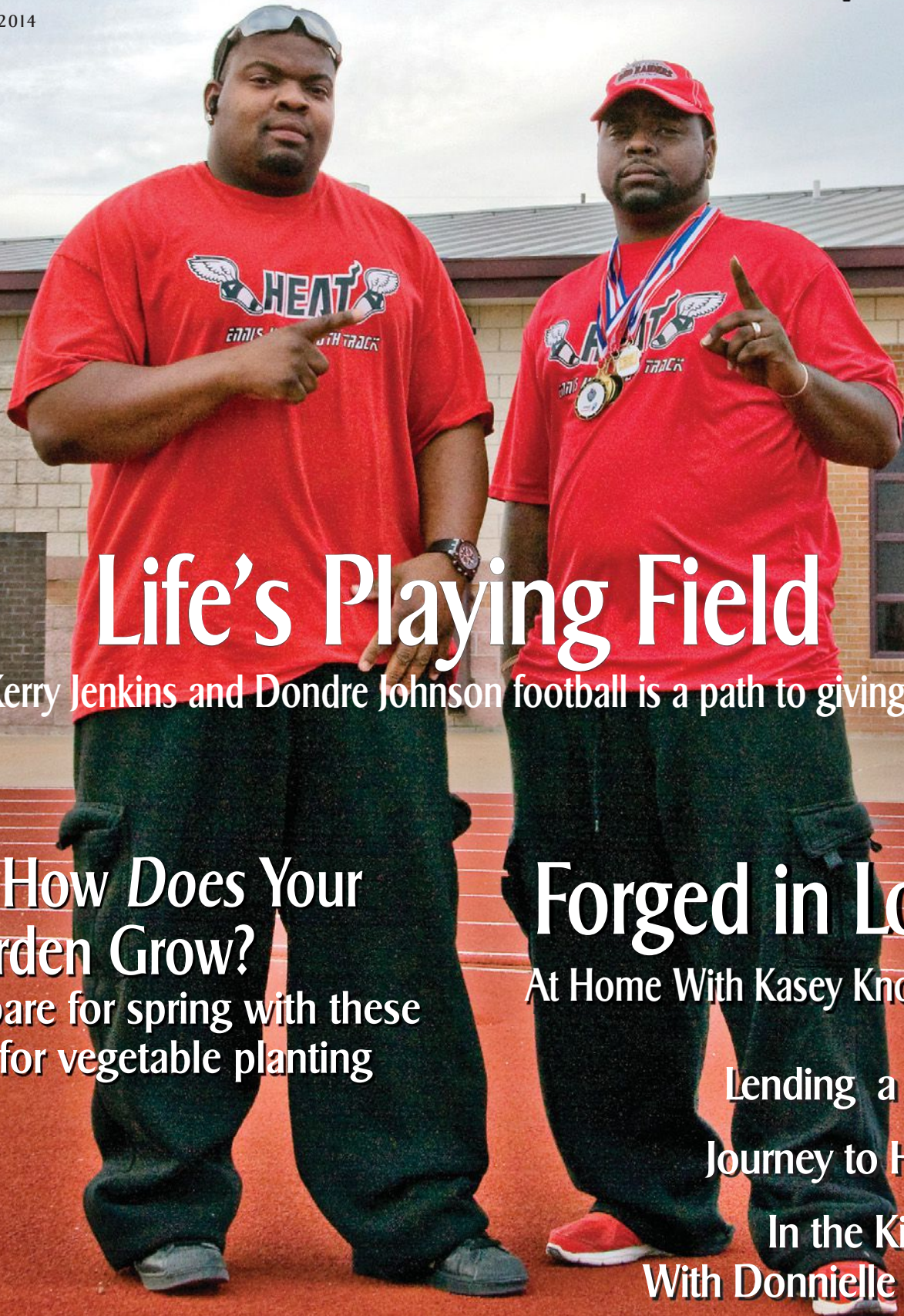


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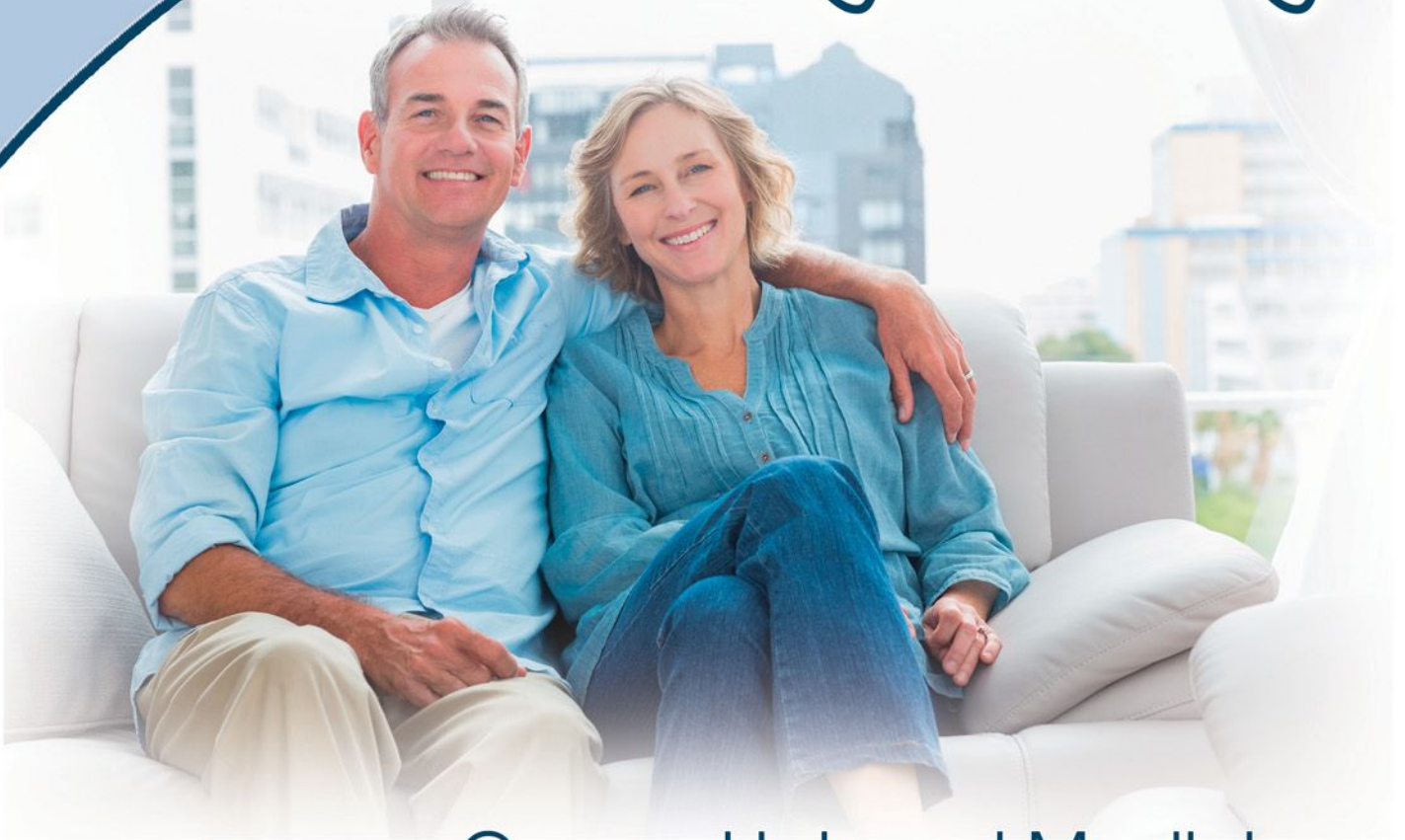
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ON THE COVER



*Kerry Jenkins and Dondre Johnson
keep the ball rolling for the
next generation.*

Photo by Amy Ramirez.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 875-3299 or visit www.nowmagazines.com.



Publisher's Note

What an amazing decade!

Ten years ago a dream became a reality. On March 1, 2004, NOW Magazines' first publication, *CorsicanaNOW*, made its debut. With a concept not yet attempted outside the larger metro areas, we launched this community magazine with the mission of combining positive, uplifting articles and well-designed, full-color ads into a direct mail advertising product that really works. And really work, it did! With steady growth, our publication group has grown to include 10 community magazines: *CorsicanaNOW* – March 2004; *WaxahachieNOW* – November 2004; *EnnisNOW* – December 2004; *MidlothianNOW* – August 2005; *MansfieldNOW* – March 2006; *North Ellis Co.NOW* – April 2006; *SouthwestNOW* – November 2006; *BurlesonNOW* – August 2007; *WeatherfordNOW* – February 2011; *GranburyNOW* – October 2012.

Today we distribute our magazines to over 260,000 addresses every month free of charge, and have a readership of more than 600,000 across the 10 markets. Our readers are so kind to express their enjoyment in reading about their friends, neighbors and the good things happening in our communities. Thank you all! And to our more than 650 monthly advertisers — many who have been with us from the very beginning — thank you! We couldn't do this without you! I'd also like to thank our wonderful NOW Magazines staff, whose hard work and dedication make this all happen every month!

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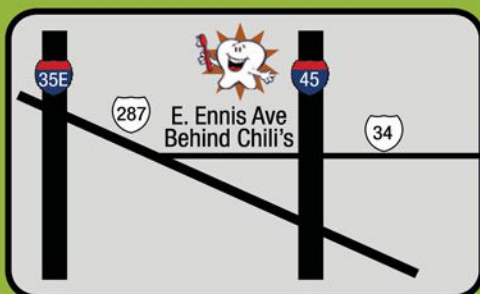
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LIFE'S PLAYING FIELD

— By Jon Peeler

Some people just look like football players. We've all seen them. They're hard to miss. These giants of the gridiron are blessed with a dominance that's both physical and mental. Coach Kerry Jenkins is one of these gentle giants. Towering above his peers, it doesn't take much to imagine him on a football field wreaking havoc on the opposition.

Fellow coach Dondre Johnson shares Kerry's attributes and history. Like Kerry, Dondre's unique brand of confidence was born on the football field at a young age. His strength and abilities were later honed to a fine edge by four years in the United States Marine Corps.

Kerry and Dondre are joined by a common purpose — one even bigger than the two of them put together. Their shared passion is the Ennis Heat Youth Association for which Dondre serves as president and Kerry as vice president.

Most Saturdays, Kerry and Dondre can be found running up and down the football field, but they're no longer suiting up in pads, uniform and helmet. These days, they're carrying a whistle, surrounded by athletes a fraction of their age and size, but who are their equals when it comes to heart. "It was really an easy choice to start coaching," Kerry said, explaining the motivation that brings him out for practice every day. "Dondre and I both came up under Coach Sam Harrell. Watching him give everything he had to the athletes around him was inspiring. He gave us everything he had to make us better players and better people. I always thought if I ever had the chance, I owed it to him to give back at least a small portion of what he gave all of us."



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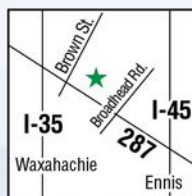
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Dondre tells much the same story. “We used to see all the little kids out at football practice,” he recalled, “but we noticed that none from the neighborhood we grew up in were out there.” The men weren’t sure whether no one was willing to coach those kids or if they just didn’t have the transportation to get there. “There was no way I was going to let them miss out on the opportunity if I could do something about it,” Dondre added.

Soon Kerry and Dondre, along with fellow coaches Jack Alvarez, Jerry Mason, Everett Green and Terrance McAdams, set out on a task greater than teaching the fundamentals of a game they all love. “If a young kid comes to me and has the drive to improve, there’s no way I’m going to tell him he can’t just because his parents can’t afford a pair of shoes or a football helmet,” Kerry enthused.

As a result, fundraising became a skill Kerry and Dondre would need to acquire. Judging from the results, it’s one they have now mastered. “The first thing we had to learn was the process of establishing a nonprofit organization,” Dondre pointed out. “After that, the people of Ennis really took care of the rest. We have been given so much by so many. So many people gave whatever they could.”

Once coaches were in place and athletes were equipped, success followed. Coaching with a “defense first” philosophy, Dondre and Kerry’s teams have celebrated three Ellis County Super Bowl wins. The team trophy case also includes two USA Football state titles. The kids have had three undefeated seasons, in one of which they didn’t allow a single point. “All the trophies are great, but that’s not what keeps me coming out,” Kerry admitted. “Sometimes I think about what these kids would be doing if they weren’t out here with me and Dondre playing football. And I don’t have to think long. They would probably be getting into trouble.”

“Growing up, I saw too many kids get into trouble just because they didn’t

have anything better to do,” Dondre added. “I guess our mission is to give them that ‘special something’ many of them are missing.”

With such a lofty mission, it’s no surprise Kerry and Dondre expanded beyond football. “After football season was over, we began to hang out with the kids shooting hoops,” Dondre said. “But if we’re going to be doing that, it only made sense to take it up a notch and give it a purpose.”



With the formation of a proper team, Kerry and Dondre’s protégés were competing and dominating other youth basketball teams in the area just as they had on the football field. And once again, support and help from the community came rolling in.

The work doesn’t end with the school year either. As summer begins, the kids under Kerry and Dondre’s athletic care are running track. “Summer is our most important time,” Kerry observed. “Even good kids get into stuff when they have too much free time on their hands. We get them off the streets and run some of their energy off.”



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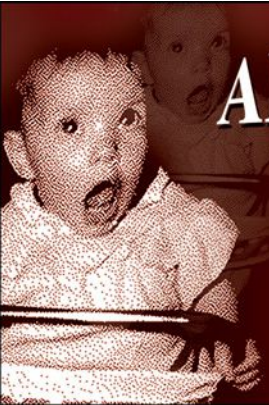
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Bolstered by their success in other sports, the kids continue to succeed even as the weather gets hot. The varsity team at Ennis High School is chock full of athletes who first learned their love for the sport from Kerry and Dondre. Last season, one earned a spot on the varsity team as a freshman, easily keeping up with kids far more advanced. So far, 21 of the young people they've coached have gone on to win state titles. The coaches attribute their success to their adherence to the four D's: discipline, desire, dedication and determination.

But while their trophy collection expands, Kerry and Dondre know what really matters. "It would be easy to count up all the trophies and titles," Kerry said, "but it's what we can't count that's important. How many kids did we help keep out of jail? How many kids did we teach to respect their mothers? I may never really know, but I know we did our part and that we tried."

Winning games isn't all that motivates the two coaches. It's the simple things that keep them coming back. Neither has a child in the program they've worked so hard to develop. But as Kerry and Dondre roam the side lines, encouraging their young charges, it's evident they take as much pride in the budding athletes as they would if they were their own children. And it's a bond that's reciprocated.

"Every time I go to the grocery store," Kerry explained, "I run into one of the kids. When I see their eyes light up, and they run up to tell me about their grades or whatever, I'm reminded why Dondre and I do it, and it's all worth it." **NOW**



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Dr. Jinks has practiced in Ennis, Texas since 1984. He Graduated from the University of Texas Medical Branch as well as completing his internship and residency at Baylor University Medical Center.

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Forged in Love

— By Donnielle Tyner

Parenting isn't an easy feat, and for a single mother everyday tasks become twice as hard. From getting children ready for school in the morning and tucking them in at night to working tirelessly to provide for them, finding a spare moment is nearly impossible. But Kasey Knowlton, mother to Schaefer, age 4, and Summer, 8, loves the time she spends with her kids. Her days are long, taking her children to school in Red Oak, then driving to north Dallas for her job at a real estate firm.

At Home With Kasey



Yet every night she comes home to the cozy apartment in Ennis that she shares with the two lights of her life.

Kasey is proud of her hard work as a single mom. "I do what I can and give my children the best life possible," she explained. "I want to show my children there are other people like us — single-parent families who live in apartments. People come from all walks of life and have different stories, but all families are forged in love, even if they don't always look the same."

Born and reared in Ennis, Kasey graduated from high school in 2001. Like many who were brought up in the Bluebonnet City, she left for a while, but eventually came back with her two children. She has loved every minute of it, and has even found a little "me" time. "When your world revolves around making a home for your children," Kasey observed, "it's easy to neglect doing things for yourself." Recently, Kasey discovered CrossFit and participates in the activity four times a week. "It has been one of the best things I've done for myself in a very long time," she shared. Despite her new workout program, she still enjoys spending time with her children, often finding activities that suit their personalities.

Kasey's triplex apartment is not unlike many

Kasey Knowlton



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in Ennis on the outside, but she's worked diligently to make it as original and comfortable as possible inside. "More often than not it looks as though it was hit by a tornado, and I'm OK with that," Kasey admitted. "It means the kids are enjoying themselves, and our home is well-lived-in." The space is arranged so the children can take out their toys and enjoy the entire expanse, instead of being confined to just their bedrooms.

Antiquing is something else Kasey enjoys, as evidenced throughout her

home. Her spacious living room is dotted with pieces collected over the years. "If it's got rust on it or it's scratched up, I'll probably buy it," Kasey confessed, referring to her guilty pleasure. Sitting in one corner of the living room is a beautiful, blue and white ceramic dog, passed down to little Schaefer from his paternal grandmother. "When Shaefer's father was young, he saw this dog in an antique store," she recalled, "and when the owner saw how much he loved it, he gave it to him. When Schaefer was a baby,



he hugged the dog every time he was around it, so his grandmother knew he should have it."

Adorning living room walls are various black and white photos of Kasey's ancestors, lovingly placed among her collection of crosses, all in different shapes and sizes. However, the most interesting decorative pieces in the living area are her shelving units. From the layman's perspective, they appear to be typical shadow boxes, but each one of

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the shelves has been made from broken dresser drawers. "On our move to the apartment one of my antique dressers broke," she said, "and I was like, 'Save the drawers, I can use them!'"

Kasey and her children love to cook together in the kitchen, where the majority of her antique collection



is displayed. Above her cabinets lies a treasure trove of items, each hailing from different moments in time. Some of her favorite pieces are old brass tea kettles and a Pepsi Cola crate, which she puts to good use as the repository for various kitchen items. Other decorative touches

include glass bottles in a variety of shapes and colors and an antique food scale perched beneath a ceramic figurine. Around the dining room table the family comes together, not only to eat, but to connect through crafts and other family projects. One corner is home to a rustic old chair Kasey found and instantly fell in love with. "When I saw it, I knew I had to have it, just the way it was," she confirmed.

Kasey's upbeat personality is evident in the master bedroom, as well. Tasteful, yet colorful bedspreads and wall details adorn the room, affirming her sunny disposition. Her whimsical taste of vintage meets modern is seen in an antique dresser embellished with modern crosses, and there's an imaginative display of antique suitcases stacked in one corner. She continues her use of dresser



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drawers as shelving units in her bedroom, artfully connecting the master bedroom to the overall theme of her home.

Summer and Schaefer's shared bedroom is typical of any household with small children — sparsely decorated and overflowing with toys. "I didn't see the point in hanging a lot of pictures on

the walls, when something will get bounced off of them at least once a day," Kasey smiled.

Although their room lacks the antique appeal of the rest of the home, one cherished family heirloom resides there. Summer's beautiful bed was handcrafted by her grandfather when she was a toddler. Around the bed are hints of her budding preteen personality, but the softness



of her side of the room also relays her sweet nature. Schaefer's side reflects the chaos that only a 100-percent boy can create. Although they're both different, brother and sister live in relative harmony.

Parenting alone takes special strength and perseverance, but Kasey knows deep down she has what it takes. Kasey, like most single parents, works extra hard to make sure her children don't feel left out or disadvantaged. She takes pride in her accomplishments and knows, no matter what, her kids will know she's done everything possible to make sure they are loved and happy. "I think the biggest thing I want for my children," she mused, "is to someday look back and understand everything I've done, all the decisions I have made were with their well-being in mind. I hope they understand they are the most important part of my life." **NOW**



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Lending a Hand

— By Donnielle Tyner

Dedication to community is what Safe Hands and its Ennis on-site supervisor Ginger Gonzales are all about. Safe Hands, Inc. Family & Children Programs is a service initiative whose mission is to “transform low-income, at-risk communities by implementing centers in neighborhoods that promote education, opportunity and hope.” Currently, Safe Hands, Inc. operates this program in 11 different affordable housing communities.

“My goal is to get the community involved with the residents, so we can get the residents involved with the community,” Ginger explained. “We want them to be successful and productive.”

Safe Hands, Inc.’s belief is that all children should have a protected, supervised place to go during after-school hours. “We must give our children an alternative to the violence and negativity this life exposes them to,” explained the organization’s founder Deborah Cornelius. “It’s imperative we teach our children to serve. We must encourage our children to not only follow their dreams, but to pursue them. We must give them the tools and guidance they need to become productive members of society.”

Deborah saw a need for after-school kids’ programs but understood how costly child care can be for parents. Safe Hands, Inc. was formed with this need in mind. The group not only provides safe after-school activities, but extends its outreach to parents, particularly single mothers on budgets. “I feel good when I can help those in need,” Deborah said. “It gives me a sense of peace and contentment knowing I did my part and somehow made a difference assisting others to improve their own lives.”

Safe Hands founder Deborah Cornelius and on-site supervisor Ginger Gonzales are impacting Ennis.



"I feel good when I can help those in need."

Safe Hands, Inc. is a Dallas-based nonprofit association founded in 2001. The agency provides a variety of programs and services including GED/ESL classes, job search assistance, health screenings, financial planning, computer literacy, mentoring and help with homework. Safe Hands, Inc.'s Ennis campaign is a new addition to the community, beginning its integral work at Grace Townhomes. Ginger is currently leading the after-school program at that apartment complex. Moving with her family to Ennis six years ago, she worked in various administrative positions while homeschooling her son. "Homeschooling wasn't taking as much time as I thought, so I sought out a job that would work with our school schedule," she expounded.

Despite Ginger's business qualifications, it was her history of volunteering that caught the eye of Safe Hands, Inc. "They hired me because of my ministry work at Refiner's Fire," she explained. "Everything they needed me to do, I was already doing through my current ministry work." Over the years, Ginger has served children's church programs, from a clown ministry to helping a praise and worship team teach Bible studies at the Texas Youth Detention Center.

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Currently, Safe Hands' after-school program, available to children four days a week for three hours a day, is the most popular of the services the group provides. In addition to this outreach, Safe Hands offers a 30-minute workout session, an ESL class and a course teaching healthy cooking on a budget. The food for the cooking classes is donated by local businesses, and families can take leftover ingredients home to practice making dishes taught in class. In the future, Ginger is planning to add a Bible study, a money-management class and a how-to on home health care.

Safe Hands also helps residents obtain financial assistance through other programs and supplies groceries when the need arises. Residents looking for a job can contact Ginger who will help them make contact with potential employers. Eventually, she hopes to oversee classes to instruct residents of Grace Townhomes in writing résumés, dressing for success and how best to present themselves via mock interviews.



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"We're trying to have something for every demographic, but overall it's all about building a community," Ginger pointed out.

As Ginger takes charge of classes and programs, making sure all are up and running, the children have captured her heart. "I've always had a love for children," she confessed. "My honest opinion is if you can make a child believe they have value and that you care about them, you can really change the world. If you are proactive when kids are young, then you can help unlock their untapped potential."

In sync with Ginger's own philosophy, Safe Hands, Inc.'s after-school program is designed to aid the children who attend in every way that matters. Children can learn valuable life lessons through the curriculum Ginger implements. Most recently, she hosted a sewing class, teaching kids how to repair clothing. Arts and music are also taught through outside volunteers and donations of tickets to concerts. In the summer,

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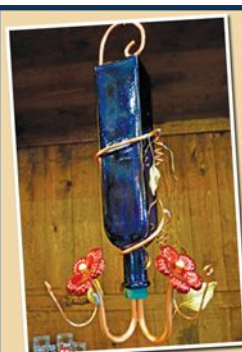
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Safe Hands will be offering dance, cheerleading and football camps to promote physical health.

Ginger's curriculum is based off a yearly theme. This year's theme is "Healthy choices for your body, your mind and your spirit." Every month a subtheme complements the main, with the children learning how to compare different foods in order to choose which would be better for them. The kids also learn about physical health through classes and play.

"We are in desperate need of volunteers," Ginger admitted. "We have so many different ways you can volunteer — from classes to donations." Later this spring, Ginger will host a month-long class called Occupation Investigation, and she appeals to the community for help. The class will bring in different people within the Ennis community and from a wide range of occupations. These guest speakers will explain their jobs and outline what it takes to be successful in their chosen fields.

Small neighborhoods like Grace Townhomes are an essential part of Ennis. And programs like Safe Hands, operated by people like Ginger, who reach in to help on a personal level, are making good things happen. Safe Hands and Ginger are accomplishing this objective not only through arts and crafts, but by offering vital lessons that can change a family's fate. "I know we're doing games and activities," Ginger shared, with pride and confidence, "but I honestly believe these children will be leaders at their schools by this time next year. They will be setting the bar in their circle of influence." **NOW**

Editor's Note: For more information on Safe Hands, Inc., visit www.safehandsinc.org.



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So How Does Your Garden Grow?

— By Randy Bigham

Unlike contrary Mary of the classic nursery rhyme, you probably don't have silver bells or cockleshells in your garden. But as spring escapes winter's gloom, you're no doubt as ready as she for the bounty the season brings to your little patch of Mother Earth.

Robin Smith, an Ellis County Master Gardener, is poised to start her routine

fired with the enthusiasm brought on by warm, blue skies and green leaves sprouting. "At this time of year, I find it hard to contain my excitement," Robin admitted, "and I tend to get ahead of myself a bit. If you're like me, a bit of restraint is in order."

Robin insists a checklist is a good method for prioritizing time and effort in the garden, even for experts. "It will allow you to have fun but still get great results," she explained. Items on Robin's list include pruning evergreens, summer flowering trees and shrubs early in March. "For trees and shrubs that bloom


in the spring," she cautioned, "wait until they have finished blooming, and prune fruit trees before bud break." She also advocates cutting back all groundcover early in the month, so it "looks nice and tidy when it sends out new shoots later."

Raising vegetables in small city gardens is increasingly common, and Robin has useful tips for those just starting out. "Don't be in a hurry to put out young pepper or tomato plants," she cautioned. "Wait until close to the end of the month to be sure all chance of frost is gone. And be prepared to cover them if temperatures dip low one night."






Joseph Masabni, assistant professor and extension horticulturist for the Texas A&M University System, also has words of advice for new urban gardeners. "Home gardening continues to grow in popularity," he wrote in the *Texas Home Vegetable Gardening Guide*. "One of every three families does some type of home





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gardening.” He ensures great results for vegetable and herb gardeners who observe basic, practical considerations. Joseph believes the following rules can make all the difference between a merely functioning veggie patch and one producing high-quality, delicious specimens year-round:

Choosing a Garden Site

The city offers limited space for growing herbs and vegetables, but a well-placed and tended garden can be a productive one. “The ideal garden area gets full or nearly full sunlight,” Joseph specified, “and has deep, well-drained, fertile soil. The garden should be near a water outlet but not close to competing shrubs or trees.”

Selecting Crops

Choosing vegetables suited to the size of the garden space is an important consideration. Vine crops like watermelon or squash require more room unless situated near a fence or trellis. For the small garden, beets, broccoli, onions, spinach, carrots and eggplant are ideal. For larger spaces, cantaloupe, cauliflower, pumpkin, okra and cucumber work well.

Garden Planning

The placement of long-term crops like Brussels sprouts or sweet potatoes, which mature in 80 days or more, shouldn't interfere with caring for and harvesting short-termers like leaf lettuce or turnips. “When you plant a new crop, it should be totally unrelated to the crop



it is replacing,” Joseph cautioned. “This is called crop rotation. Crop rotation helps prevent the buildup of diseases and insects. For example, follow early beans with beets, squash or bell peppers.”

Preparing the Soil

For top production, make sure the garden soil is aerated and drains well. Adding organic matter can improve soil that has a heavy clay or sand component. “Never work wet garden soil,” Joseph advised. “And seeds germinate better in well-prepared soil than in coarse, lumpy soil.”




Fertilizing

“Heavy clay soils can be fertilized much more heavily at planting than can sandy soils,” Joseph pointed out. “Heavy clay soils and those with lots of organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. For most soils, two to three pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate.”

Planting

For successful production, plant vegetables in early spring or early fall.




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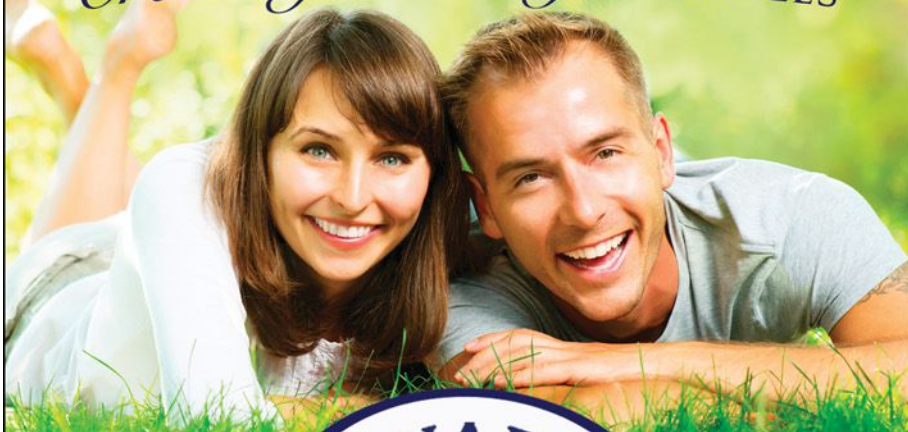
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“Using transplants rather than seeds, when possible, allows crops to mature earlier and extends the productive period of many vegetable crops,” Joseph shared. Beets, lettuce and cabbage are among easily transplanted crops. Carrots and pepper plants require more care while sweet corn and peas are hard to transplant without the use of containers.

Watering and Mulching

“Apply enough water to wet the soil to a depth of at least 6 inches,” Joseph recommended. “For best production, most gardens require about 1 inch of rain or irrigation per week during the growing season.” Organic mulches like straw, leaves, peat moss or compost, applied to a depth of 1 to 2 inches, are commonly used.

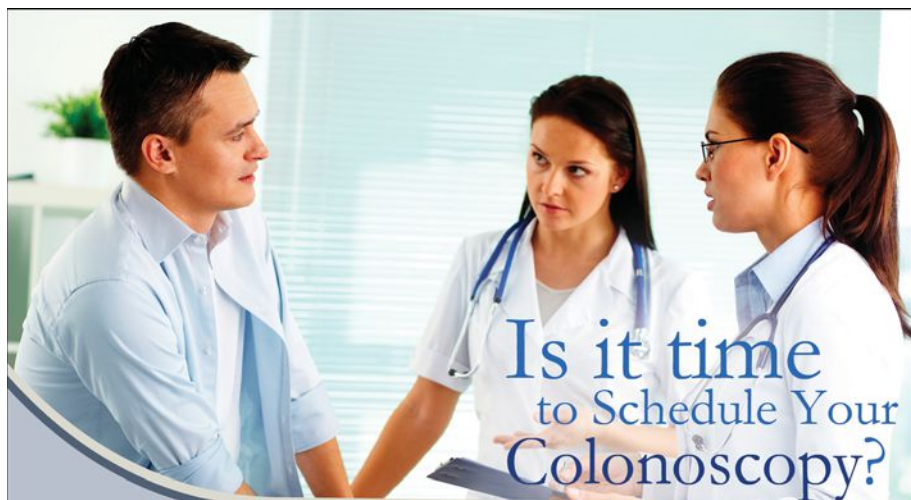
Weed and Pest Control

A long-handled hoe is the tool of choice for removing unwanted growth in a vegetable patch. To eradicate pests, use only approved chemicals.

Harvesting

“A vegetable’s full flavor develops only at peak maturity,” Joseph pointed out, “resulting in the excellent taste of vine-ripened tomatoes, tender green beans and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be canned, frozen or eaten.”

As home vegetable gardens continue to multiply, the influence of organic gardening methods has spread as well. That’s a good thing, according to Robin. “The awareness of the environment,” she concluded, “has opened up this earth-friendly approach, and it’s another great way to enjoy gardening.” **NOW**



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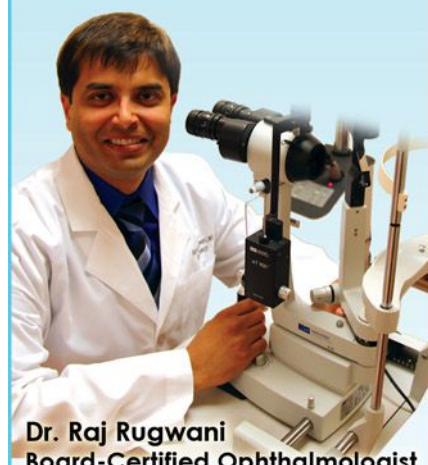
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With fellow Quality Care pharmacist Stephanie Townsend and their staff, Dr. Corey Mitchell makes medicine matter.

Journey to Health

Quality Care Pharmacy is a small-town pharmacy offering old-fashioned service.

— By Virginia Riddle

In 2011, Dr. Corey Mitchell, Pharm. D., opened Quality Care Pharmacy and Compounding in Ennis, with the goal of offering to customers a more personalized, patient-oriented experience in obtaining their medications. “Our customers are greeted by the same smiling people when they come in and talk to the same pharmacist every time they call or come to us,” Dr. Mitchell said. “We know who you are when you come through the door.”

Dr. Mitchell and fellow pharmacist Stephanie Townsend are assisted by lead tech Maria Morales and three other employees. “We are a full-service pharmacy,” Dr. Mitchell stated. “We do everything.” The pharmacists and staff work closely with patients’ doctors to ensure prescriptions are exactly what the doctor ordered and what the patient needs. Packaging is made user-friendly with complete notes to patients. Free delivery within Ellis

County is a plus for those patients who are unable to drive, and a dedicated phone line allows patients to speak personally with a pharmacist.

One of the programs offered, medication therapy management, is a welcome aid, especially for chronically ill patients who may take more than one medication daily. “Often, we can compound up to three medications into one pill,” Dr. Mitchell explained. “We check for duplications, interactions and possible allergic reactions and communicate with patients’ doctors.”

Another service even helps the medicine go down better. “We can create medicine that smells and tastes better, especially for children,” Dr. Mitchell revealed.

Quality Care Pharmacy accepts Medicaid, CHIP, Medicare and most other insurance plans. Dr. Mitchell tries to keep costs

down for patients. "While we are on top of new developments in health care, we have seen all prices, even for older meds like penicillin, go up dramatically," he observed. "We stay on top of insurance claims and go to bat for our customers."

"We are a full-service pharmacy. We do everything."

Veterinary medication can also be obtained from Quality Care Pharmacy. Many medicines prescribed for humans are useful in treating some animals, but the dose and delivery may have to be customized. "Sometimes I'm really challenged, such as when I was asked to make a medicine for a pet rat!" Dr. Mitchell exclaimed. "I used potted meat molded around the med and had to find a way to regulate the rat's dosage. It worked! We are working on meds for cattle, but I've made meds for all kinds of animals, including pet snakes."

All medication compounding at Quality Care Pharmacy is accomplished with standard quality assurance and weights. "I compare the process to making a cake," shared Dr. Mitchell, who is a member of the Texas Pharmacy Association, adhering to all its high standards. "We use the right amount of powdered ingredients, change it with the right amount of liquid and then add the right flavoring."

Dr. Mitchell, a Memphis native, played football for and graduated from The University of Tennessee. He received his pharmacological degree from Xavier University of Louisiana. The doctor has received further training at the Academy of Students of Pharmacy and has trained in Medisca Compounding for pharmacists.

"I'm a problem solver," Dr. Mitchell asserted, "and I love helping people. God steered and found this route for me to serve. Quality, not quantity, is how I have made this journey." **NOW**

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At First United Methodist Church, Jay Fondren addresses the first meeting of the Home For the Brave project.



Ennis High grad Ben Betik completes his first semester at Harvard University.



The EHS' Agricultural Mechanics Team wins big at the Fort Worth Livestock Show.



A ribbon cutting and open house is held for Gary Hayden Financial Services.



Marissa De La Cruz arranges balloons for a holiday gathering.



Sue Hourihan celebrates her birthday at Don Jose's with her family.




EnnisNOW Editor Randy Bigham takes his first steps on the prototype for his new prosthetic leg.



Winners at the Nine Weeks Awards Assembly at Jack Lummus Intermediate.



Skyler Phillips hugs on Tasha Fincher at the Bluebonnet City Vet Clinic.



“My little girl is in Pre-K. She has already memorized many scripture verses and has learned to write in cursive! She loves her friends and her teachers truly care about her.”

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What's Your Vision of Retirement?

When you start out in your career, you're probably not thinking much about retirement. At this point, your picture of a "retirement lifestyle" may be, at best, hazy, hidden as it is behind a veil of experiences you've yet to encounter. But as you move through the years, your view of retirement comes into clearer and closer focus — and this vision will have a big impact on your savings and investment strategies.

Consequently, to create and implement those strategies effectively, you'll need to define your retirement vision by identifying its various parts. Here are some to consider:

- **Travel** — If you're like many people, you may dream of traveling during your retirement. But what does "travel" mean to you? Do you envision taking a cruise or an international trip every year? Or is your idea of travel just a short jaunt to a popular destination, such as a lake or the mountains or the beach? The difference in costs between global and U.S.-based travel can be enormous, so you'll need to define your goals and estimate your expenses.

- **Second home** — Once you retire, you'll have to make some housing-related decisions. Should you sell your home and downsize? Or do you want to keep your current residence and possibly purchase a second home, such as a condominium, in another part of the country? Obviously, you'll need to factor in these choices when you think about how to invest before you retire and how to manage your withdrawals from your 401(k), IRA and other accounts during your retirement.

- **Volunteer activities** — You might think that your volunteer activities during retirement won't affect your finances much. But if you are particularly ambitious, and your volunteerism involves travel, renting space, purchasing equipment and so on,

you might be looking at some large cash outlays. Furthermore, if you host people at your house, you may be incurring some types of liability risk, which you might need to address through appropriate insurance coverage.

- **Hobbies** — During your working years, you may pursue your hobbies always with the thought that you can devote a lot more time to them after you retire. However, expanded hobby activities may involve expanded costs. For example, if you're good with cars, you might decide to invest in that foreign sports car of which you've dreamed. Or, if you're fascinated by genealogy, perhaps you'll start traveling to places once inhabited by your ancestors. These types of activities can be expensive, so you'll have to evaluate your saving, spending and investing habits to determine how to accommodate your increased expenditures on your hobbies.

- **Second career** — Many people look forward to retiring from one career so they can start another — opening a small business, consulting or even taking a part-time job. Clearly, if you were to start your own business, some expenses would be involved, so you'll have to plan for them. Even if you become a consultant or work part time, you could incur various costs, including travel. And, in relation to these types of work, you may also have insurance and health care issues to address.

By identifying the various components of your retirement vision, and estimating their respective costs, you can make those saving, spending and investment choices that can help you work toward your retirement dream. **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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Alphabet Soup and Other Designations

Nurse practitioners, clinical nurse specialists, certified nurse midwives and certified registered nurse anesthetists are a few of the health care providers who have evolved to serve in our community over the past 20 years. They work in roles that in the past were only held by physicians. They care for primary health care needs and perform wellness exams, order screening procedures, such as mammograms and colonoscopies and provide treatment for illnesses like the flu and pneumonia. They also provide care for people experiencing chronic illnesses, such as diabetes or heart disease. Nurse practitioners are specialized in family practice, pediatrics, women's health and gerontology. Some nurse practitioners provide acute care and work in hospitals and emergency rooms.

If their titles include the word "nurse," they are nurses. Nurse practitioners do not need physician permission to perform the care they provide, because they are independently licensed by the state of Texas as nurse practitioners. Nurse practitioners must have the designation of RN, as they must be registered nurses in order to be licensed as nurse practitioners. The other initials at the end of their names sometimes look like alphabet soup but are significant for their level of education. Nurse practitioners are trained health care providers who are capable of taking care of your health care needs.

Nurse practitioners have a collaborative relationship with their physician counterparts, but this is not a supervisory relationship for most of their


practices. They do and should have access to a physician who can assist them with more complicated patients, such as those requiring hospitalization, those requiring home health services or invasive surgical procedures. The nurse practitioner license is independent of the physician, and therefore, they can operate their own private practice within this collaborative relationship.

People frequently ask, "What exactly can nurse practitioners do that a doctor cannot do?" The answer is nurse practitioners do many of the same procedures and tests, but their abilities are dependent on their education and experience. For example, some nurse practitioners perform minor surgical procedures such as suturing or mole and cyst removal.

Another frequently asked question is, "When are you going to medical school and finish?" Some clinicians also have their Doctorate of Nursing Practice, which means they are not a physician but have the ultimate degree granted in nursing as a practicing nurse practitioner. Those with a Doctorate of Nursing Practice have completed their formal education and usually continue to review current research. They digest and synthesize the information for application to patients for their well-being and education. The goal is to keep patients well and happy, with hope for the future within the framework of advanced nursing practice. **NOW**

Rebecca Lucas, DNP, RN, FNPC

Part of the medical staff at Ennis Regional Medical Center



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March 1, 29

Waxahachie Symphony Association presents Stephen Nielson, international Steinway artist: 7:00 p.m., Central Presbyterian Church, 402 N. College St., Waxahachie. Contact Sherry at (972) 938-1181 for more information.

March 8

Texas Cinderella Scholarship Program: Jack Lummus Intermediate, 501 N. Clay St. Open to young ladies, ages 3-26, the event is part of the Texas Cinderella Pageant. For more information, email Shirley Knapp at knappjsh@sbcglobal.net or Mindi Greene at mindigreene@gmail.com, visit texascinderellapageant.com or call (972) 878-5798, (972) 825-3803 or (979) 777-1560.

Equity in Excellence for All – 15 Year Anniversary Luncheon Celebration: 11:30 a.m., Friendship – West Baptist Church, 2020 W. Wheatland Rd., Dallas. Awards lunch will honor educators from Ellis and Dallas counties. Sponsored by the McNeil Educational Foundation. For more information, call (214) 374-1929 or email mcneileducationalfoundation@gmail.com.

March 22

Ennis Farmers Market public meeting: 9:00 a.m., Ennis Public Library, 501 W. Ennis Ave. At this meeting organizers for the first Ennis Farmers Market will assign booth locations, accept final paperwork and address vendor and public questions. The Ennis Farmers Market, established by the Ennis City Commission, is set to take place every Saturday from **April 26 through October 25**.

Bristol Opry: 7:00-9:30 p.m., Old Bristol Schoolhouse, Union Hill Road at Church Street, Bristol. The country music show features local singers and musicians. Sponsored by Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

March 28

Harvey by Mary Chase: 7:30 p.m., Ennis Public Theatre, 2705-C N. Kaufman St. This classic comedy, based on the Pulitzer Prize winning show that premiered on Broadway in 1944, is best known for the 1950 film version, starring James Stewart. *Harvey* will also be presented on **March 29, 30; April 4, 6; and April 11, 13**. For show times and additional information, call (972) 878-7529, visit ennispublictheatre.com or email info@ennispublictheatre.com.

April 12, 13

Ennis Bluebonnet Trails Festival: Times to be announced, Pierce Park, downtown Ennis. Event is sponsored by the Ennis Garden Club and features arts and crafts booths, food vendors, children's activities, live musical acts and other entertainment. For more information call the Ennis Convention & Visitors Bureau at (972) 878-4748, log onto visitennis.org, or stop by the ECVB office at 2 E. Ennis Ave.

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

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In The Kitchen With Donnielle Tyner

— By Randy Bigham

Reared in Rice, a country stone's throw from the Bluebonnet City where she lives and writes for *EnnisNOW*, Donnielle Tyner has turned cooking into an experience in healthy eating. Schooled in the tradition of Southern comfort food by her grandmother, Donnielle has transformed the rich dishes of her youth into lighter fare for her husband, son and daughter.

Donnielle's inspiration in the kitchen comes from the ingredients themselves. "I always try to cook in season," she explained, "because the ingredients are fresh, and you're more likely to encounter a better quality of organic food." Fruit and vegetables bought locally are another key to her prowess in the kitchen where cooking is never just about the food. "It's evolved into a way to show love," Donnielle said. **NOW**

Fresh Strawberry Yogurt Cake

2 1/2 cups all-purpose flour (divided use)
1/2 tsp. baking soda
1/2 tsp. salt
Zest of 1 lemon
1 cup pasture butter, room temperature
2 cups raw sugar
3 eggs
3 Tbsp. lemon juice, (divided use)
8 oz. raw or Greek yogurt
12 oz. fresh organic strawberries, diced
1 cup powdered sugar

1. Preheat oven to 325 F. Grease 10-inch Bundt pan. Sift together 2 1/4 cups flour, baking soda and salt. Mix in lemon zest; set aside.
2. With electric mixer, cream together butter and sugar until texture is light and fluffy. Beat in eggs, one at a time; add 1 Tbsp. lemon

juice. Alternate blending in flour mixture and yogurt until fully incorporated.

3. Toss strawberries with remaining flour. Gently mix them into batter. Pour batter into Bundt pan. Bake 60 minutes, or until toothpick comes out clean.
4. Allow to cool at least 20 minutes in pan. Turn out on a wire rack to cool completely. Once cooled, whisk remaining 2 Tbsp. lemon juice with powdered sugar and drizzle over top of cake.

Carrots Vichy

Serves 4.

1 lb. organic carrots
Filtered water
4 Tbsp. pasture butter
2 Tbsp. raw honey
Sea salt, to taste

1. Peel carrots and slice into rounds; cover

with filtered water and bring to a boil.
2. Add butter and honey, boil uncovered until liquid is reduced to almost nothing and carrots are well coated. Season to taste.

Crunchy Peanut Butter Cups

Makes 8.

1/4 cup pasture butter
3/4 cup organic peanut butter
1/4 cup raw sugar
1 cup semisweet carob (or chocolate) chips
1/4 cup raw milk
Sea salt, to taste

1. Line a muffin tin with papers.
2. In a microwave-safe bowl, melt butter and peanut butter together for 45 seconds. Stir until smooth. Add sugar and mix to combine. Distribute the mixture evenly among the muffin cups.
3. Refrigerate for 15 minutes to set the peanut butter layer.
4. After peanut butter is chilled, combine chocolate and milk in a microwave-safe bowl; heat in 30 second intervals until chocolate is melted and smooth.
5. Distribute evenly over each peanut butter layer. Sprinkle with sea salt and chill for about 30 minutes, or until firm. Store uncovered in the fridge.

Homemade Gummy Fruit Snacks

1 cup organic mixed berries
1/4 cup filtered water
1/2 cup organic, unsweetened applesauce
2 1/2 tsp. of gelatin
1/2 cup fruit juice of choice

1. In a medium saucepan over medium heat, combine berries and water. Bring to a boil and cook until berries are soft, approximately 5 minutes.
2. Transfer to a blender or use an immersion blender to puree until smooth.
3. Return to pot. Add applesauce and resume boiling. Remove from heat and set aside.
4. In a large bowl, sprinkle gelatin over fruit juice and let stand one minute. Add hot fruit mixture; stir until gelatin completely dissolves, 3-5 minutes.
5. Pour into an 8x8-inch glass or ceramic baking dish. Refrigerate until firm, about 3 hours. Cut into blocks or shapes.

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