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March 2009

A Ray of Sunshine

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Out of the Comfort Zone

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Bill and

Sugar Glaspy



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#### **Editor's Note**

#### Dear Friends,

It is hard to believe that winter is almost over. The March winds should be blowing in some warm spring weather soon. It is time to get those annuals in the ground for some garden color! Daffodils and irises are beginning to poke their heads up, on the lookout for the spring equinox.



March is Women's History Month, and I have brought you a magazine full of some fun and informative reading about Ennis women who are making their own history. From powder-puff football to the "Pink Ladies," the women are making their presence known in Ennis.

Happy Texas Independence Day. Ennis is getting some new schools — and each is named for a Texas or Southern hero. So, get inspired, get gardening and get out and fly a kite!

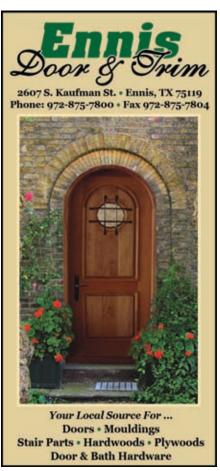
Wishing you the "Luck o' the Irish," Kelly Kovar EnnisNOW Editor kkovar@nowmagazines.com

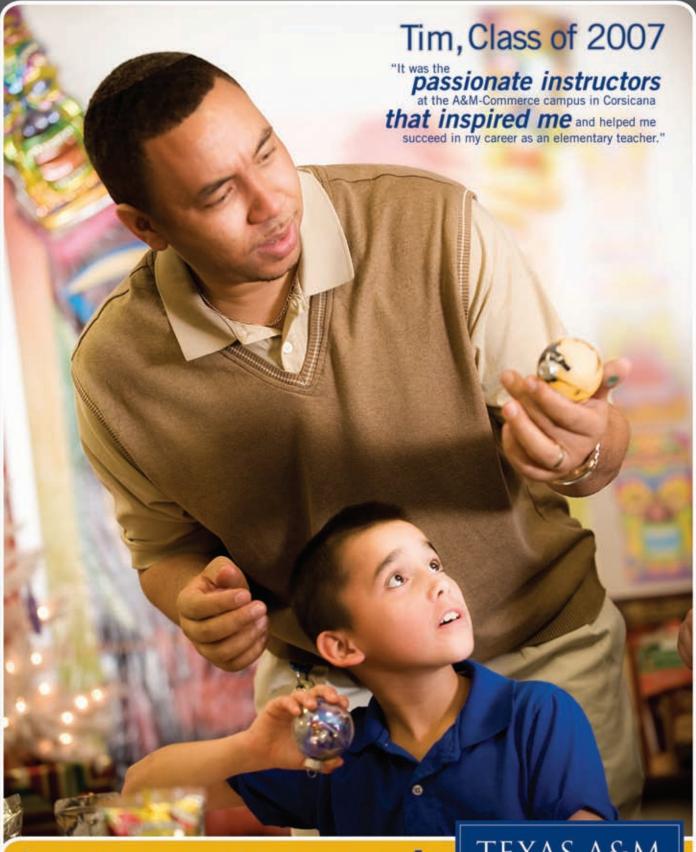




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## Ray Sunshine

— By Sandra McIntosh

Almost every day, laughter from the hospital gift shop streams out into the lobby and waiting areas. It is commonplace for visitors and hospital staff alike to frequent the gift shop for a bag of freshly popped popcorn or a candy bar. As the regular hospital staff members stop to share a joke or tell a funny story or two, visitors can shop for a moment and find the perfect gift, ranging from fresh flowers to singing teddy bears and everything imaginable in between. Billie Tay is president of the hospital auxiliary, which operates the gift shop. "If the gift shop were to close down or go on strike," Billie shared with a laugh, "it would be tough on the hospital employees, as well as the visitors."

Auxiliary, as defined in the Webster's Dictionary, means to help or aid; to act as an extra help; to serve others. The Hospital Auxiliary at Ennis Regional Medical Center brings this simple definition to life, and has been doing so since the idea first came to mind in 1951. Miss Addie Pearl Pinson, superintendent of what was known at that time as Ennis Municipal Hospital, knew the difference the community could make if allowed to do so. She realized just how important volunteer assistance would be to the overall success of the hospital.

With the blessing of the hospital board, Addie Pearl invited the community to a special gathering at the San Jacinto Auditorium on July 3, 1951. Forty-five women were in attendance that day to hear Dora B. Foster, supervisor of the Freeman Memorial Hospital of Dallas, explain the duties of an auxiliary. She shared how the service members can contribute to the welfare of the hospital and to the overall comfort of the patients.

Just a little over a month later, the Hospital Auxiliary, which today is classified as a nonprofit organization, was organized. Its purpose was to serve the community through assistance to the local hospital. Back then, Addie Pearl and the nurses did not have the extra time needed to hem 500



sheets. She is noted in a past newspaper article stating, "If 500 women each took one [sheet] to hem, however, it would certainly help the hospital and would not be much work for any one person."

It is funny how things over the years with the auxiliary have changed, while they have also remained very much the same. Back in the early days, women, and men if they had a desire to volunteer, also hemmed towels and made nurses' caps, tray covers, hot water bottle covers and bed pan covers.

"That was back in the days when Dr. Thomas and Dr. McCall were in practice," Billie stated. "There's been a group of volunteers in place for so many years."

Today, the volunteer spirit is still thriving, but the aid the group renders has been modified. The Hospital Auxiliary had to make necessary changes in order to keep up with the ever-changing needs as the hospital continued to grow. "We no longer need to hem

sheets," Billie explained. "They go out to a service these days."

Norm Peyton, a past employee of the hospital and the auxiliary treasurer, remembers the days when she first started volunteering. "At one time, the new babies were gifted with handmade baby blankets," Norm recalled. "We also used to

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make pillows for the patients and mammogram capes." Nowadays, auxiliary volunteers can be found in the gift shop Monday through Friday or in the hallways passing out magazines to the patients, and many times to family members, who are looking for something to read while waiting on tests or a surgery to be completed. "We also have members who work in day surgery, the emergency room and the childbirth



"We give scholarships to those interested in the medical field and to nursing students."

center," Billie added. "They may be answering the phones or filing, but they are there to help in any way they can."

Assuredly, each auxiliary member has their own story to tell on what drives them to volunteer day-after-day, week-after-week, year-after-year. Norm was more than happy to share her own experience. "After my husband, Foxy, passed away, my daughter, Sharen Prachyl, encouraged me to get involved," Norm admitted. "She didn't want me to stay holed up in my home." For Norm, that first year grew into many. "I'm in year eight now," she smiled. "I'm glad my daughter coaxed me into coming back."

The goal, from the beginning, was to have enough volunteers in place so no one volunteer would be doing all the work. The same still applies today. "I'm looking for five individuals over 50 who are dependable and like working around people," auxiliary coordinator Marvin White stated with a smile. "We're always looking for new volunteers. It's always better to have

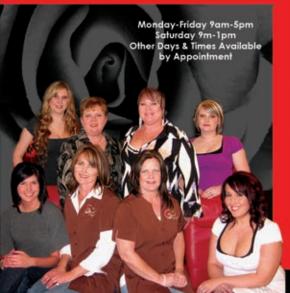
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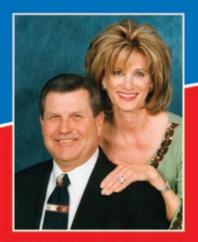




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too many, than not enough." Marvin tries to look at each auxiliary volunteer application closely. "I want to place the volunteers where they are best suited," he shared. "Some want to be out front, like Billie and Norm, while others don't want to be seen. It seems to always work out."

Taking great pride in being selfsufficient, the Hospital Auxiliary continues to tally the gift shop sales and host their annual bake sales, while area organizations and clubs host golf tournaments and fundraisers to help supplement the auxiliary's income. "As a nonprofit, we welcome any and all donations," Billie said. These extra supplements also help make the Hospital Auxiliary scholarships possible. "We give scholarships to those interested in the medical field and to nursing students. They each receive \$500 per semester for a total of four semesters," Billie said. "There's only one stipulation. They have to come back home and work here."

Billie has found that "inactive" or "retired" members do not want to be left out of the circle, so to speak. "Those who are no longer able to work can many times make phone calls for the auxiliary, and they also like to come to the monthly meetings when they can," she explained. "Even though they are physically unable to volunteer, they still enjoy seeing everyone." The Hospital Auxiliary boasts of four lifetime members — Rosie Bednar, Dee Cass, Elizabeth Massingill and Charlie Percival. "You have to live a long time," Billie said, "to become a lifetime member."

One of the main qualities a Hospital Auxiliary member must possess is a love for their fellow human being. "I enjoy being with people," Billie said, as Norm smiled, showing she was in full agreement. "I enjoy working and keeping myself busy." The original mission has not changed after all these years. The auxiliary is still in place today to help out where help is most needed and to be a ray of sunshine to patients and hospital staff alike. "Sometimes," Billie added, "my job is as simple as a smile or a firm handshake."











## Meanwhile, Back at the Ranch

- By Kelly Kovar

Bill and Sugar Glaspy enjoy calling a 465-acre ranch "home." "When we moved to Ennis in 1980, it was a first for me, but Bill was coming home; Bill is an Ennis native," Sugar said. "We lived in town for 10 years, and we have been here on the ranch for 19 years."

Sugar attended high school in Austin. "I started at the University of Texas (UT), and I met Bill on a blind date at school," she recalled. "I was a freshman in college and he was



a senior at UT law school. We got married a week after he took the bar." The Glaspys moved to Mesquite, where Bill set up a solo practice as a criminal trial attorney.

"Trial work, and litigation in general, is fascinating to him, but, Bill's father

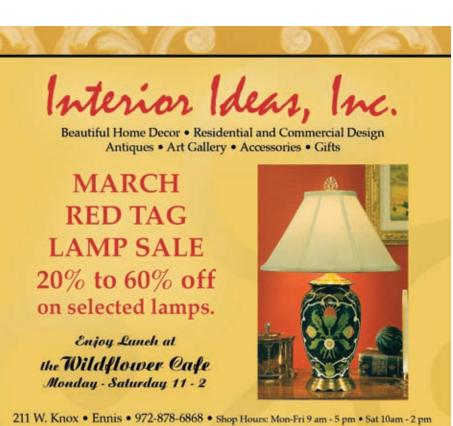


had always been in the ranching business, so it is in Bill's blood. He just always said he wanted to live in the country. When this place came up for sale, we bought it. The structures were all here; the two houses and the barn. The foreman's house, I suspect, was probably built in the 1920s."

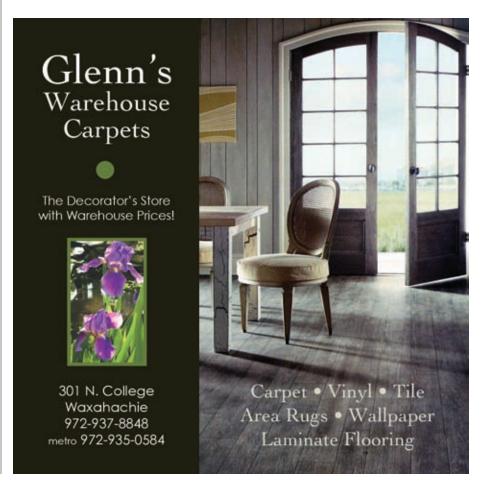
The residence was built in the 1960s. "It was a very '60s house with pumpkin and avocado green. We stained the exterior brick, took the wrought iron off the front porch and put up colonial columns to try and make it look more like a country house." One of Sugar's first tasks was to turn the kitchen into a blue-and-white country kitchen.







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The huge back porch was originally a screened-in porch. "We closed it in and put in windows so we could use this space all year. We eat out here a lot in the summer. All the grandchildren use it for their play-toys. It is neat when you are out here on the porch

and storms are coming; you can see them from miles away. And, on a clear night, you can see Dallas from here."

While the color schemes and furnishings of each room are delightful,

the chief attractions are the historical family collections. "In the dining room, there is a grouping of watercolor paintings by my great-great-great-grandmother. She grew up in Louisiana and moved to San Antonio

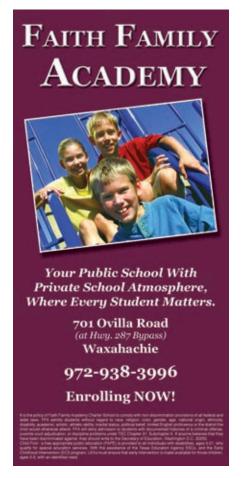
in the 1870s." The focal point of the massive dining room is an arresting life-sized portrait. "This is my great-great-grandfather, painted in 1854 when he was age 16." It is striking for both its artistic merit and its winsome subject. Family dishes from past

generations are displayed in a cabinet in the room. "This was originally meant to be the living room, but I love to entertain," Sugar explained.

"I love this room; I like to have my family and friends in here and spread out." Guests can linger long over meals served at the dining table as they enjoy a fire in the dining room fireplace.

The sitting room, right off the front









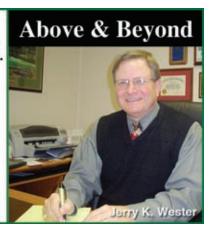
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door, is an elegant spot for visiting. Its warm colors, chiefly cranberry, are highlighted by the pretty sofa as well as a matching pair of chairs, (passed down from Bill's grandmother) that Sugar has had recovered to complement the theme. "I picked out the wallpaper to match my grandmother's china."

Sugar collects tiny, decorative boxes, which are displayed on a table here. "One of my favorites is a stackable one which depicts Christopher

Columbus's ships, the Nina, the Pinta and the Santa Maria," she said.

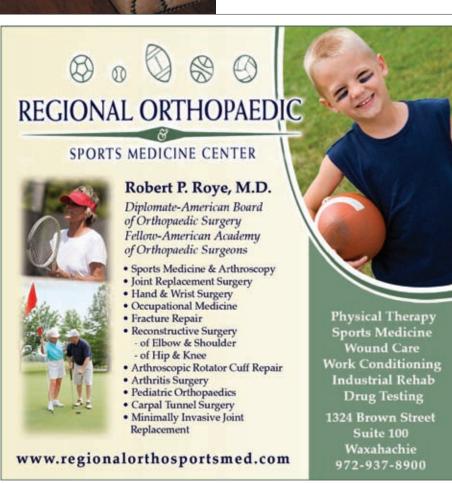
The den also has a table displaying more boxes, of every color, shape and design. The den is a family gathering place. Its stone fireplace, twin butter-colored leather couches and bookshelves give a warm welcome. "The antique

hutch was formerly in Bill's office. When he recently moved his office to the ranch, after practicing in Mesquite for 45 years, he knew that I liked this piece, so we moved it to the den. This is a perfect spot for it."

Like other rooms in the house, books feature prominently. "I have

books everywhere," Sugar exclaimed.
"This is my Texas history collection, over here is my Civil War collection, and this is my Louisiana collection." Sugar's historical interest is something she has

been pursing for some time. The Glaspys reared three children, Will, Jessica and Heather, but along the way, Sugar went back to school. "I just loved school. My bachelor's degree was from North Texas in Spanish and French with a teaching certificate and my master's was from SMU in Ibero-American









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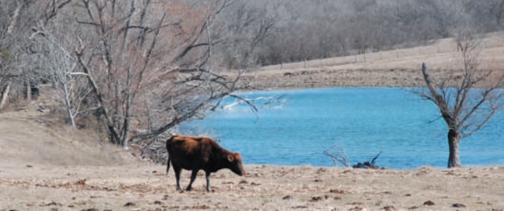
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studies." Sugar considered teaching, but became interested in community and local history. "I worked at the Dallas Historical Society and then I worked on the Environmental Impact Statement for Richland Chambers Reservoir for SMU. I worked for the city of Ennis for the Main Street Project as the coordinator. From that I went on to be Chamber of Commerce manager for three years. And then I went to the Super Collider as the relocation coordinator. I got to move in all the physicists from all around the world and that was fascinating."

Today, she devotes much of her

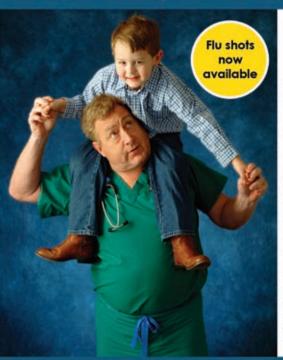
time to the Ennis Heritage Society (EHS). "When I moved to Ennis, Tia Atwood and I were co-founders of the EHS in 1981. Originally, our focus was on preserving old photographs and old family papers. Then slowly it extended to compiling the history and photographs of the downtown buildings and some of the houses." They helped put the application together for the Main Street Project in 1983. "Main Street Project is a national program, from the Texas Historical Commission, which is part of the National Trust for Historic Preservation."

The EHS has continued to grow over

the years. "We have 90 memberships, and some of those represent couples or families. We have between 30 and 40 at the meetings, which we try to make social and educational. We have a really super board who handles the business." Sugar was the first president of the EHS and this year she is serving again as president. "Ginger Boon, who is the vice president, and I get together once a week and talk about Heritage."

Meanwhile, back at the ranch, Sugar has ample space for her books and her historical research projects. In addition to two downstairs bedrooms, there are three upstairs bedrooms, each as charming as a bed-and-breakfast guest room. One houses her grandmother's mahogany dresser. There is room in the upstairs gallery to spread out her various projects. "I am a history fanatic," Sugar said. Whether she is preparing a talk for the Ennis Heritage Society or pursuing her own studies she can often be found here amongst stacks of books and maps. WWW

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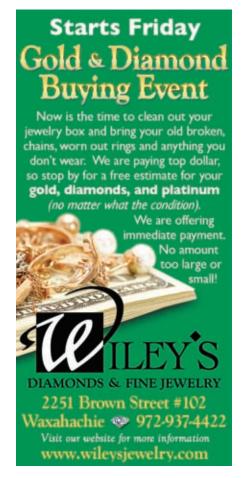
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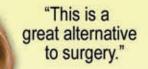
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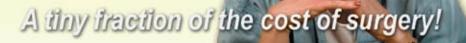
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# Finding Her I By Kelly Kovar

When people mention the "lights of theater" they do not refer to the bulbs illuminating a stage, but rather to those actors and actresses who light up a play with their luminous performances. Such an actress is Rebecca Johnson. Those who have seen her on stage cannot help but be aware she has what it takes to become a serious actress. "In May, I will be graduating magna cum laude from Baylor University (BU) with a 3.9 GPA as a theater major," Rebecca said. "I want to act because, selfishly, it makes me come alive. But also, I want those who watch to be inspired, or to think or to simply have a brief respite from the complications of life and share in the grown-up version of *Pretend*."

Rebecca thinks her interest in performing before an audience came to her early. "I was always crazy — wanted to be the center of attention," she recalled. Church plays and high school drama classes whet her appetite for acting. "In high school in Houston, we did some musicals, including *Oklahoma!* I was assistant stage manager for *Guys and Dolls* and *Crazy for You*. I'm not a singer, so I didn't get cast as an actor, but I got a lot of experience backstage. That got me going in my interest in theater."



"When I went to college, I thought about studying law or medicine, since I was very strong academically," Rebecca stated. Before declaring a major, though, she took a theater appreciation class. She liked it so well, that she tried an acting class for non-theater majors. In her sophomore year, Rebecca declared a theater major, and decided to pursue acting as a career. Because of getting a late start, Rebecca felt she was behind the other acting majors in her class, and she struggled to get cast in major university productions.

For several BU productions, she has served as assistant stage manager, assistant light designer, as well as helping with props. "I have a real interest in lighting design. It has helped me, when I'm onstage acting, to find my light." Summers have also brought backstage experience. "One summer, I crewed for the AD (after dinner) Players in Houston. I helped with the set for *The Lion, the Witch and the Wardrobe.*"

Last year, Rebecca had the opportunity to study in Europe. "I spent two weeks in Paris and saw *Taming of the Shrew* performed in French. Then we spent some time in London and Stratford. It was so neat being in the theater district in London."

With her senior year of college approaching, and no major acting experience under her belt, Rebecca came home to Ennis for the summer. Someone encouraged her to audition for Ennis Public Theatre's production of *Crimes of the Heart*. "I read for the part of Babe, but Bill Rhoten called me and told me that the part had gone to someone else." As fate would have it, the actress who had been cast had to decline the part, and Rebecca got a callback. The play was already in rehearsals when she arrived to read with the cast.

Rebecca was nervous reading with a cast of veteran actors, but once she began bringing the part of Babe to life, there was no question that she was not



only capable of doing the part, she was an undiscovered talent. Bill cast her in the role. "I was numb," Rebecca recalled. "After all the years in theater classes in high school and college, I finally had a chance to act on stage in a major role. It was a very strange feeling."

"It was great to be in *Crimes*. For the first time I thought, *I can do this*." *Crimes* offered the chance to do serious dramatic work on stage alone, to work with an ensemble cast trading dialogue, and even a love interest for Babe. Rebecca infused the role with uncanny comedic timing, as well as pulling off

"I want to act because, selfishly, it makes me **COME alive."** 

deadly serious scenes with a performance of which any experienced actress would have been proud.

Playing the part of Babe affirmed for Rebecca that while she had a knack for backstage work, acting was what had motivated her to study theater. Still, she is appreciative for the experience she has had doing crew work. "Some actors tend to treat backstage crew like servants. Working in lighting and design has helped me have a better perspective.

"One of the main things I like about being a theater major is that you are really doing what you are going to be doing in your career," Rebecca said. Students continually participate not just in class work, but in live productions. If Rebecca is accepted into a master's level theater program, she will continue her studies after BU. If not, she may begin auditioning for stage and film productions. "My goal is to support myself through working in theater. Acting is what grabs me and will not let me go," she said. "People have a need to get away, to believe stories. I want to be a part of that experience - and the applause is nice, too." NOW

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## Out of the Comfort Zone Into the End Zone

— By Kelly Kovar

Powder-puff football is not really about football; it is about stepping outside of your comfort zone; being what you are not just for a moment; trying on someone else's shoes — or, in this case — cleats. Who better to lead the Ennis High School (EHS) junior girls in this adventure than junior class sponsor, Rhonda Davis? "Football is definitely outside of my comfort zone," Rhonda said. "I am more comfortable organizing prom!" Rhonda has 13 years experience organizing high school proms from her years teaching at Lancaster High School and Samuel High School. "At Samuel, I was over the homecoming and the Valentine's dances. Both of those were formal dances. So, although I know formal dances a lot better than I know football, powder-puff football sounds like a lot of fun."

There is a connection for her, however, because the EHS powder-puff football game this year is a primary fundraiser for the 2009 junior/senior prom, which is on April

18th. "Prom is the main focus right now, but it [the fundraiser] also provides funds for the class's senior events next year. Extra funds go into the class's reunion fund so, 10 years from now, they will have a fund ready for their reunion."

Rhonda will have eager and able-bodied assistance for the sports aspect of the football game. From the varsity football team, the senior boys will coach the senior girls, and the junior boys on the varsity team will be the coaches for the junior girls. The junior girls play against the senior girls. "I don't play football, so I'm going to be relying on my coaches completely," Rhonda said. The senior boys will have a year of powder-puff coaching behind them, but the junior girls will get a whole new slate of coaches. Considering the talent on this school year's varsity team, the game is in good hands.

Ennis's propensity to win at whatever they undertake is what led Rhonda to apply for a job teaching here. "When I was at Lancaster and Samuel, every time we came up against Ennis, whether it was UIL, football, volleyball, whatever, it was always Ennis beating everyone."

"This is my fourth year teaching at EHS." Three years ago, Rhonda was asked to be the class sponsor for the Class of 2010. Sponsors move up each year with the class, ideally remaining with them for their high school career. "This is my third year with this same group," she said. "Last year, our class's big event was the Battle of the Bands, and Shandra Washington did the

powder-puff game. Having Shandra to talk to helps, since she did this last year."

Shandra, sponsor for the class of 2009, will be busy organizing the senior girls who sign up to play powder-puff football this year. "The girls really enjoy it," Shandra remarked. "They get real excited. They are very competitive."

Ticket sales and concessions at the powder-puff game will raise money for the junior class this year. This year's powder-puff game is scheduled to be played March



28th in Lion Memorial Stadium. Plans began in January with a meeting of the junior class students, parents and sponsor. "We set up all the committees," Rhonda explained. "Parents, teachers and students form the committees. You have to realize you can't do everything yourself. Juniors and seniors are involved and want to do things." Girls sign up to play, boys sign up to coach and parents are active on committees. "We set up a practice schedule. It will be fun to see them practice." The players practice about twice a week.

Whether Rhonda is directing students in dancing or tackling, she keeps them hopping. For Rhonda, active bodies and active minds go together. As well as being a science teacher, she is a writer of youth fiction. "I have self-published four books, and one of those I turned into an audio book. My husband is a composer, and he did the music for my audio book. I'm working on a second audio book, now."

The March 28th game will be wellattended. "We had a great turnout last year," Shandra remembered. "We sell programs with all the girls' pictures in it."

Rhonda is looking forward to the game. "We will get T-shirts made for the girls from money we have in the 'kitty' already," Rhonda added. "I was only involved last year vicariously, but I heard a lot of buzz about it."

This year's game will have an added bonus. "The winners are going to play Waxahachie's winners. I am excited about that. Waxahachie invited us. They have their stadium scheduled for the powder-puff play-offs on Tuesday, March 31." Both cities play their own junior/senior games on the same day: March 28. "We each have an equal time to recover and get ready for the play-off game and each school will get half the gate sales," Rhonda added. "Powder-puff is going to be fun. Before the end of it, I am going to know all about powder-puff." \*\*MDM\*\*

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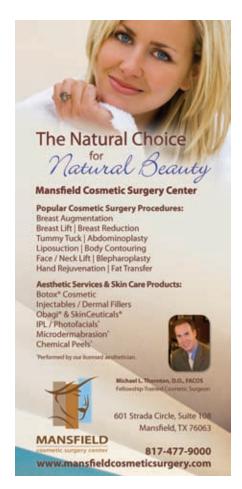


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## The Whole Nine Yards

By Kelly Kovar

Chris Ludwig Jr., owner of Cutting Edge Lawn Care and Landscape, offers planning, installation and maintenance for your lawn and garden. Whether you need mowing and weed-eating or an entirely new plan for your home's exterior environment, he is prepared to help. "I do complete landscaping, lawn maintenance, tree trimming, just the whole nine yards," Chris said. "I design and plant landscaping; I do it all."

Chris worked at a nursery all through high school and then studied business at Navarro College. He and his wife, Anne, are both from Ennis. "I am just a go-getter," he said. "I don't like sitting back and waiting for things to happen. I want to be an all-around business that people can rely on for whatever they need. I am a perfectionist and I take pride in doing a job. I am not going to leave a job until a customer is completely and 100-percent satisfied. I want people to know I am here to stay, and I am willing to take the effort to make everybody happy."

He takes both residential and commercial clients and can provide on-site consultation for new clients. "When a potential client calls with an interest in landscaping assistance, I talk to them and try to find out what they like, what they enjoy, what it is that they are looking to have — a tropical island in their back yard or whatever it is that they enjoy — and recreate that for them. I can draw up a complete landscape plan."

If you are going to build a new house, Chris recommends having an irrigation system put in at that time. "I can get an irrigation subcontractor to come in and work hand-in-hand with my landscape design. The idea is to know the kind of plants you are going to have ahead of time, so the irrigation system can be designed to work with the landscape design."

Flowers are not the only type of plants Chris can provide. "I can go out and set up a vegetable garden for somebody, plant and maintain all the plants, and they can enjoy the yield from it. It is an excellent thing to have your own tomatoes growing in your backyard. It is a lot different from going to



the store and buying tomatoes."

"One of the big things about gardening and landscaping is that the foundation you are putting plants in is the key to everything," Chris explained. "You can take a plant and just go put it out in some hard clay type of soil and you are not going to get any reaction from that plant. Folks can spend money on a plant and put it out, but if they don't know what they are doing, they are wasting their money." This is why customers need Chris. "Preparing the soil is the key. Every time we plant



a tree, I will dig the hole almost double the size of the root ball. And, I add nutrients to the soil, so immediately those roots are growing."

March is the time to start spring gardening. "It is a good time to fertilize your shrubs and trees. You want to put pre-emergent out to catch any weeds before they come out and spread. Now is the time people start getting their beds in shape for spring planting. The key to plant success is preparing the soil. Spring is the kickoff to start planting the seasonal color which a lot of people like. It is time to put out annuals like begonias, petunias and periwinkles, depending on the weather."

This spring, Cutting Edge Lawn Care and Landscape can provide assistance in making your commercial property or your home live up to its potential. "I love being outside, and I love the satisfaction of helping somebody else really enjoy what they have." Contact Chris Ludwig Jr. at (214) 949-3475.









## Destined Inspire

- By Pat Anthony

Vicki Chmelar is one of three outstanding family and consumer science teachers at Ennis High School (EHS). Under this umbrella, Vicki teaches "Ready, Set, Teach!" interior design, apparel, child development and personal and family development. "I didn't know it at the time, but I suppose I was being prepared for a career in home economics as a young girl, as I sat on the floor making doll clothes for my Barbie," Vicki said. By age 12, she was altering and designing her own clothes.

After graduating from high school, Vicki was unsure which career to pursue, but attended Texas State University in San Marcus. After her freshman year she returned home, still not sure what her major should be. That summer she took a job working in a dress shop. "The owner gave me free rein," Vicki explained. "I was allowed to dress the mannequins, design the front window and even accompany my boss on trips to the Apparel Mart in Dallas. She even accepted my input on what to buy." This experience inspired Vicki to pursue fashion merchandising.

After graduating from college, Vicki first worked as a buyer for Lester Melnick,



also located in Dallas. Following this, she did customer support working her way into management for Owip Systems, a division of Exxon Office Systems. "We sold one of the first fax machines ever made," Vicki recalled. However, it was not until after Vicki married and had three children of her own that she developed a desire to teach others' children. After their youngest son entered kindergarten (in 1994), Vicki learned of an opening for a fourth-grade teacher at St. John Catholic School. She applied and was offered the position, provided she would get certified. That meant 12 more credit hours of school. She accepted the challenge and remained in this position for six years.

In 2000, Vicki learned of an opening for a home economics teacher at EHS. "After only a 45-minute interview, I was offered the job, provided I get an additional 18 hours of credit," Vicki shared. She accepted and has remained in this position to date. "This is what I was meant to do, and I plan to remain

in this position until they run me off," Vicki beamed.

Ready, Set, Teach! is offered to 11th- and 12th-grade students who have expressed a desire to teach. Students work one-on-one with a teacher in the grade they think they would like to teach. They write lesson plans, design bulletin boards, decorate halls, develop confidentiality with students, write in journals, experience teacher/parent relationships, go on field trips and actually teach one lesson during the semester. These experiences help students decide whether or not they want to become an educator.

Interior design is for students interested in working at trade centers, furniture stores or in interior decorating and design. They learn the elements and principles of design, color schemes and furniture styles. Their final project is to design three rooms in their dream house.

Apparel teaches students the history of fashion, textiles and sewing. They get to select a pattern and make an

#### Education

outfit. "We just got through making flannel pajama pants. Afterward we slipped on our pants, popped some popcorn and watched a movie. The girls really enjoyed that," Vicki said. "We're trying to schedule a fashion show for this spring so the girls can show off what they've made."

Child Development teaches how children develop physically, emotionally and intellectually, from age 0 to 6, and Personal and Family Development covers all the classes — six weeks at a time. "This is when students learn to sew, which they really enjoy," Vicki added. "For Christmas this year, some of them got a sewing machine due to the interest they had expressed [around their parents] in sewing."

"My teaching style is somewhat informal," Vicki explained, "but the kids open up to me. They even open up to each other in my class." Working on projects together helps students relax and really get to know each another. "My relationships with my students are so important to me," Vicki shared. "I got a text message from a student the other day who I taught last year. It reads: 'I made the Dean's List [at Navarro] and was asked to be in the honor's program.' This is a child who, before my class, had never even thought about going to college."

There are three students from last year's class with whom Vicki keeps in touch. She met them for lunch over the Christmas holidays. "They gave me little gift cards and insisted they pay for my lunch," she remembered. "I got a note from another student saying, 'Dear Ms. Chmelar, you were there for me when I really needed you, and I really love you. I couldn't have made it without you. You look out for people's well being and you really care for people. I will see you next year.' Notes like this make me feel like I'm making progress." Vicki is definitely fulfilling her destiny — to inspire and guide our youth. WOW





#### Around Town















Dr. and Mrs. George Kingsley III, top left, enjoyed dinner together at an ACROSS fundraising event. It was culture shock when "Roy Rogers and Dale Evans" met "Ozzie and Sharon Osbourne," top center, at the Lights of Ennis Famous Couples Costume Gala. Jim Pitts and a friend, top right, also enjoyed the Lights of Ennis gala. Sandy Anderson chatted with Tony Medina, second row left, at an Ennis Public Theatre Board gathering. During the Lights of Ennis Gala, Mr. and Mrs. Robert Brazier, bottom left, were channeling Kermit the Frog and Miss Piggy. Local real estate agent Linda Rudd, bottom center, was recognized as a top producer last year. Harriett Adams, bottom right, showed the guests an autographed football, which was one of the big ticket items successfully auctioned at the Lights gala.

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#### IN THE KITCHEN WITH DELILAH WACHSMANN

elilah Wachsmann loves cooking for her fiancé, Terry, her two beautiful daughters, Brittany and Lindsey, and friends. She really loves to entertain. "Planning, organizing, putting together and hosting events is what I really enjoy doing," she explained. "I love to entertain! It's a way of making others feel special and catered to."

Spending time together, riding bikes and watching movies are a few ways Delilah enjoys her family. She is creating many valuable memories with her daughters, much like her fondest memory of baking Italian Cream Cheesecake with her grandmother. "While we would wait for it to bake, we would have tea parties and play the piano," she reminisced. "Now my girls and I love cooking together." WWW

To view more of your neighbors' recipes. visit our archives at www.nowmagazines.com.

#### LAURI'S PEACHY JALAPEÑO DIP

10 oz. cream cheese, softened 2/3 cup peach jam 1 4-oz. can green chilies, drained 1/2 to 1 whole fresh jalapeño, deseeded 1 cup Colby cheese, shredded 1 cup Monterey Jack cheese, shredded tortilla chips or Ritz crackers

In a processor or mixing bowl, beat together cream cheese, jam, chilies and jalapeño. Place in serving bowl; sprinkle with cheeses. Chill covered until ready to serve with chips or crackers.

#### HEIDI'S HEALTHY EGGPLANT DIP

1 large eggplant 1/2 cup sesame seed paste (from health food market) 1/3 cup lemon juice

1 fresh jalapeño, seeded, sliced whole wheat pita bread

Preheat oven to 400 F. Slice eggplant; bake until tender. Peel off skin; place in food processor with sesame seed paste, lemon juice and jalapeño. Blend until smooth. Cut pita bread into triangles; fill with dip.

#### BETTY'S ITALIAN CREAM CHEESECAKE

2 cups sugar 1 stick butter, softened 1/2 cup shortening 5 eggs, separated

2 cups flour

1 tsp. baking soda 1 cup buttermilk

1 tsp. vanilla

13.5-oz. can coconut, shredded

1 cup pecan, chopped **CREAM CHEESE ICING:**  1 8-oz. pkg. cream cheese, softened

1 stick butter, softened

16 oz. confectioner's sugar

1 tsp. vanilla

1 cup pecans, chopped

Preheat oven to 350 F. Grease and flour three 9-inch cake pans. Cream together sugar, butter and shortening, Add egg yolks; beat well. Combine flour and baking soda. Add flour mixture and buttermilk to sugar mixture alternating both until mixed well into a batter. Add vanilla, coconut and pecans, reserving enough coconut and pecans for the icing. Whip egg whites on high speed until stiff; fold into batter. Pour batter into pans; bake 25 minutes. Allow to cool. Ice cake layers with cream cheese icing: top with reserved coconut and pecans. ICING DIRECTIONS: In a mixing bowl combine cream cheese and butter. Slowly add sugar and vanilla; stir until





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smooth. Add nuts, if desired.

#### **MELINDA'S SPINACH ROLLS**

1 pkg. frozen spinach, thawed

10 oz. mozzarella cheese, shredded

10 oz. Parmesan cheese, shredded

3 Tbsp. lemon juice

1 pkg. Pillsbury Parmesan Breadsticks

Preheat oven to 350 F. In a medium bowl. mix spinach, cheeses, lemon juice and egg. Spread breadstick dough on a greased cookie sheet; spread with Parmesan spread. Separate breadsticks; place generous amounts of spinach mixture on top. Roll up into breadsticks. Bake about 20 minutes or until done.

#### MIMI'S SQUASH CASSEROLE

1 medium to large onion, diced

3 Tbsp. butter or margarine

12 oz. cream cheese

4 to 5 summer squash, sliced, boiled, drained

1 Tbsp. salt

1 Tbsp. pepper

**Approximately 30 Ritz crackers** 

Preheat oven to 350 F. In a saucepan, sauté onion in butter. Slice cream cheese: add to onion stirring constantly on medium heat until cheese has melted down; set aside. In a large bowl, mash squash with a potato masher; drain. Incorporate cream cheese mixture into squash; add salt and pepper. Place evenly in a casserole dish; crumble Ritz crackers over the top. Bake 20 minutes or until crackers are golden brown.

#### TAMMY'S PORK ACHIOTE

5-lb. pork butt roast, trimmed

1 cup orange juice

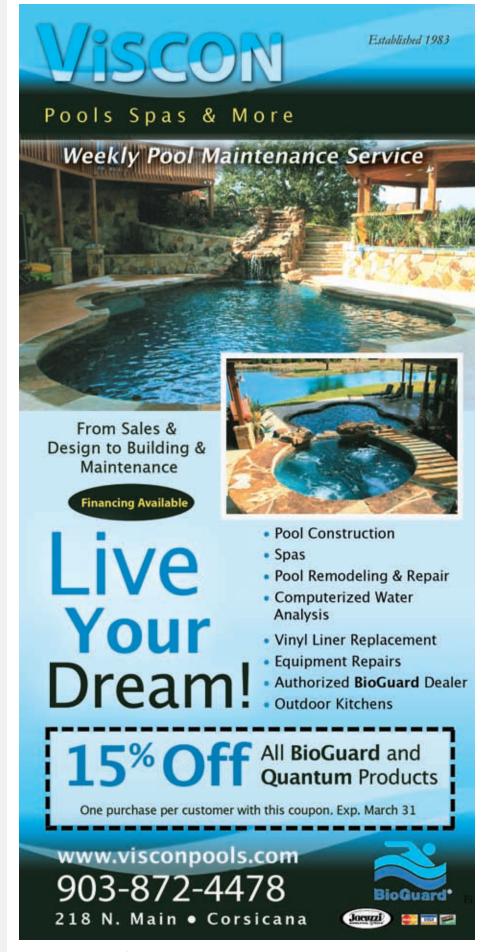
3 cloves garlic, crushed

1 shot tequila, optional

15-oz. pkg. Achiote paste (available at H.E.B.)

1 medium onion, slivered

Cut pork into cubes, about stew size. Blend orange juice, garlic, tequila and Achiote paste into a marinade; place in large Ziploc bag. Place meat and onion into marinade; place in refrigerator for 1 hour. Preheat oven to 325 F. Remove meat from marinade. Wrap meat in foil; bake for 2 to 3 hours until tender and falls apart. Serve over rice.





## Create a Strategy for Maturing CDs

- By Angie Wingo-Juenemann

Some things, like fine wines, get better with age. But a certificate of deposit (CD) is not one of them. If you have a maturing CD, you need to decide what to do with it — and the earlier you make this decision, the better off you'll be. So if you've got one or more CDs coming due in the next few months, start planning now.

Of course, if you had a specific goal for a maturing CD—such as a college tuition payment — your decision has already been made. But if you've purchased a CD for another reason, you'll have to choose whether to renew it or invest the proceeds elsewhere.

If you bought the CD for the income it provides, you may want to renew it. If prevailing interest rates are the same, or higher, than the rate on your maturing CD, you can purchase a new CD without worrying about reducing your income stream. But if rates have fallen, you may have a dilemma: How can you reproduce the income you received from your now-matured CD?

#### Here are a few alternatives to consider:

• **Purchase a bond that pays a higher rate.** Instead of buying another CD, you could possibly purchase another fixed-income instrument, such as a bond, that pays a higher interest rate. Be aware, though, that if you find a bond that

pays a higher rate, you may be taking on more risk, so make sure any bond you purchase is considered "investment grade quality" by the independent rating agencies.

- **Buy a longer-term CD.** Generally speaking, you can get a higher interest rate when you purchase a longer-term CD. Your money will be locked up for a longer period of time, but it will help provide you with a more stable income stream over time.
- **Create a fixed-income "ladder."** To combat interest-rate concerns, you might want to build a fixed-income "ladder" by buying several CDs or bonds with varying maturities short-term, intermediate-term and long-term. When market rates are low, you'll still have your longer-term vehicles earning higher interest rates. And when market interest rates are high, you can reinvest the maturing short-term bonds and CDs at the higher rates.

Thus far, we've talked about replacing a maturing CD to protect your income stream. But if you bought a CD for another purpose — such as removing some of your money from a volatile stock market — then the CD's maturity gives you a chance to re-evaluate your investment strategy. As you know, 2008 was a tough year for the stock market, so, at the

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time, diverting some of your money to a CD might have seemed smart. But history tells us that even the worst bear markets don't last forever, and that the biggest gains in a rally often occur at the early stages.

Consequently, you may want to take this opportunity to "rebalance" your portfolio, and, if appropriate for your individual situation, look for ways to invest the proceeds of your CD into quality equities or other securities. By planning ahead, you won't feel rushed to make a hasty decision when your CD matures or, even worse, be tempted to spend the money and have little to show for it. Your maturing CD can help you achieve your financial goals — if you give it a chance. **NOW** 

Angie Wingo-Juenemann is an Edward Jones representative based in Ennis.

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#### **Colorectal Cancer** Continues to be the Second-leading Both Men and **Women Combined** in the United States

- By Dr. Abdulian

Colorectal cancer continues to be the second-leading cancer killer for both men and women combined in the United States, even though it is 90 percent preventable and 90 percent treatable when detected early. These figures are of great concern to health care providers. Fewer than 50 percent of adults age 50 or older have had one of the readily available colorectal cancer screening tests within the recommended time periods. When detected at an early, localized stage, colorectal cancers are nearly 100 percent curable; however, only 39 percent of these cancers are diagnosed at this stage, mostly due to low rates of screening.

March is "Colorectal Cancer Awareness Month," and the medical community will be focusing on educating the public about the disease and importance of screening tests. Most people do not realize that you can actually prevent colon cancer, in many cases, by simply having a colonoscopy.

Colorectal cancer, which includes cancers of the colon and/or rectum, is equally common in both men and women. The American Cancer Society estimated that last year (2008) there were 148,810 new cases of colorectal cancer diagnosed and that 49,960 people died from the disease. It is also one of the most easily prevented cancers because it can develop from polyps that can be removed before they become cancerous.

More than 90 percent of people who are diagnosed with colorectal cancer are over the age of 50. Many insurance plans, including Medicare, help pay for colorectal cancer screening.

Polyps and colorectal cancer may not cause symptoms, especially at first. Like many cancers, the development of colorectal cancer can take many years, which is why screening is such an important tool. Regular screening tests can find precancerous polyps so they can be removed before they turn into cancer, and help discover cancer in its earliest, most curable stages.

We have come so far in recent years. In fact, the incidence rates for colorectal cancer have been decreasing for the last two decades specifically because of the increase in people having screening tests. But it is still not enough. Researchers estimate that if everyone age 50 or older received regular colorectal cancer screenings, at least one-third of the deaths would be prevented.

#### **Symptoms of Colorectal Cancer**

• The most common symptom is *no symptom* 





- Change in bowel habits (diarrhea, constipation, narrow stools)
- Unexplained weight loss, vomiting, lack of energy, unexplained anemia
- Blood (often not visible) in stool or from rectum
- Abdominal pain or discomfort (gas, bloating, cramps, feeling that bowel does not empty)

Colonoscopy is at least as important as mammography. Since colorectal cancer is the second-leading cause of cancer death in both men and women, we could prevent great suffering if more people would take advantage of screenings that are available.

Dr. Abdulian Gastroenterologist Ennis Regional Medical Center











## March 2009 community Calendar

Navarro College SBDC seminars: "Understanding Copyrights and Patents," "Starting a Small Business," "How to Get Government Contracts," "Writing a Business Plan," "Creating an Employee Handbook" and "Sales Tax Workshop." To register, call the Navarro College SBDC at (903) 875-7667 or (972) 937-2174 or e-mail sbdc@navarrocollege.edu.

#### March 5

Moms Connected spring crafts: 9:30 a.m.-11:30 a.m., Tabernacle Baptist Church sixth grade room, 1200 Country Club Rd. ennismoms@sbcglobal.net.

**ABWA Empowering Women Express Network meeting:** 6:00-7:30 p.m., Midlothian Conference Center, 1 Community Circle. Guests welcome. RSVP for dinner at www.abwa-empoweringwomen.org.

#### March 7

**Waxahachie Civic Center Lifestyles Home and Family** Expo: 9:00 a.m.-5:00 p.m. Hosted by the Waxahachie **Chamber of Commerce and Convention and Visitors** Bureau. Event features a Taste of Waxahachie, with wine and cheese sampling and cooking classes from local restaurants and an Ellis County SPCA indoor merchandise/information booth and adoption trailer in parking lot.

An Outpouring of Love: 9:00 a.m.-3:00 p.m., Waxahachie Bible Church. Information on various ministries throughout the county. Cost: \$15 for breakfast, lunch, materials and prize drawings. Child care by reservation. To register, contact Shanya Matthews at (214) 693-5218 or www.reconciledtopray.com/conference.

Friends of the Library: noon, Ennis Public Library Learning Center.

Red Oak Bridal Show, a Dallas Area Bridal Show: noon-5:00 p.m. at the Red Oak Municipal Center. For more information, call (972) 617-1933.

Ellis County Christian Women's Connection luncheon: Waxahachie Country Club. 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. \$13. Nursery available. Walk-ins welcome. Reservations preferred. Contact Kay at (972) 937-2807 or Mary at (972) 937-9984, or e-mail Kay at windchime423@yahoo.com by March 15.

#### March 21

PINKS All Out: Texas Motorplex. \$18,000 prize. Participate in qualifying races on March 7 and March 14. (972) 878-2641. www.texasmotorplex.com.

The Christian Music Festival will be held from 4:00-10:00 p.m. at the Ellis County Expo Center. Children's activities will begin at 4:00 p.m. Dinner will begin at 5:00 p.m. Musical groups will begin performing at 6:00 p.m.

#### March 23

Friends of the Ennis Public Library Adult Read group meeting: 7:00 p.m., Presbyterian Church. (972) 875-5360.

Friends of the Ennis Public Library Adult Read group meeting: noon, Ennis Public Library. (972) 875-5360.

Master Gardeners Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. For more detailed information, call James at (972) 814-0699 or e-mail expo.ecmga@yahoo.com.

> For more community events, visit our online calendar at www.nowmagazines.com.



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MedicalControl Network Solutions

Odyssey Healthcare System of North Texas (Hospice)

Parkland Community Health Plan (Medicaid HMO)

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