LaJuan Schlegel, a beloved and highly sought-after local artist. "I really like my lessons with Mrs. Schlegel," Anna admitted. "She is a very nice lady and a great teacher. She goes over to each student to see if they need help, but she doesn't force any instruction on us. She just lets us work at our own pace." Some styles of painting Anna has experimented with while in

LaJuan's class include impressionism, abstractionism, still life and some portraiture. Perhaps one of the loveliest works Anna has recently completed is an impressionist scene of a lady in a long, flowing, white dress, walking by a stream. The tone is romantic, with dappled light contributing a moody feeling to the picture. Anna's still lifes are clear and evoke romance as well. Her abstract pieces, by contrast, are stark and thrilling, yet owe little to the Cubist style of Picasso — her approach to this art form is completely original.

Anna enjoys testing out all genres, but none has inspired her more than the landscapes she holds dear. She is in her element painting trees, flowers and water and looks forward to committing



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to canvas such exotic locales as Rio de Janeiro, where her mother grew up. While Anna has accepted some commissions to paint specific scenes, she does not see her work as a means to profit commercially. "I paint for my own pleasure," she



confessed. "I want to learn more and develop my style." She truly enjoys the rigor of studying, as well as the camaraderie to be found in LaJuan's classes.

For her parents, watching Anna's emerging genius is a delight. Laurie, especially, takes pride not only in her daughter's abilities, but in the fact that she's continuing a distinguished legacy beyond her immediate family's talents. "I don't have an artistic bone in my body," Laurie explained, "but my great uncle was a very promising painter, and one of our prized possessions is a portrait he did of his little brother, who is my grandfather."

George Louis Carspecken, Anna's great-great uncle, has indeed bequeathed to her his exceptional aptitude with the brush and palette. George grew up in the late 19th century in Pittsburgh, Pennsylvania. There, his skill came to



the attention of Andrew Carnegie, the famous philanthropist, who took him on as a protégé and funded his studying in Paris between 1902 and 1904. George's best known painting, *Portrait of a Young Man*, which was actually a self-portrait,

was exhibited at the Worcester Art Museum in 1902 and won first prize. George was only 18 at the time, but critics praised the youth's style as bold and decisive. So impressed was Andrew Carnegie that he purchased *Portrait of a Young Man*, and it remained in his personal collection for many years. "The original bill of sale is still in our family," Laurie noted. "It sold for a mere \$600."

Unfortunately, Anna's ancestor did not live long enough to see his fame spread. After two years in France, George returned home to Pennsylvania, traveling shortly thereafter to visit relatives in Ohio. There, he suffered an attack of vertigo and fell down a flight of stairs to his death at age 21.

However tragic her great-great uncle's untimely passing was, there's nothing morbid about the talent Anna has inherited.

Her extraordinary creativity as an artist extends equally to music, which



the young woman cherishes almost as much as painting. "I really like classical music and all-instrumental contemporary music," Anna said. One of

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the composers she admires most is John Williams, whose scores for TV and film are numerous. Some of the movie theme songs composed by John Williams Anna likes best include those for *Star Wars*, *Superman*, *Harry Potter and the Sorcerer's Stone* and *Home Alone*.

After learning to play the piano with her sister, Susie, she gravitated to private lessons with Retha Bigham, a local musician. "I really enjoyed participating in Mrs. Bigham's recitals," Anna recalled. During the three years she studied with Retha, she composed her own



contemporary tunes, performed duets and dramatic skits and learned to play both classical pieces and hymns. "I don't compose anymore, but I do tweak songs a little to get them the way I like," Anna observed. With her dad, Michael, Anna shares a knack for playing by ear, and she also has a fondness for some of the 1960s-era songs her father loved as a kid, especially tunes by The Beatles.

For all her dedication to music and art, Anna is even more devoted to her school work at Navarro College, from which she'll soon transfer to The University of Texas at Dallas. Taking biology and other science classes, in addition to art courses, Anna has an interest in psychology, and she may seek her bachelor's degree in that subject when she attends UT Dallas. For the time being, she's happily painting her landscapes and dreaming of the future, all the while proud of the legacy she's perpetuating by making use of her flair for art and song. **NOW**



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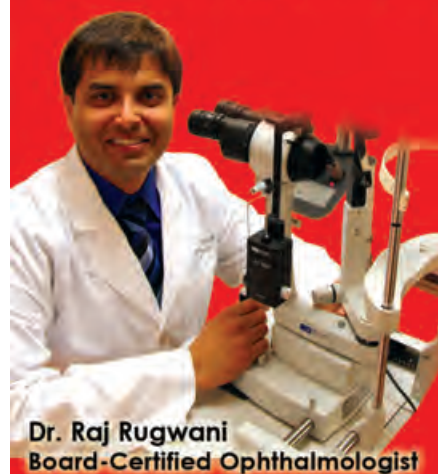
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# Vintage Charm

— By Donnielle Tyner

*After nearly five years of searching, Sally Slavik finally found her dream home in historical downtown Ennis. Sally knew the Preston Street house was the one when she first toured the home. The abode gave her a familiar feeling, as if she lived in a home similar as a small child. “What originally attracted me to the house was the fact that not a lot had been changed,” Sally shared, still excited after all this time. “I had looked at a lot of houses before I bought this one, and the first thing I always noticed was the French doors from the dining room to the living room were always gone. The French doors are still here, and*



At  
Home  
With  
Sally  
Slavik





*when I saw them I was really hopeful the rest of the house hadn't been modernized. And it hadn't."*

Sally, a retired accountant with Texas Scottish Rite Hospital, purchased her home in 2007 with the intent on updating, but not changing, the character of her historic home. A year later, after searching and finding a qualified contractor who would remodel while keeping the home as historically accurate as possible, the work was complete. Once Sally moved in, she painted the interior one room at a time by moving furniture around from one room to another.

The interior of Sally's home is cheerful and calming, yet scattered with quirky



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pieces of furniture and art reflecting Sally's individual taste and personality. The living room's sage walls create a comfortable atmosphere. In one corner, an antique chair owned by her late husband's grandmother found its home.

Other pieces, such as an imaginative table depicting a frog holding up a leaf and a sculpture of the Hindu god Ganesh, lovingly placed on the bookshelf that dominates half of one wall in the living room. The latter holds special meaning for Sally. "He (Ganesh) looks very happy and content," Sally explained. "I look at him and calm down."

The original French doors separate the living room and dining room.

Both rooms still boast the original hardwood flooring. A unique china cabinet, made from recycled wood and windows, graces one wall of the vintage dining room. On top of its counter, is

a pitcher of a frog. The vintage feel is emphasized by her collection of antique furniture, especially the chandelier which was originally candlelit, but converted to electricity.

The interior decor was inspired by the age of the home, especially the large white wall panels present in every room. However, the inspiration wasn't completely Sally's. "My old house had all white walls," Sally explained. "When I moved into this home, I wanted color, so I painted each room a different color. When I finished, I painted myself into a box and realized I didn't know how to continue the process. So I looked in the Ennis phonebook under interior design, and Harriett Adams was the first name listed. Without her I wouldn't have known where to start. She's really been wonderful throughout the whole process."

Bright red walls, accented with black and white flooring, adorn the modernized kitchen. "The kitchen had very little cabinet space," Sally recounted. "The contractor gutted it and installed all new cabinets." Even though the kitchen is modern compared to the rest of the

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home, there are thematic elements of the home's original period. These include an additional antique chandelier converted to electricity, decorated with a frog medallion on its pull chain.

"When I saw the master bedroom, I thought it was too big for the period, but I couldn't find any evidence that it used to be two rooms," Sally stated as she walked into one of the largest rooms in the 1920s home. Large floral drapes dominate the wall above the bed giving



the room a retro impression. These drapes are what gave Sally the inspiration to purchase a hand-painted floral chest of drawers. Other than the drapes, the room has a distinct masculine feel, thanks to the retro, mid-century blonde furniture Sally inherited from her husband's aunt and uncle. To complete the room, next to the bed sits a lovely antique rocking chair, the mate to the chair inherited from her late husband's grandmother located in the living room. In the master bedroom, as well as the guest bedroom, the original carpeting was removed in hopes of finding salvageable hardwood flooring underneath. However, the wooden floors beneath had been destroyed and replaced with a plush modern carpet.

The bathroom was the most profoundly remodeled room in the home. Before giving up the closet in the guest bedroom to expand the bathroom, the small room was cramped and

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impracticable. The expanded room now boasts an enormous shower. Although she is grateful for the room, Sally still wishes she could have had more room for a bathtub, but her contractor felt it would shrink the space. Since the bathroom took the closet from the guest bedroom, Sally had the hall closet door moved so it could be accessed from the front bedroom.

The guest bedroom has to be the most dynamically decorated room in the entire home. "My favorite room is the guest bedroom. I don't know why," Sally claimed. "I just find it appealing." The sapphire walls add a modern touch to the vintage chic-inspired decor. Large floral drapes bring the color of the walls together with the decorations of the room, inspired by Harriett Adams. A gorgeous lamp perches on a small table in the corner, matching the room's color perfectly. "Harriett really has an eye for color and style that work very well together, plus she really knew how to listen and was able to interpret exactly what I wanted," Sally remarked. An antique tool chest inherited from her husband's uncle is placed next to the bed — the beauty of the cobalt wooden box betrays its original purpose. Today, it serves as a stand to hold an old record player Sally still uses.

Creating a home that is both enjoyable and comforting has been Sally's goal in taking on the remodel of a historic home. Her home radiates a sense of



peace, allowing Sally to enjoy the benefits of retirement. Some of those benefits include reading, gardening and working with the Ennis Historical Society. "My goal was to make my home inviting," Sally confessed. "I want my guests to feel at home enough to kick their feet up and relax." **NOW**

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# PRIDE on Wheels

— By Rick Herron



*Even though it lies off the beaten path, about 15 miles northeast of Ennis, the quiet hamlet of Bristol is home to what its caretakers lovingly call the “Beast.” Just ask Fire Chief Eddie Miner or any of his crew that comprise the Bristol Volunteer Fire Department. They should know.*

The Beast is actually a huge state-of-the-art tanker engine purchased in 2009 through a grant from the Federal Emergency Management Agency. It holds a whopping 3,500 gallons of water and is equipped with enough room behind the cab for a bevy of firefighters to don their protective gear en route to a fire. It’s also a source of pride for the 16 brave volunteer firemen who keep Bristol residents safe. “Along with the Beast, we have two small brush trucks that hold 400 gallons of water and one fire engine that holds 750 gallons, which is the ‘first-out’ type, outfitted with minimum equipment,” Eddie explained.

The department’s active volunteer firefighters, all between the ages of 19 and 52, are ready at a moment’s notice to fight fires, as well as a myriad of other emergencies. They provide





firefighting services to the Emergency Services District #7, a 65-square-mile area, from the Trinity River to the east, Palmer/Garrett to the west, Highway 34 to the south and Red Oak Creek to the north. Each fire engine stays full to the brim with local water supplied from Rockett.

Fighting fires is in Eddie's blood, something he started doing 32 years ago. "I went to work for the city of Ennis Fire Department when I was 19, and got involved in volunteer firefighting around 1991," Eddie remembered. "In fact, my dad was the first paid fire chief for the city of Ferris, and when I was 16, I wanted to be just like Dad. I've been associated with fire departments in one form or the other ever since." When he's not wearing his fire chief's hat, Eddie's busy with his septic tank business or preparing his next sermon at Grace Temple Baptist, where he's been preaching for 15 years.

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Anyone interested in becoming a volunteer fireman can apply at the fire station, located at 101 South Old Walnut in Bristol. "After an application is filled out, we do a background check," Eddie said. "If that checks out, the applicant is recommended as a volunteer fireman. The individual is then voted on and has to go through a 90-day probationary period. If no problems are encountered, the individual is brought into full membership with the fire department." A volunteer should also live close enough to be able to get to the station within five minutes.

Bristol, home to the volunteer department for over 100 years, is located on Farm Road 660 off Interstate 45 about 15 miles east of Ferris. According to the Texas State Historical Association, the community began in the early 1840s under the name of Brockville, which was later changed to Heelstring. The first community building, a log church, school and lodge room was constructed in 1870. The Bristol post office opened in 1872, and by 1890 Bristol had 200 residents, half dozen businesses, a bank, two churches and an elementary school. From the 1980s on, Bristol has served as a supply and service center for area farmers and as a school and church community. Today, the community is home to over 650 residents.

The volunteer fire department is currently housed in a building constructed several years ago to replace the original one, but in recent years, the need has arisen for a larger, better equipped facility. "We want to build a second fire station down the street that





**“When I was 16,  
I wanted to be  
just like Dad.”**

will contain a large meeting room and sleeping quarters, so we are in the process of getting the necessary funds through grants and fundraisers,” Eddie said. “It will be known as station No. 2, and the plan is for it to be easily accessible to the volunteer firemen, as well as being a centerpiece of the community.” Eddie added that although he would like to see something built in the next two years, realistically it will probably be more like three to four years.

The operating budget for the current facility is about \$50,000 per year, with most of that coming from donations and grants. “The money is used to run the facility and maintain the equipment. We don’t pay any salaries,” he said, adding that the yearly amount has stayed the same for several years.

Fundraisers help supplement the monetary needs of the Bristol Volunteer Fire Department. Each January, there’s also an annual infusion of Emergency Services District revenue, generated from taxes. “We have an annual fundraiser the second week of May, where we have a live band, food along with live and silent auctions,” Eddie said.

Anyone in need of the Bristol Fire Department’s volunteers can call 9-1-1, Eddie explained. “When you call 9-1-1, the Ellis County Sheriff’s Department in Waxahachie will dispatch a call, or ‘tone us out,’ which causes the radio each one of us wears to elicit a specific tone,” Eddie said. “Each of us then uses the radio to acknowledge we are on our way to the fire station. Once we

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are all here, we radio the Ellis County Sheriff's Department that we are in route to the scene, where we then size up the situation. When we are done, we issue a 'clear' command."

The fire department, in addition to keeping the area safe, works with Caring Hands of Bristol to educate the community on fire prevention. "Right now, we're promoting the Vial of Life, a red sticker that can be attached to a refrigerator or somewhere visible where a person can list all of their medications in case of an emergency," Eddie said. "We

**"We couldn't do what we do without them."**

also participate in the Bunny Breakfast the weekend before Easter where we distribute fire prevention material."

Eddie knows it truly takes a village to maintain the quality equipment and high standards that are immediately evident at the fire department, and for that, he's continually grateful. "I appreciate the support of the local community and the mutual aid we enjoy from volunteer fire departments in Ferris, Palmer, Garrett and Telico, as well as the Ennis Fire Department," Eddie said. "We couldn't do what we do without them." **NOW**



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## FASHION AND FAMILY

*Beauty may be their business, but for Sisters of Style it's all relative.*

— By Randy Bigham

Curls, bangs, bobs or perms — you name it, they can cut it. Nikki Villanueva and Melissa House, the fashion-forward duo behind Sisters of Style, are all about *the look* but in the long (or short?) run, it's family that matters.

“Our mom and dad are as much a part of the business as my sister and I are,” said Nikki of their parents, James and Pam House. “They want us to make good, and because of them we are succeeding.”

Melissa agreed. “Our parents have put in a lot of hard work for us to have what we have.”

What they have is a salon that extends a sense of togetherness to employees and clients alike. “As far as our staff,” Melissa

pointed out, “we want to grow a team that can be like family. And with customers, we want them to know we are here for them, whatever their needs.”

With a full-on approach suited to their goal of becoming a day spa, Nikki, Melissa and their stylists offer a broad range of beauty services. From basic haircuts to total makeovers, customers enjoy massages, even on-site glamour photography. “We just love making people happy,” Nikki said. “It’s great knowing we can help people get the look they want.”

Melissa, too, enjoys making a difference in the lives of her customers by giving them the confidence that a new hairstyle can provide. “I want people to feel they can depend on us, and I also



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really like teaching them how they can maintain their new look,” Melissa added.

Nikki, 30, who hails from Waxahachie, and Melissa, 25, who lives in Palmer, know all about the excitement that comes with a fresh look. They’ve been drawn to design, whether in clothes or hair, since childhood. “In daycare I would braid my teacher’s hair, if that tells you anything!” Nikki laughed. “And I started curling my own hair at age 5.”

Melissa also recalled her life-long interest in fashion and beauty. “As little girls, Mom would put bows in our hair, and we would take them out and redo it.”

There was never any question that the style-savvy siblings would find careers in cosmetology. Both learned their craft through the Ogle Beauty School — Melissa at its Dallas headquarters, Nikki at the Arlington branch. Nikki has been styling hair for over 10 years and Melissa for four, and the knowledge they’ve gained is now being put to good purpose in the thriving business they started seven months ago. The name of their salon may be self-explanatory, but Melissa

**“We definitely welcome those customers who may feel they’re in need of rescue!”**

and Nikki playfully point out that the shop’s initials spell SOS. “So we definitely welcome those customers who may feel they’re in need of rescue!” Nikki said.

Once inside the attractive salon, located on a popular thoroughfare in downtown Ennis, clients are greeted with a complementary glass of wine or cup of coffee. From there, patrons are attended by Nikki, Melissa, stylists Robin Sadrina, Susan Morgan and Kayla Petrich, or massage therapist Kodie Spence. From simple cuts to complete makeovers for special occasions, including weddings, the staff is knowledgeable and courteous.

These Sisters of Style are looking forward to adding new clients to their roster as they continue to prosper as a family-owned and -operated business. “We think we have a lot of originality to offer,” Nikki said. “We’re even open on Mondays, so come in and get pampered!” **NOW**

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*Kevin Graves with his father, George Graves, who just celebrated his 94th birthday.*



*E's Southern Pass holds a recent ribbon cutting.*



*Pastor Todd Gray presents Bibles to children at Tabernacle Baptist Church.*



*Ennis IHOP employees, Brayan, Christina, Eulalia, Mabel and Ana, collect donations for Toys for Tots at Christmas and year-round.*



*Lauren Stillwell, her daughter, Morgan, and her late mother, Melissa Denbow, clown around before a family meal.*



*Ariel Burden, Paige Brazil, Sarah Boon and Nathan Chapman of Ennis High's FFA Quiz Team, which placed recently at State Competition.*



*The Chamber hosts a ribbon cutting for Williamson CPA.*



*Ennis Lions football players named to Academic All State are Brandon Adams, Kyle Buckley, Jason Washburn and Cshamari Reed.*





*Angel McCutcheon and Priscilla Maltos in costume for Friendship Baptist's Christmas play, One Starry Night.*



*Stanton Beckham and Kevin Poirier have a successful hunting trip.*



*D'Lynn Davis with author Hugh Brewster at a book-signing in Dallas.*



*Madelynn De Los Santos marches with Lionette Ashley Fisher.*



*Bridgette Nichols and son, Hudson, share the spotlight as a bridesmaid and a ring bearer during a recent wedding.*



*Justin Sanford gets ready to spend the day with friends.*



*Becky McCarty, aka Puddin, and daughter, Morgan McCarty, pose during an open house at Puddin's Cafe.*



*A ribbon cutting is held for Ennis Quick Care.*



*Alan Beane and Melinda Bigham meet Santa at the W Hotel.*



## Investment Mistakes to Watch For At Different Stages of Life

As an investor, how can you avoid making mistakes? It's not always easy, because investing can be full of potential pitfalls. But if you know what the most common mistakes are at different stages of an investor's life, you may have a better chance of avoiding these costly errors.

Let's take a look at some investment mistakes you'll want to avoid when you're young, when you're in mid-career, when you're nearing retirement and when you've just retired.

### When you're young ...

*Mistake: Investing too conservatively (or not at all)* — If you're just entering the working world, you may not have a lot of money with which to invest. But don't wait until your income grows. Putting away even a small amount each month can prove quite helpful. Additionally, don't make the mistake of investing primarily in short-term vehicles that may preserve your principal but offer little in the way of growth potential. Instead, position your portfolio for growth. Of course, stock prices will always fluctuate, but you potentially have decades to overcome these short-term declines. Since this money is for retirement, your focus should be on the long term — and it's impossible to reach long-term goals with short-term, highly conservative investments.

### When you're in mid-career ...

*Mistake: Putting insufficient funds into your retirement accounts* — At this stage of your life, your earning power may well have increased substantially. As a result, you should have more money available to invest for the future — specifically, you may now be able to “max out” on your IRA and still boost your contributions to your employer-sponsored retirement plan, such as your 401(k), 403(b) or 457(b). These retirement accounts offer tax advantages that you may not receive in ordinary savings and investment accounts. Try to put

more money into these retirement accounts every time your salary goes up.

### When you're nearing retirement ...

*Mistake: Not having balance in your investment portfolio* — When they're within just a few years of retirement, some people may go to extremes, either investing too aggressively to try to make up for lost time or too conservatively in an attempt to avoid potential declines. Both these strategies could be risky. So as you near retirement, seek to balance your portfolio. This could mean shifting some of your investment dollars into fixed-income vehicles to provide for your current income needs while still owning stocks that provide the growth potential to help keep up with inflation in your retirement years.

### When you've just retired ...

*Mistake: Failing to determine an appropriate withdrawal rate* — Upon reaching retirement, you will need to carefully manage the money you've accumulated in your IRA, 401(k) and all other investment accounts. Obviously, your chief concern is outliving your money, so you'll need to determine how much you can withdraw each year. To arrive at this figure, take into account your current age, your projected longevity, the amount of money you've saved and the estimated rate of return you're getting from your investments. This type of calculation is complex, so you may want to consult with a financial professional.

By avoiding these errors, you can help ensure that, at each stage of your life, you're doing what you can to keep making progress toward your financial 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.*

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# Putting Your Best Foot Forward With Diabetes

Diabetes is a disease which affects an estimated 26 million people in the United States, of which 7 million do not even know they have it. To further describe its influence in this country, 18.3 percent (18.6 million) Americans aged 60 or older have diabetes. Unfortunately, it is a disease that once diagnosed will change many aspects of a person's life from changes to their diet, their shoe gear, their medications, and the frequency of their physician visits.

As a foot and ankle surgeon, I can describe complications associated with diabetics who neglect small scrapes or abrasions to their feet or ankles. These small wounds quickly transition into serious, and at times, limb- or life-threatening infections. One reason for this is that among other things, diabetes makes you prone to poor blood flow and nerve damage in the lower legs. It is because of these changes that it is absolutely necessary you not try to manage diabetes without periodic diabetic wellness visits with your primary care physician and have a periodic evaluation by a podiatric surgeon at least twice yearly.

Every patient is different, but there are some common practices which every diabetic should follow. Here are some of my secrets to having and keeping healthy feet with diabetes:

- Perform daily foot examination with a mirror if necessary
- Shake out your shoes before putting them on
- Avoid barefoot walking
- Wear socks with your shoes, and change them daily
- Moisturize your feet and legs, but not in between your toes

- Avoid temperature extremes with your feet (hot or cold)
- Do not smoke
- Check your blood sugar
- Eat according to the American Diabetes Association recommendations
- Carefully cut your nails without curving the nail or cutting them too short
- Get medical advice if you notice foot or ankle deformities (bunions, hammer toes, collapsing joints), as these can lead other foot problems if left untreated

- Exercise if you are able to

In my experience, the single most important piece of advice I can provide any reader of this article is that diabetes is not a condition to ignore. Do not wait until you experience burning, numbness, pain, wounds or worse to have your doctor evaluate your diabetic condition. Living a long, healthy life with diabetes is going to be a team effort. Your primary care physician manages your medications and offers advice and counseling in regards to lifestyle adjustments. Specialists, like podiatric surgeons, are able to monitor your foot and ankle health and offer you both surgical and nonsurgical options. Having both types of experts on your health care team is your No. 1 key to living the longest and healthiest life with diabetes. **NOW**

*Christopher Schmitt, DPM is a podiatrist working at Walker Foot and Ankle in Ennis and is on staff at Ennis Regional Medical Center.*



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### February 7

*Moonlight and Magnolias* by Ron Hutchinson: 7:30 p.m., Ennis Public Theatre, 2705 North Kaufman St. A comedy based on the true story of how the final script for the movie *Gone With the Wind* was written. For information on dates, times and tickets, call (972) 878-7529 or visit [www.ennispublictheatre.com](http://www.ennispublictheatre.com).

### February 8

Ennis Czech Music Festival Friday Night Pre-Party: 7:00 p.m.-11:00 p.m., Sokol Clubroom, 2622 E. Hwy. 34. Event will feature a Polka Jam Session. Musicians can bring instruments; PA and drums provided. Attendees may bring a covered dish or snack. Entrance at back of building. No cover charge. Doors open at 5:00 p.m. For more information call (972) 875-7959.

### February 9

Ennis Czech Music Festival: 11:00 a.m.-10:30 p.m., Sokol Activity Center, 2622 E. Hwy. 34. Bands performing will include the Moravians, Ennis Czech Boys, Jak Se Do, Czech Harvesters, Jodie Mikula Orchestra and Czech & Then

Some. For more information, visit [www.ennisczechmusicfestival.com](http://www.ennisczechmusicfestival.com) or call (972) 878-4748.

Ennis Opry & Dance: 7:00-9:30 p.m., Ennis VFW Post 7106, 3100 N. I-45. Featuring the Gatlin Band, playing classic country, bluegrass, polka and gospel. Admission: \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30. Concessions available. For more information call (972) 846-2014 or (972) 846-2211.

Valentine's Dinner & Auction Benefiting CASA of Ellis County: 6:00 p.m., Waxahachie Civic Center. Tickets are \$50 per person. For more information or to purchase tickets, call (972) 937-1455 or visit [www.CASAofEllisCounty.org](http://www.CASAofEllisCounty.org).

### February 14

Crackpots meetings: 6:30 p.m., Cowboy Church of Ennis. Event offers a meal and entertainment for those who are 55 and older. Call Vicki Bell at (469) 285-4845 or Myra Morrissey at (972) 998-5868 for more information.

### February 15 through 17

12th Annual Chili Cook-off and Barn Dance: Ellis County Expo Center, 2300 US 287 Bypass, sponsored by the Ellis County Children's Advocacy Center, benefiting The Gingerbread House. Contact John Wyckoff at (972) 937-1870 or visit [www.elliscountycac.org](http://www.elliscountycac.org) for more information on the weekend event.

### February 21 through 24

Mollie B Polka Party Taping: Sokol Activity Center, 2622 E. Hwy 34. Mollie Busta, host of the Mollie B Polka Party on RFD-TV, will appear with other performers for a taping of the popular syndicated program. For information on times and tickets visit [www.rfdtv.com](http://www.rfdtv.com).

### February 23

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 [randy.bigham@nowmagazines.com](mailto:randy.bigham@nowmagazines.com).*

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## In The Kitchen With Danielle Baze

— *By Randy Bigham*

Danielle Baze not only loves cooking, she loves to teach cooking. As a family and consumer science instructor at Ennis High School, she happily imparts advice on nutrition and wellness to her students, but doesn't forget to make her classes as tasty as they are informative. "I am very passionate about what I do, and I couldn't imagine doing anything else," Danielle said. At home, Danielle is equally dedicated to providing delicious fare. "I think that taking the time to prepare a meal, either semi-homemade or from scratch, says a lot about how much you value family."

Her own interest in cooking began when she was about 5 years old, helping her aunt bake. "Her house always smelled like cinnamon rolls!" Danielle recalled. **NOW**

### Chicken Pei Pei

- 12 corn tortillas**
- 1 medium yellow onion, diced**
- 1 can all-white meat chicken**
- 1 can cream of chicken soup**
- 1 4-oz. can diced green chilies**
- 2 cups Mexican-style cheese, shredded**

- 1.** Cut tortillas into 8 triangles.
- 2.** Mix onion, cream of chicken soup, can chicken and chilies in medium bowl.
- 3.** Add corn tortilla triangles; mix thoroughly.
- 4.** Place mixture into an 8x8-inch baking dish; cover with cheese.
- 5.** Bake at 400 F for 20 minutes.

### Sweet and Sassy Pork Chops

- 4 thick-cut pork chops**
- 2 Tbsp. honey**
- 3 Tbsp. ketchup**
- 3 Tbsp. soy sauce**

- 1.** Place pork chops in a 9x13-inch baking dish.

- 2.** Combine honey, ketchup and soy sauce; pour over chops.
- 3.** Cover with foil and bake at 400 F for 30 minutes.
- 4.** Uncover; bake an additional 10 minutes.

### Pesto Pasta

*Best served with homemade bruschetta recipe (below)*

- 2 cups fresh basil leaves, packed**
- 1/3 cup pine nuts**
- 3 garlic cloves, minced**
- 1/2 cup extra-virgin olive oil**
- 1/2 cup Parmesan cheese, freshly grated**
- Salt and pepper to taste**
- 12 oz. angel hair pasta**

- 1.** To make pesto: combine the basil with the pine nuts; pulse in a food processor. Add garlic; pulse again. Scrape down sides with a rubber spatula.
- 2.** Slowly pour olive oil into the food processor while it's on; add Parmesan cheese; pulse until well blended.
- 3.** Add salt and pepper to taste.

- 4.** Cook pasta according to directions on the package. Drain, reserving one cup of pasta water.
- 5.** In a large bowl mix pasta noodles with pesto sauce, making sure to add pesto 1 Tbsp. at a time until you reach desired taste.
- 6.** Add pasta water to pasta pesto mixture until you achieve the desired consistency.

### Homemade Bruschetta

- 4 Roma tomatoes, chopped**
- 1/4 cup sundried tomatoes, chopped**
- 1-2 garlic cloves, minced**
- 2 Tbsp. olive oil**
- 2 Tbsp. fresh basil, chiffonned**
- 1 Tbsp. balsamic vinegar**
- 1/8 tsp. of salt**
- 1/8 tsp. black pepper**
- 1 loaf fresh baguette bread**
- 1 cup mozzarella cheese, shredded**

- 1.** Preheat the oven on broiler setting.
- 2.** In a large bowl, combine the Roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt and pepper. Allow mixture to sit for 10 minutes.
- 3.** Cut the baguette into 3/4-inch slices; arrange slices in single layer on a baking sheet. Broil for 1 to 2 minutes, until slightly brown.
- 4.** Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
- 5.** Broil for 3-5 minutes, or until the cheese is melted.

### Cowboy Chip Dip

- 2 cans Mexican-style corn**
- 1 can hot Ro-Tel**
- 2 cups cheddar cheese, shredded**
- 6 green onions, sliced**
- 1 tomato, diced**
- 1 bell pepper, sliced**
- 1 cup mayonnaise**
- 1 cup sour cream**
- Corn chips**

- 1.** Mix first 8 ingredients together in large mixing bowl. Serve with corn chips

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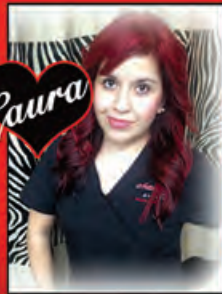
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