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On The Cover



Teresa Watson and Walter Beasley are still teaching skills that will take their girls into adulthood.

Photo by Amy Ramirez.

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Editor's Note

Hello Ennis,

As I was looking at my calendar, I came across a holiday in March that I didn't know about – Incredible Kid Day. Campfire USA created this special day to show kids they are loved and cared for. Even though my kids are grown men with families of their own, I still plan on celebrating their “incredible greatness” on March 15. I will more than likely babysit for one and buy lunch for another, but before the day is over, they will know how much they mean to me.

March is also the month we celebrate the patron saint of Ireland. March 17 is St. Patrick's Day, so don't forget to wear green and “get your Irish on.” As the Irish say, “May the road rise up to meet you. May the sun shine warm upon your face. And may God fill your heart with gladness to cheer you.”

Sandra

Sandra Strong
EnnisNOW Editor
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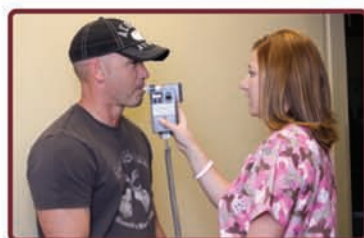
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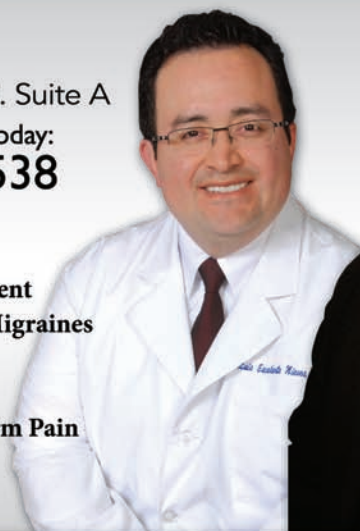
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After 34 years of volunteering, Walter's own favorite activity is camping — where he helps teach survival skills, environmental responsibility and teamwork to the girls in his unit.





Girl Power



— By Randy Bigham

Girl Scouts of the USA are 100 years old. Or rather the organization is, and local units affiliated with the Northeast Texas chapter are preparing to mark the occasion this month with an all-out festival, set to take place in Waxahachie's Courthouse Square. "It's hard to believe it has been 100 years," admitted Teresa Watson, service manager of Ennis Service Unit 252 for the last four years. "And we're excited to have a special day to celebrate."

The events in the county seat scheduled for March 24 will include a fashion show and involve units from across the region. Girls from Ennis, Palmer, Waxahachie, Red Oak and other cities will welcome vendors and the general public while participating in a variety of activities. "We're still putting final touches to the lineup," explained Teresa, a member

of the organizing committee. "But we know it's going to be fun for everybody."

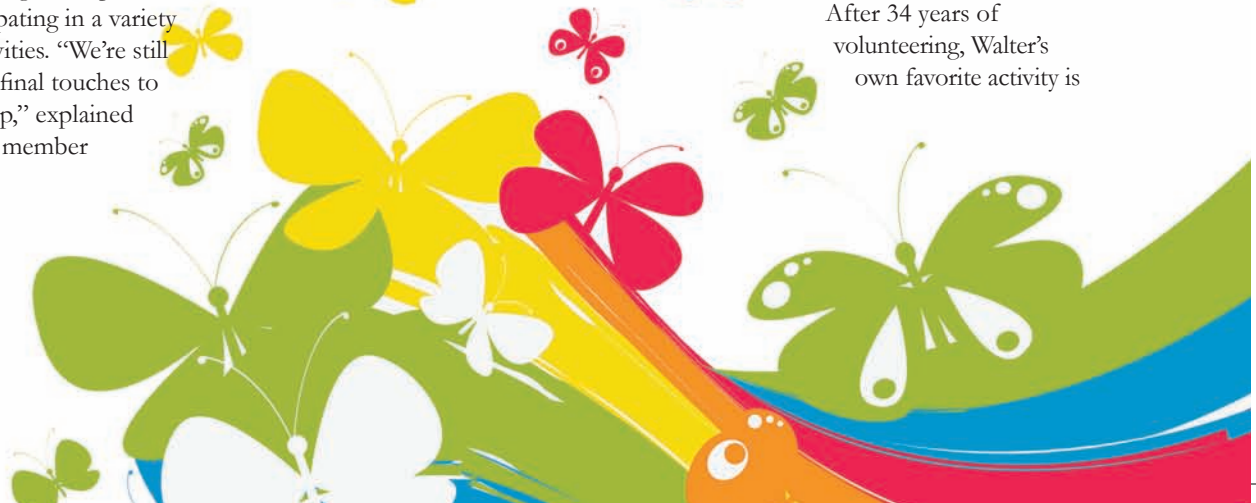
That's not hard to believe. The Girl Scouts and the communities that support them have been having fun all along. The public loves the cookies that have made the Girl Scouts famous, but members of the group love the delicious treats even more because funds raised from sales go toward the camping adventures and field trips they live for. "The girls all look forward to going to camp," Teresa said. "That's what Girl Scouts do." And they do it well, whether at the Whispering Cedars camp at Duncanville or closer to home at Bardwell Lake. "The girls are all for it and hold their own," Teresa added. "It's not just boys who can camp out. The members of our unit can be 'girly girls' when they want to, but they are also tough and have braved freezing temperatures and storms."

Walter Beasley agrees the young ladies of Unit 252 are as capable and resilient as any boy. And he should know. Ever since he took his daughter, Kimberley, to a Girl Scouts' meeting in 1978, and was asked to join as camp organizer, he has watched members reach their full potential indoors and out. "Seeing the girls grow up and make their way in life has been great," he explained. "I'm the dad who doesn't know how to say, 'No,' so



I don't regret a minute of being part of the Girl Scouts."

After 34 years of volunteering, Walter's own favorite activity is



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camping — where he helps teach survival skills, environmental responsibility and teamwork to the girls in his unit. “But it’s mostly a time of togetherness where wonderful memories are made doing sing-a-longs, melting s’mores and telling ghost stories.”

Teresa’s involvement in Girl Scouts began 15 years ago when she enrolled her daughter, Samantha, in the local unit. Although Samantha is now a married woman, Teresa is as devoted as ever to her unit. “People have asked, ‘Why do you still do it?’” Teresa related. “I tell them I do it for the girls, as well as for me. I enjoy it as much as they do!”

Fun may be at the center of Girl Scouts’ activities, but the organization carries out important work, and members and their leaders are proud of their accomplishments. From earning badges and awards for levels of physical and intellectual skill sets to learning to compete with others with tact and grace, Girl Scouts learn valuable lessons for life and business. “Bringing young ladies together and seeing them learn what they need to know to sustain them in their adult lives is a blessing,” Walter said.

Girls are taught goal setting, public speaking, financial independence and entrepreneurship. The group’s annual cookie drive was actually developed to instill “business and economic literacy” in





all girls from first through 12th grades. "It's not about how many cookies are sold or which girl sells the most," a Girl Scouts of Northeast Texas press release stated. "It's about learning to create a business plan, how to sell and how to deliver on a promise." Do-Si-Dos, Samoas, Tagalongs, Thin Mints and other favorite cookie flavors enable the Girl Scouts to do just that.

But the girls go above and beyond their usual sales strategy by distributing cookies to U.S. Armed Forces, both stateside and overseas. The Unit to Unit campaign is still going strong, with local contributions to the effort numbering some 30,000 packages last year. "Most of our soldiers have come home



from Iraq and Afghanistan, but there are still men and women on the ground there who need a taste of home," Teresa said. "I don't think the Girl Scouts will pull the campaign because the war is over. It's meant to serve our military wherever it is, here or in a foreign country."

The cookie drive and the Unit to Unit initiative have helped bring members of the Girl Scouts even closer together. "We're like a family," Teresa said. "That's how I have always thought of it and getting to work on so many big projects just pulls us together more."

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a growing one. A subsidiary group of the Girl Scouts, called the Daisies, for kindergarteners and first graders, is also swelling in membership. What's more, a boys unit has been steadily increasing in popularity. "I think that's something most people don't realize about the Girl Scouts," Walter pointed out. "An outreach for boys was put into place to make the scouting experience for girls more inclusive and family-oriented." He added that fathers are also encouraged to join. "Some of the girls in the different units



don't have an active dad in their lives," he said. "So father figures are needed."

Teresa's husband, David, has responded to the call, helping out with building floats for parades and volunteering during camping days, once heading up a group of boys in baking cakes. "We had a great time in the kitchen," David laughed. "The cakes didn't come out perfect, but we had fun anyway."

Walter agreed. "It's a great way to keep a family together," he said. "This way, when the girls get to go to camp, the boys aren't left out."

The Girl Scouts and their adult sponsors are anxious to celebrate the organization's upcoming 100th anniversary and are already looking forward to hitting camp again. "It's always such an exciting time," Teresa said. "The kids swim, they cook out and pick up tips on health and outdoor living. We can't wait." She and Walter insist the greatest moral the girls will learn is friendship. "That's what we sing about around the campfire," Teresa said.

Walter recited the lines of a favorite ditty: "Make new friends, but keep the old. One is silver, the other is gold." **NOW**



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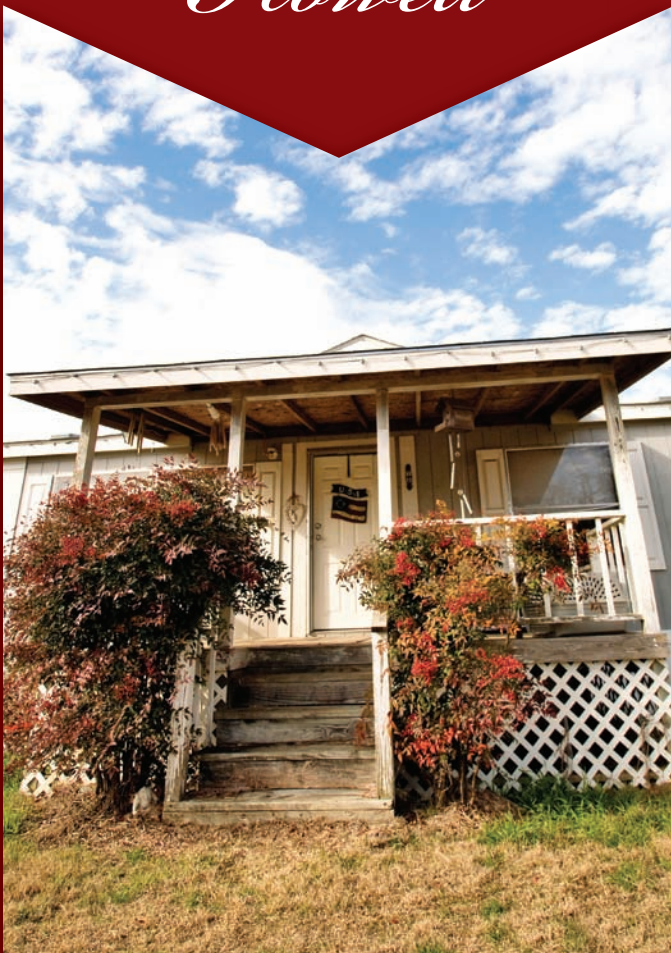
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At Home With *Gary and Kim Howell*



More Form

— By Sandra Strong

Although their world has been rocked more than once, the covenant Gary and Kim Howell share in their marriage is stronger than ever. Their power to sustain what life has given them comes from a great deal of prayer and a strong faith in God. They are an inspiration to others.

Gary was born and reared in the San Antonio area, while Kim is an Ennis native through and through. When their courtship began, Gary was living in a small house near the Ennis Post Office. After the couple married in November of 1998, they lived in Red Oak for a short time before making the decision to return to Ennis. "Life happened," Gary said, "and we decided it was best to live closer to Kim's parents."

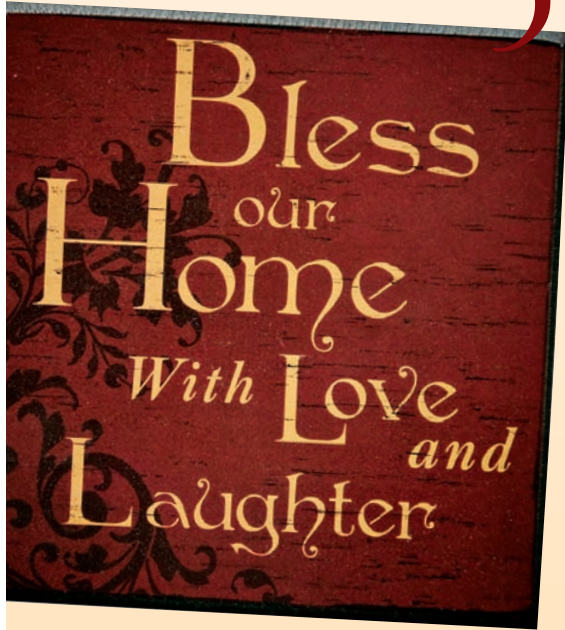
"My parents deeded the land to us," Kim added. "That was 11 years ago."

When the two met, Gary was rearing two boys from a previous marriage — Bobby and Dylan. "His two boys taught me what it was to be a mom," Kim admitted. They also taught Kim what it meant to be involved in baseball. "My best baseball memories are with Bobby," Gary said, remembering a time long ago. "I used to coach Bobby's team, but now I just help out with the three younger boys whenever I can."

Bobby and Dylan were living with their mother when Gary and Kim decided it was time to start growing their family. Before long, the two older boys were blessed with three younger half brothers — Jay, Cooper and Grant — now ranging in age from 7 to 11.

As guests enter through the back door of the manufactured four-bedroom, two-and-a-half bath home, they are greeted by the sounds of boys being boys, which carry from the den to the living room. There's laughter, camaraderie and the occasional argument concerning who gets to go next, depending on the

ing and



video game they are playing at the time. And you never know when Jay and Cooper might just start dancing.

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along the bar, while Gary, Kim and Dylan sit along the newest addition to the home — the island that also serves as the dinner table between the kitchen and the living room. “We are a closely knit family,” Kim confessed. “We try to have dinner together as often as we can. That’s important to me and Gary.” Sharing this family time has always been important to the Howells, but it became a lifeline of sorts after Bobby’s untimely death on March 17, 2008.

Bobby and Dylan were still living with their mom at the time of Bobby’s passing. Soon thereafter, Dylan made the decision to move into the home out in the country with the rest of his family. “It’s so comforting having him here. He’s been a great big brother.”



Although the pain of such a loss is never forgotten, it can be survived. You can pass along with your lost loved one, or like the Howells, you can keep on living for those who still need you. It has everything to do with putting one foot in front of the other and leaning on your family and friends for support. “So many people have been so supportive,” Kim shared, as Gary nodded his head in agreement.

Gary, Kim and their families are moving forward, allowing the memories to be a large part of their home, as well as the healing process. One wall in the den is now totally devoted to Bobby and all he accomplished in his 20 years. “Just this past year we’ve been able to go back down memory lane,” Kim shared. “The shadow box on the wall holds so many good memories. There’s a



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picture of the five boys together, Bobby's baseball uniform jersey and so many photographs of him playing baseball."

"He always had a smile on his face," Gary said. "He was a happy young man."

"I've finally learned how important it is to take family photographs," Kim added. "It's nice to be able to go back and remember those times."

Dylan has his own room. "The family calls it the little man cave," he said. The mirror in Dylan's room is a reminder of the brother he still misses. "I wrote a message to Bobby on it with a Crayola mirror marker," Kim explained. "Dylan wanted to keep it, so in turn, I wrote another message for him." Grant's bedroom is decorated in blue camouflage, while the bedroom that Cooper and Jay share is done in shades of brown. The boys are involved in baseball and soccer, and as a family they are very active in their church, Refiner's Fire Ministries, International.

Most mornings, the master bedroom and bathroom becomes the hub of the home. As Gary gets ready to go to work as the newly promoted Fire Marshal at the Ennis Fire Department and Kim hurries to ready the boys for school before she heads out to Little Best Friends, the daycare facility she co-owns with Lisa Binford, the sounds of organized chaos abound. Before the morning ritual begins, Gary sits in an aged rocker in the corner of the master bedroom. With the ever-growing cross wall beside him, Gary takes time to study the Bible and reflect about the day ahead. "The wall is so pretty to look at,"



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he admitted, "but it has such a deeper meaning. It offers comfort."

The collection started nearly four years ago with a cross Kim acquired at a ladies meeting she attended. It has grown now to include several more that were gifts to her from Gary, as well as friends and family. One very special cross was given to the family at Bobby's funeral. The poem, "I Am Free," accompanied the cross and now hangs beside it on the wall.



As a firefighter with 25 years of consecutive service to the community, Gary has also accumulated quite a collection of memorabilia. "They've endured it all," Kim said, as she pointed to the curio cabinet that still has a child safety latch in place. "And now that Gary is home in the evenings," Kim added with a grin, "maybe some of the projects I have for him will finally come to fruition." **NOW**

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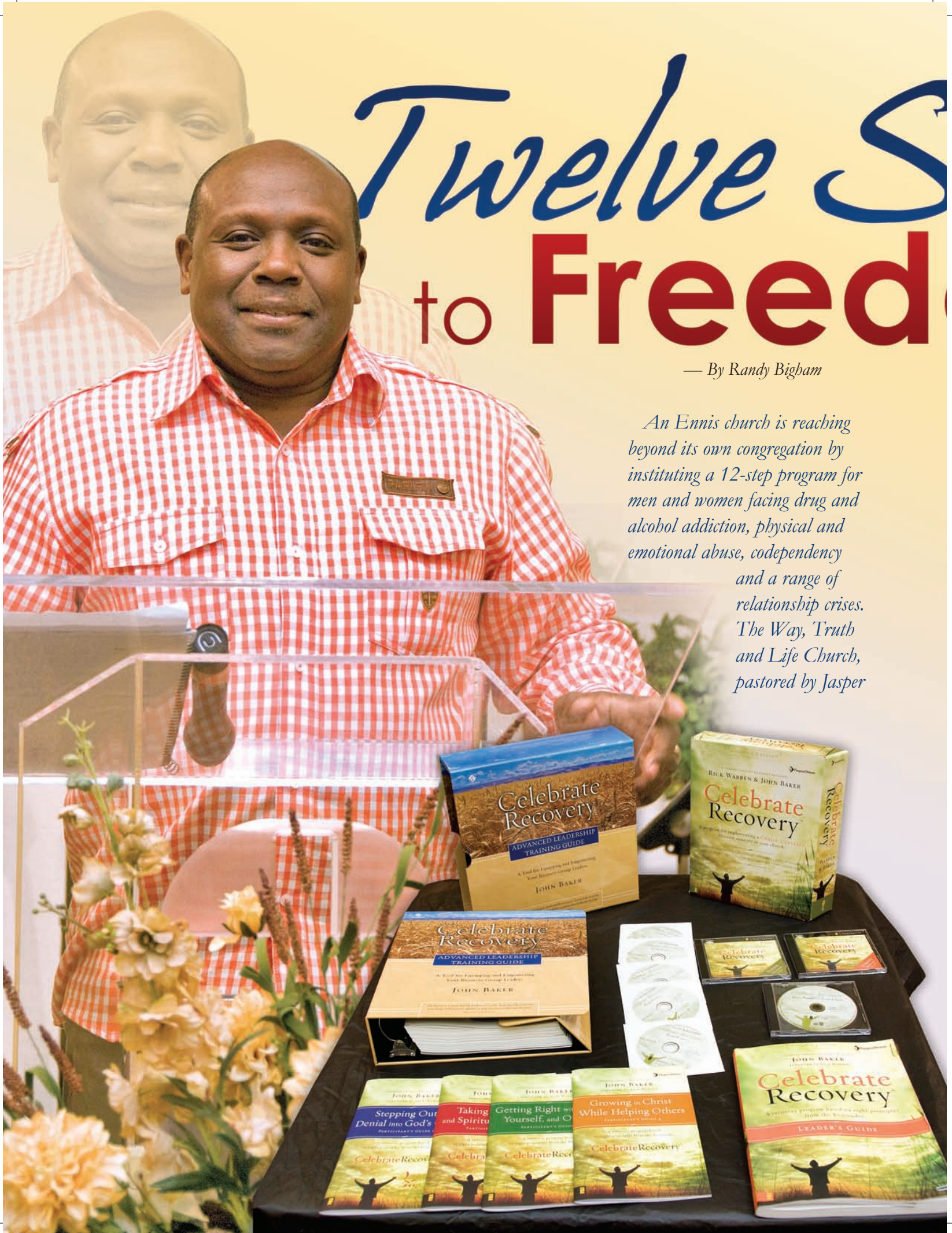
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Twelve Steps to Freedom

— By Randy Bigham

An Ennis church is reaching beyond its own congregation by instituting a 12-step program for men and women facing drug and alcohol addiction, physical and emotional abuse, codependency and a range of relationship crises. The Way, Truth and Life Church, pastored by Jasper



Steps to HOM

and Linda Hughes, has introduced the famous Celebrate Recovery ministry to aid its members and others in the community who want to learn how to cope with life's setbacks through the Christian-based initiative founded in 1993. Celebrate Recovery, an internationally disseminated outreach started by John Baker and Rick Warren, best known for his book *The Purpose Driven Life*, has since been adopted by over 17,000 churches and helped some 700,000 people achieve harmony and fulfillment.

The Way, Truth and Life Church, established 16 years ago, came to embrace Celebrate Recovery after the success of a similar program. "We already had an empowerment class," noted assistant pastor Shevera Johnson, "but Celebrate Recovery was more in-depth, so we decided to implement it, and we've had excellent feedback."

In the six months since the new course began, attendees have experienced vital changes in their lives. As the class grows, more inroads to healing and faith are anticipated. Jasper is encouraged by the response and looks forward to welcoming newcomers to the program. "With Celebrate Recovery groups, we study, pray, share and take the steps necessary to experience a better life," he said.



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Shevera and Jasper agree that a
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puts the group in perspective. "This
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responsibility," he announced. "We
cannot control all that happens to us. But
we can control how we respond. When
we stop wasting time fixing the blame, we
have more energy to fix the problem."

Jasper admits the group has helped
him deal with his own past. Addicted to
drugs, he lost friends, his job and ended
up homeless. "God delivered him,"
Shevera said of her pastor, "and because
of that, he knows he has a calling to help
others in the same predicament." She
points out that drug addiction or alcohol
dependency are not the only issues that
Celebrate Recovery can help with. "Low
self-worth, anger, gambling — these
are all troubles that can be mended,"
she said. "God meets us where we are,
and we can be set free." All problems
— hurts, habits and hang-ups, as she
called them — can be dealt with. "The
group gets to the meat of the matter, but
without judgment or playing the blame
game, and in the end forgiveness takes
over, forgiveness of yourself and others."
Shevera confessed her own struggle has
been with food, but with the guidance of
Celebrate Recovery she has learned ways
of dealing with overeating and has lost
70 pounds.

According to the group's teachings,
the 12 steps are critical to the recovery



Left to right:
Shevera Johnson,
assistant pastor, and
Pamela Richardson,
church administrator.

process. Participants admit they are powerless over their addictions and compulsive behaviors, while believing that a power greater than themselves can restore them to sanity. They make a decision to turn their will and lives over to the care of God, as they make a searching and fearless inventory of themselves, their choices and their past behavior.

"It's important that they admit to God, to themselves and to another human being the exact nature of their wrong doings," Shevera explained. "They become entirely ready for God to remove all these defects of character by humbly asking God to remove all their shortcomings, making a list of all persons they have harmed and are willing to make amends to them all, whenever possible."

They move forward in the program by continuing to take a personal inventory, and when they're wrong, they promptly admit it. With prayer and meditation, they seek to improve their conscious contact with God, and having had a spiritual experience as the result of these steps, they seek to carry this message to others.

In addition to the 12-step portion of the process, Celebrate Recovery relies on a set of eight principles devised by Rick Warren and based on the Bible's Beatitudes. They realize and fully understand they are not God, but they believe God exists. They consciously choose to commit their lives and will to Christ as they openly examine and confess their faults to God. "Voluntarily submitting to every change God wants to make in their life is crucial," Shevera

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added. "They must also evaluate all their relationships, reserve a daily time with God for self-examination and yield themselves to God to be used to bring the good news to others."

As Pamela Richardson, church administrator, has applied the steps and principles to her life, she has become a healthier, more whole person. "You learn to know yourself by God's truth, not yours," she explained. "You may think you are all right, that you don't need anything to better yourself, but the program brings to the forefront that you do have faults and that there is deliverance from them." Pamela added that she has "found such freedom in the Spirit of the Lord" through Celebrate Recovery and that she has "no façade now."

Shevera concurred, "You will find the love of Christ here," she said. "You will find hope. The group shines a beacon of light over all. God changed my life by 360 degrees. He showed me me."

Pamela and Shevera stressed that the Celebrate Recovery group at the Way, Truth and Life Church is open to the community in general, not just members of the congregation. "Everyone can come," Shevera said. "We consider this a community outreach. All races, all walks of life are welcome."

At a typical meeting, attendees share their thoughts in an intimate group setting with each person speaking for three to five minutes. There is no cross talk where individuals engage in one-on-one dialogue and no psychoanalytic suggestions are permitted. Anonymity and confidentiality are critical. "What is shared in the group," Shevera said, "stays in the group."

Pamela hopes to see new members join. "They will be blessed, as I have been," she said. "God transformed my life and my family through this organization. Anyone can benefit from it. You can go to church all your life, going through the rituals, and still miss the Lord. Celebrate Recovery will lift your spirits and give you support and direction. You'll learn what being free really means."

"He who is free is free indeed!"

Shevera added. **NOW**

The Way, Truth and Life Church hosts its Celebrate Recovery classes every Monday at 6:00 p.m. at 1700 N. Kaufman St. (972) 875-1118.



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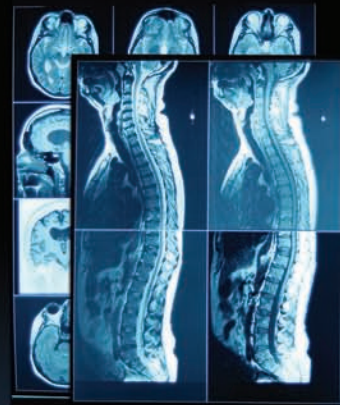
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— By Sandra Strong

After working nearly 30 years for a local company, Jon Paul Honza decided it was time to branch out into the world of “small business owner” in August 2010. Finally, it was time to be his own boss. “Yes, now I get to work weekends and holidays,” Jon Paul said with a smile.

The first order of business before taking such a leap of faith was for Jon Paul to talk his plans over with his wife and company co-owner, Doris. “Before having my own business, I wanted to make sure we were in agreement,” he stated.

“I totally agreed,” she said. “I had all faith, all trust and all confidence in him. In fact, my dream is to one day be here full time to help Jon Paul, while also becoming more involved within the community.”

If Jon Paul needed extra confirmation on branching out on his own in the air conditioning, heating and electrical business, he received that when the search began for a building to accommodate his business needs. “This building became available when I was planning on moving JPH Mechanical Services from my home to a location in town,” Jon Paul shared. “I just randomly pointed the building out to my Realtor, who said she believed it was for sale.”

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Business **NOW**

To say it was a family affair would be correct. "Jon Paul even got his dad, Adolph Honza, involved," Doris said. "He helped us prepare the building for opening in April 2011."

The goal at JPH Mechanical Services continues to be offering customer service like no other. "Ennis and the surrounding communities have been so good to us," Jon Paul admitted. "I strongly believe exceptional customer service is the key to a successful business."



Jon Paul personally goes the extra mile when it comes to offering the best in customer relations. "If you leave a message," he said, "I personally guarantee you will receive a return phone call. We say what we mean and mean what we say."

"He also checks back with clients after the job has been completed," Doris added, "to make sure all is well."

Jon Paul and Doris understand how important first impressions can be. When customers call, the phone is answered promptly and professionally by Kelsey Lynch, the current office manager. When customers stop by, they are greeted by Cooper, the JPH Border Collie. Their son, Bryan Honza, served in the military for six years, but now he's home helping his parents grow the family business. Victor Garcia came on board as soon as he completed trade school. Although Doris holds a full-time position in Dallas, she spends a great deal of time at JPH. "At times, I feel like I have two full-time jobs," she laughed, knowing right now she wouldn't have it any other way.

As the business continues to grow, Jon Paul and Doris are content in knowing they made the right decision. "It's all about hometown hospitality," Jon Paul said, "and that's what we offer at JPH Mechanical." **NOW**

"When I purchased my new Trane system with programmable thermostat from JPH, I couldn't have been more pleased with their quick, friendly service, the great product and a wonderful price!"

Jerry Moran,
Ennis, a recent JPH customer

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Anastyn Newman enjoys the sunshine.



Ennis ISD's new softball scoreboard is funded by donations from Ennis State Bank, Sterilite and Congressman Joe Barton.



Cooper Navarro showing he made 2 points in a game of basketball.



The ladies of "Chat n Chew" meet the 1st Monday of each month at the First United Methodist Church to eat, sing and visit. Eight of the women are 90-years-old.

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Mother Really Does Know Best

— By Kelley Powell, RN

You know the old adage that your mother always told you, “Make sure you finish all of your medicine”? Turns out she was right. As many as 82 percent of people taking antibiotics do not finish all of their medicine! They hold on to it and take it the next time they are sick. When they start feeling better, they quit taking the medicine. They think it is no big deal. This is a very dangerous practice that has, in part, helped with the evolution of antibiotic-resistant bacteria.

Antibiotics have a very specific purpose: to kill bacteria, or “germs.” Bacteria give you symptoms, such as coughing, fever and/or tiredness, but you begin feeling better before all the germs are killed. If you stop taking the antibiotics, the infection could come back with a vengeance, making it harder to treat. This can result in time lost from work, the need for even stronger antibiotics or possibly a stay in the hospital to kill all the germs.

Another problem with not finishing your prescribed course of antibiotics is that you might have helped create a “super-bug.” The best way to cause bacteria to become resistant to antibiotics is not treating them properly. When the bacteria are under treated, some of them may have enough time to mutate (change) and multiply. You then get a whole new generation of bacteria that no longer responds to the same antibiotics. This can cause problems for everyone!

The only exception to taking all of your prescribed antibiotics is if you

have a problem with the medication. For example, you are allergic or the medication makes you sick. In such cases, you need to call your physician for another prescription and inform them of a possible allergy.

Now that you realize the importance of taking all your antibiotics, and as prescribed by your physician, here are a few tips to help you remember:

1. If you are confused about how to take your antibiotics, when to take them or even why you are taking them, ask your doctor or pharmacist. Do not hesitate to ask questions.
2. Take your antibiotics at the same time every day. For example, if you are directed to take two a day, then take one with breakfast and one with dinner every day at the same time. Make yourself a note if you need to.
3. Use a weekly pill minder to help you remember. You will see immediately if you have forgotten a day or time.

To stop the evolution of new antibiotic-resistant bacteria, it is important to follow your doctor's instructions when you do need an antibiotic. Take all pills, even if you feel better before the prescription is finished. Get answers for any questions you might have. Help us help you! **NOW**

Kelley Powell, RN • Director of MedSurg and Nursing Education
Ennis Regional Medical Center



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Put Power of Tax Deferral to Work

— By Bob Irish

As an investor, you may sometimes feel frustrated. After all, your portfolio seems to be at the mercy of the financial markets, whose volatility is beyond anyone's control. Yet you can control the quality of the investments you own and the diversification of those investments to improve your chances of attaining your long-term financial goals. One way in which to do so is to put as much as you can afford, year after year, into tax-deferred investments.

When you contribute to a tax-deferred account, your money has the potential to grow faster than it would if you placed it in a fully taxable investment — that is, an investment on which you paid taxes every year. Over time, this accelerated growth can add up to a big difference in your accumulated savings. For example, if you put \$200 each month into a taxable investment that earned a hypothetical seven percent a year, you'd end up with about \$325,000 after 40 years, assuming you were in the 25 percent federal tax bracket. If you put that same \$200 per month into a tax-deferred investment that earned the same hypothetical seven percent a year, you'd accumulate about \$515,000 — or nearly \$200,000 more than you'd have with the taxable investment.¹

Of course, you will eventually have to pay taxes on the tax-deferred investment, but by the time you're retired, you might be in a lower tax bracket. Furthermore, depending on how much you choose to withdraw each year from your tax-deferred account, you can have some control over the amount of taxes you'll pay.

Clearly, tax deferral can be a smart choice, but what sort of tax-deferred vehicles are available? One of your most attractive choices will be your employer-sponsored retirement plan, such as a 401(k). Your earnings have the potential to grow on a tax-

deferred basis, and since you typically fund your plan with pre-tax dollars, the more you put in, the lower your annual taxable income. If you're lucky, your employer will even match some of your contributions. Consequently, it's almost always a good idea to put in as much as you can afford into your 401(k), up to the contribution limits, and to boost your contributions every time your salary increases. In 2012, you can contribute up to \$17,000 to your 401(k), plus an additional \$5,500 if you're 50 or older.

Even if you participate in a 401(k) plan, you can probably also contribute to a traditional IRA. Your earnings have the potential to grow tax-deferred and your contributions may be tax deductible, depending on your income level. In 2012, you can put in up to \$5,000 to a traditional IRA, or \$6,000 if you're 50 or older. (If you meet certain income guidelines, you might be eligible to contribute to a Roth IRA, which offers tax-free earnings, provided you don't start taking withdrawals until you're 59 1/2 and you've had your account at least five years.)

Finally, if you've "maxed out" on both your 401(k) and your IRA, you may want to consider a fixed annuity. Your earnings grow tax-deferred, contribution limits are high, and you can structure your annuity to provide you with an income stream you can't outlive.

The more years in which you invest in tax-deferred vehicles, the better. So start putting the power of tax deferral to work soon. **NOW**

1. This hypothetical example is for illustrative purposes only and does not represent a specific investment or investment strategy.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Bob Irish is an Edward Jones representative based in Ennis.

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March 2 and 3

State Championship Barbecue Cook-off: Mid-Way Regional Airport, off of Highway 287. The event benefits Knights of Columbus 8417 Charities and the 2012 4-H and FFA Live Stock Show. Contact Dennis Williams at (214) 399-0081 or at dmwilliams05@sbcglobal.net or Ron Naizer at (817) 909-6484 or rnaizer@yahoo.com.

March 3

Texas K9 Team Classic: 9:00-9:50 a.m. registration, Waxahachie Rodeo Grounds, 701 Howard Road. Individuals/\$2, families/\$5. Portion of the proceeds go to Emma Lock, a 3-year-old fighting leukemia. Call (972) 921-2000 or visit www.MTFDogs.com.

12th Annual Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. Adult/\$5, children under 12/free. Event includes plant sales by the Ellis County Master Gardeners Association, over 100 exhibit booths, workshops for children and adults, guest speakers, door prizes and more. Visit www.ecmga.com or call (972) 825-5175.

Bowl For Kids' Sake: 11:00 a.m. or 1:30 p.m., Hilltop Super Bowl, 2010 W. Business 287, Waxahachie. Proceeds benefit the children served in Ellis County by Big Brothers Big Sisters. There are several "friendly challenges" taking

place. For a team packet or more information, visit www.bowlforkidssake.org or contact Diana Phillips at (972) 573-2420 or dphillips@bbbstx.org.

March 8-11

Mollie B Polka Party: four-day musical event, SOKOL Hall. Visit www.rfdtv.com for more information.

March 12

Girl Scouts' 100th Anniversary: 6:30-7:30 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. Free outdoor ceremony at the Ellis County Memorial in front of the Civic Center, including a flag ceremony and Girl Scout Friendship Circle. Visit www.gssu251.org/Waxahachie.html or e-mail 100th@gssu251.org for more information.

March 23

Ennis Chamber of Commerce Membership Luncheon: 11:30 a.m., Knights of Columbus Hall. RSVP required, \$15/person. Contact the Chamber at (972) 878-2625.

March 31

Ennis Cultural Music Festival: 11:00 a.m.-4:00 p.m., Bluebonnet Park.

Healing Hearts Center gala dinner: 7:00 p.m.,

First United Methodist Church banquet hall, 505 West Marvin, Waxahachie. Tickets: \$5/person. Attire: evening wear. Call (972) 388-4777 or e-mail healingheartcenter@yahoo.com for reservations.

April 6

Garrett Rural Fire Department Annual Fish Fry and Silent Auction. Festivities begin at 4:00 p.m. Call Chad Scroggins at (469) 358-1425 for more information.

April 21

CureSearch Walk for Children's Cancer: registration: 8:30 a.m.; walk: 9:30 a.m., Texas Motor Speedway, Fort Worth. Event includes prizes, music, food and fun activities for the whole family. For more information, contact Elena at (469) 693-5156 or visit www.curesearchwalk.org/dfw/teamreagan2012.

Ongoing:

Second Thursdays

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

Submissions are welcome and published as space allows. Send your event details to sskoda.nowmag@sbcglobal.net.



Drs. David and Natasha Marcial

Hometown Chiropractic

Chiropractic Care for Whiplash

Whiplash is a common ailment after a rear-end car collision. Even low-speed car accidents can result in whiplash, which is the result of a sudden jolt that causes unnatural movement of the cervical spine located in the neck. The result is often painful, stiff muscles and an inability to move the head in certain directions without discomfort.

Though every whiplash case is as unique as the patients who suffer them, chiropractic care to treat whiplash is a proven way to restore mobility, reduce pain and help you move on with your life.

What symptoms of whiplash appear within 24 hours of the injury? Every whiplash case is different, but usually the symptoms are as follows: headache at the base of the skull, painful bending or moving of the neck and/or spasms of the neck muscles.

How does a chiropractor treat whiplash? Diagnostic X-rays to pinpoint the cause of the pain and identify any other damage to the cervical area and the joints, nerves and muscles around it. Specialized spinal adjustments can realign the vertebrae and restore mobility. Targeted massage will soothe strained muscles around the injured area.

Whiplash usually takes us by surprise, but don't let a sudden, unexpected injury like whiplash derail your life. Seek qualified medical care and diagnosis by a professional, and remember chiropractic care is the safe, effective way to treat whiplash and not just mask the pain it causes.

Chiropractic care for whiplash goes beyond the pain, treating not just the muscles involved in the injury, but the nerves, joints and tendons that may also be affected. Call our office today and let us help you recover more quickly from whiplash after a traffic collision.

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