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Hurling Forward

Joseph Shaw is climbing the ranks in the minor league baseball system

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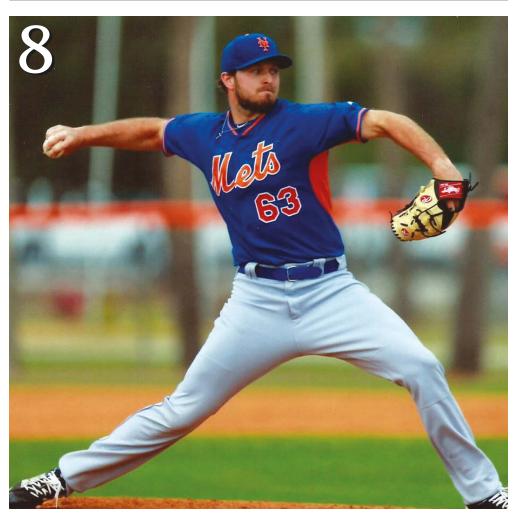
On The Cover



Joseph Shaw continues to make his hometown proud.

Photo by Amy Ramirez.

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Editor's Note

Who do you love best?

Do you have a favorite stuffed animal that you remember from your adolescence? I vividly remember Snoopy. He was my black and white confidante, the one I told all my secrets to. He was also my dancing partner when no one was looking — the one I loved best growing up. I wish I had Snoopy today. He would be one of my most prized possessions.

My grandson, Easton, has a treasured stuffed animal, too. He goes by the name of Pup Pup. Pup Pup celebrated his 4th birthday last month on Valentine's Day. Throughout the years, we've given him two new button eyes, sewn arms back in place and did a tummy fill a time or two. Just recently, Easton misplaced Pup Pup. Some four days later, he was finally spotted in the family's workout room. The jubilation I heard in Easton's voice when he called that night brought happy tears to my eyes. All he said was, "I found Pup Pup! He's been exercising for *four* days!"

May your memories bring you great joy, too!

Sandra

Sandra Strong EnnisNOW Editor sandra.strong@nowmagazines.com (972) 765-3530



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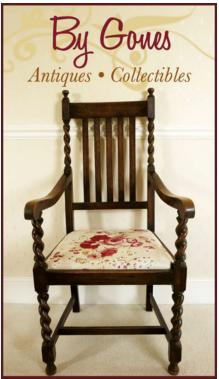
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You could say Joseph Shaw was born to play baseball. After all, he began playing with his father, Scott, in their living room at the age of 1. "I used to have to get onto him and his daddy," laughed his mother, Melinda. "He learned to hit using a little miniature wooden bat his grandparents got him."

> Joseph later switched from focusing on hitting to pitching at age 10. Today, the former Ennis High School and Dallas Baptist University standout is a right-handed starting pitcher in the New York Mets' minor league system.

He has played two seasons of minor league ball since being taken in the 12th round of the Major League Baseball Amateur Draft in 2015. He spent the last part of the summer of 2015 in Rookie Ball with the Kingsport (Tennessee) Mets. Last summer, he was with the Columbia (South Carolina) Fireflies at the Class A level before being called up to the Binghamton (New York) Mets, a Double-A team.

Joseph led all the Mets' minor league pitchers with 140 strikeouts in 140.1 innings pitched. In all, his career minor league record to date is 9-11 with a 4.38 ERA and three saves in four opportunities. He has struck out 157 batters and walked just 43 in 154 innings pitched.

By Rick Manch

But moving up in minors isn't based on simply winning and losing, though the strikeout-to-walk numbers are likely grabbing attention. Pitchers can't control how much or how little their team scores, for example, something even major league pitchers sometimes must deal with. But advancement in the minor leagues often depends on how quickly players pick up little things. With Joseph, a couple of things he's working on are his changeup and getting the ball to the plate quicker when there is a runner on base, thus eliminating a would-be steal. "I don't worry about numbers," he said. "You can just tell when you're getting better."

Joseph must be showing improvement. He's advanced three levels since being drafted. He's not sure where he will play this summer, but he'll be told at the end of spring training, to which he reported in Port Saint Lucie, Florida, at the end of February. Spring training will conclude at the end of this month. "I think I'll definitely move up," he said. "If not Double-A, I'll be high A, at least. They don't usually tell us much until it's time for us to go to our teams."

He was an all-state pitcher for Ennis High School, throwing a no-hitter and several one-hitters during his two seasons on the varsity team. At Dallas Baptist University, a perennial

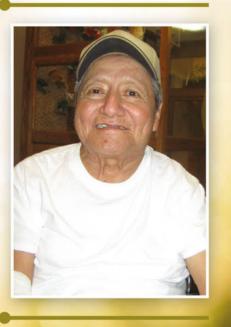


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winner at the NCAA Division I level, he was a closing relief pitcher as a freshman and sophomore before moving into the starting rotation and winning 10 games as a junior. He also started and got the pitching victory as a sophomore when the Patriots won their conference championship.

His junior season also marked the first time the Patriots hosted a NCAA regional tournament. That, he said, was a very special moment in his career and something he is thrilled to have experienced before turning pro, which he did after his junior season. "That was a historic moment for the program, and to be a part of it was really nice," he said. "I was blessed to be a part of that program."

Joseph was actually drafted by the Houston Astros in the 40th round out of high school. Instead, he chose to accept a scholarship to DBU. And though he left DBU after his junior season, Joseph plans to graduate and get his degree. In fact, it is in his contract that the Mets pay for the remainder of his college when he decides to return and get his degree in business management. "My agent knew I wanted to get school into my contract with whatever team took me. It was a must," he said. "I definitely want to get through another year of pro ball first. That'll be my third year. I don't want to do classes during the season."

His pitching repertoire includes a fastball, slider, curve and changeup. His fastball is set at 92-94 miles per hour but has reached as high as 98. "His slider is pretty nasty, too," Scott said. "If it's working, watch out."



Joseph, like all young aspiring baseball players, was aware of life in the minor leagues. He had seen movies such as Bull Durham and knew he was in for some long bus rides and lots of fast food. And that was just fine with him. "I lived in a Red Roof Inn," he recalled of his time in Kingsport. "In Kingsport, I played 68 games in 71 days. The longer season, which was my second year, we played 140 games in 151 days in South Carolina and spent two of the off days driving eight hours on a bus. We got \$120 (per diem) for a four-game road set, and we had to pay our clubbie (clubhouse manager) \$7 a day. Some we had to pay \$10. And if you've got to pay Uber to drive you somewhere, you have even less money."

In one instance, he said his team was playing in Kannapolis, North Carolina, but had to stay in Charlotte because of a lack of lodging. The travel distance to and from each game was about a half hour. "We talked the whole way with him on the phone while he was on the bus ride," Scott said.

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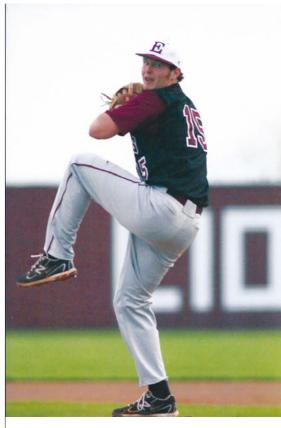
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"We didn't even know he was on the bus. Then he said, 'Well, I'm here. Gotta go play," Melinda added.

Joseph has stories of air mattresses in the aisle of the team bus so players can catch a little sleep between games, along with electric skillets in the hotel rooms to avoid another outing at another burger joint. And, of course, being the minor leagues, you just never know what might happen next at the ballpark. "The funniest thing, we had a rain delay my first season, and all of the Latin players met on home plate and started playing drums on the coolers," Joseph said. "They were just having a blast, while we waited for the rain to stop. It was a cool thing to see."

He said, if need be to advance, he would welcome a return to the bullpen. He just wants to have a chance to reach the major leagues. "Starting, I know when I'm going to pitch next, and that's nice, but I like the thrill of closing, also," he said. "I just want to pitch."

Joseph hasn't set any deadlines on reaching the majors — that will take care of itself. "You know when they're not interested anymore," he said. "You hear the words *prospect* and *filler*. You just keep playing and hope to stay a prospect — or you get called up (to the majors)." **NOW**

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Dr. Solanki specializes and is board certified in Internal Medicine, Medical Oncology and Hematology. Dr. Solanki was Professor of Medicine at the University of Oklahoma College of Medicine and also held academic appointments at Georgetown University School of Medicine. He currently sees patients at Ennis Doctors Center, Methodist Charlton Cancer Center, and Texas Oncology - Corsicana.

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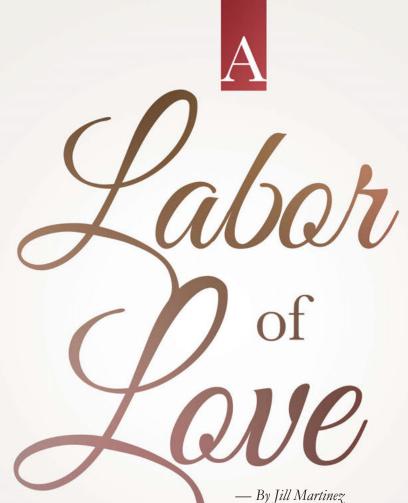
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Ismael and Sarina Dominguez are a young couple who are focused on turning their dreams into reality. They married seven years ago, at 21 years of age, and didn't hesitate to begin constructing the life they wanted together.

After being married a handful of years, the couple began house hunting. For three months they searched, but they couldn't find what appealed to them. They had almost given up hope when some friends called to say that a house in their neighborhood had just gone on the market. They went to see the house the very same day. "From the minute I stepped into this house, I knew I wanted it," Sarina said.



AT HOME WITH Ismael and Sarina Dominguez

The Dominguezes now reside in a quaint neighborhood off Jeter Street. Most houses in the neighborhood were built in the 1970s, including their home, which was built in 1972. "The interior of the house was very dated — lime green, lots of wallpaper and carpet everywhere," Ismael said. They liked the structure of the home but hoped to modernize it a bit. The home has a pale brick exterior and is just over 2,000 square feet. It has several features, indicative of the time period in which it was built, that bring a sense of nostalgia to the home.

"My family is very close-knit. We do everything together. We support each other," Sarina said. In fact, Sarina's family has been a huge part of the updates they have done, as several of them possess excellent carpentry skills. Ismael and Sarina buy the building supplies and cook a meal, and the family comes over to help.

Some renovations have already been completed, while others are still in the works. "It's a house, but it's not a home until you put your touch on it," Ismael said. He has learned



many skills while working on their home, and he looks forward to learning more as they continue to initiate various planned projects.

Ismael and Sarina enjoy their time together with their daughter, Kaisley, in the sunken living room, which has several interesting features. The brown sectional sofa is situated in front of a bay window, which allows sunlight to pour into the room during the day. Paneled walls with built-in cabinetry and shelving show off framed images of family and close friends. The fireplace is the focal point of the living area, however. The light brown brick, which frames it, reaches halfway up the wall where it is topped with a wooden mantel. The metal screen and fireplace tools rest on the tall, bricked hearth. When the fire is lit, the room is filled with a warmth indicative of this family's heart for each other.

Ð

Perhaps the most special feature in the room for this family is the one they set up themselves. On the shelves to the right of the fireplace they created what they call "a wall of remembrance," which consists of pictures of loved ones, along with obituary cards. "Ismael is lucky to have only lost his grandfather. I have lost many loved ones. This is how we keep them in our hearts," Sarina explained.

At the back of the living area, Sarina has a wall of crosses, which represents the deep faith Ismael and Sarina share. A chaise lounge chair lies in front, making a wonderful sitting area for quiet reflection.

Initially, the couple used the flex room in the house as a theater room, but not



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FDIC 815 W. Ennis Avenue • Ennis, TX 75119 • www.ennisstatebank.com • 972-875-9676 long after they moved in, they received wonderful news: They were expecting a child! Almost one year ago, Kaisley was born. Her expected arrival not only increased the couple's joy, but it also refocused their remodeling initiatives. They decided that the flex room would become Kaisley's bedroom, so out went the theater seating, and in went the crib. "We had to put up a wall with doors for

privacy, and we laid the same wooden plank flooring we had used in the living room and the hallways," Sarina said. The couple repainted the walls lilac and turquoise and stenciled circles to create an attractive design.

A unique changing table was built just for Kaisley. "This door, which is the back of the table, came from my late grandparents' home. Since Kaisley won't







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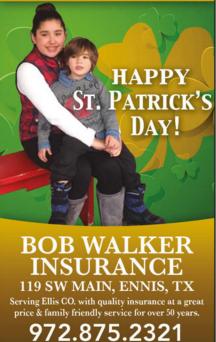


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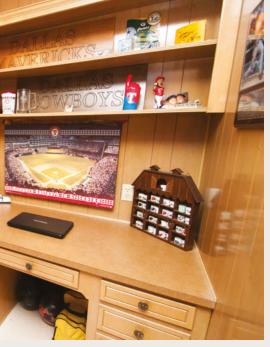
ever know them, I wanted a piece of them to be here with her," Sarina noted. Family members helped to construct the table, making it even more precious.

The master bedroom recently received a fresh coat of cream-colored paint. In this room, the cherry sleigh bed rests under charming shuttered windows. "I couldn't bring myself to get rid of the shutters. Several of the windows in the house have them, including the window in the master bathroom," Sarina said. For her, simplicity is key. She prefers clutter-free areas, which is evident in this room.

The third bedroom is used as a guest room. It has an en suite restroom, which can be accessed from the hallway, as well. A black lacquer furniture set outfits the room, and it is decorated with sports memorabilia. Sarina, a former softball and soccer player, is a big fan of the Texas Rangers.

The former owner knocked out the back wall of a closet in this room and connected it to the kitchen. While this may be unconventional, it provides guests with easier access to the common areas of the house. "This room will likely be the last one remodeled, as it is the one used the least," Sarina commented.

The couple has made some aesthetic changes to the kitchen by removing wallpaper and repainting the walls a deep burgundy color, but they hope to make structural changes in the future. The galley-style kitchen is separated from the dining area by a wall, which they hope to knock halfway down to create a more modern, open style. The half wall would



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be topped with a counter and outfitted with bar stools. The couple kept the wallpaper in the dining room, since it worked so well with the color scheme they chose for the kitchen.

The office is located just off the dining room. This is Ismael's domain. As an avid athlete and sports fan himself, he has decorated this room to his tastes. Several trophies and sports images are displayed here. Though Ismael may have reduced his time spent playing sports to accommodate his roles as husband and father, sports will always be a big part of his life. "I'm a huge Dallas Cowboys fan. I've supported them for years, and this past year, we really enjoyed their success," he said.

Though the Dominguezes are the youngest residents in the neighborhood, they enjoy daily life with their neighbors, and they are on a first-name basis with several of them. They look forward to building many happy memories here in the years to come. **NOW**





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Katie Hobbs remembers her days at Fairfield High School as if they were just yesterday. "I took a sewing course," Katie stated. "I didn't finish a single project, and if I had not been so willing to do other tasks around the room, I probably would have failed the class." Fast forward to today. Katie is wife to Bobby Hobbs; mother to Maddie, Ellie, Kirby and Yancy Cecil and a full-time teacher on the Travis Elementary School campus. To look at the quilts she creates today, one would never believe her earlier admission.

"QUILTING IS MY RELAXATION



The "sewing bug" struck in 2009, when she was expecting her oldest, Maddie. "I started seeing baby items that I felt certain I could make myself," she explained. "The first item I made was a pair of baby shoes. I took a pair of shoes apart, so I could construct a pattern." That first pattern quickly turned into complete outfits. "This is when my fabric addiction started," she admitted. "I would see a print and, then, convince myself that Maddie needed something made out of it."

When Ellie came along in 2011, Katie began to sew matching "sister" outfits. While on maternity leave, she also tried her hand at her first ever quilt. "It was a small wall quilt," she said. "It turned out decent but really nothing to brag about. In fact, it resides in the attic."

During these early years of marriage, Katie's mom, Rose Henson, had beautiful quilts displayed in her home. A friendship quilt that had first belonged to Katie's great-grandmother, dating back to the early 1930s, had special meaning to Katie. "I remember looking at it every time I went to visit," Katie shared. "I recall how tattered and torn it was, but I also saw the sentimental value each square held."

During one of these visits, Katie decided it was time to climb into the attic at her mom's and go through her



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grandmother's belongings — the items she left to the family after bone cancer claimed her life in 2001. "I grabbed a block quilt that consisted of the fabric squares, the batting and the backing," she said. "Even though I knew the general idea of a block quilt, I laid the squares out more than once. I was very nervous, and I didn't want to screw it up."

During this time, Katie was teaching home economics at Palmer High School. One of her students, Samantha Darden, was having trouble sewing, but she knew the art of quilting and how to meander. "Meandering is the decorative stitching found on the top of a quilt," Katie clarified. "I like to quilt in the ditch, the seam in-between each quilt square."

Katie soon took another leap and started creating full bedroom ensembles that she posted online. They became quite popular with family and close friends — so popular, in fact, that Katie began taking orders. Three things must be decided upon before Katie will commit to making a quilt. "I ask them if they have a photo of what they have in mind," she said. "Then I ask them about the colors they have in mind, and lastly, I ask them if they trust me. I need them to trust me with the process before accepting the challenge."

She takes pride in making quilts without patterns. Her way of quilting is to look at an image and create a quilt from that image. Katie has been able to compile a personal quilting book that allows her to see what she's done and how she's done it, using each quilt she's created thus far. There have never been two quilts exactly alike. The style may be the same, but the fabric colors are always different. "I only work on one quilt at a time," Katie admitted. "I've been doing one of my own from Mama Ease's collection, and then one from the collection my other grandmother, Miss Katie, left on her passing."



Katie has taken care of the unfinished business that represented Mama Ease's quilts, and she recently completed the last one of Miss Katie's. She has since collected the three that Mama Ease left her sister. She hopes to have those quilted by the end of this summer. She's talked to her brother, and she's hopeful to have his three quilts done by Christmas. "I was only 13 when Mama Ease died of bone cancer. I have felt cheated since that time because I never got to really know her," Katie stated. "When I'm quilting, I imagine the conversations I'd have with her, if she were here right now, and how I'd welcome her help. All these quilts have been unfinished business to me. That business won't be complete until the last of Mama Ease's quilts are complete."

The loss she has felt over the years is real, but Katie never wanted the sadness of her loss to outweigh the love she feels when she's quilting. "Quilting is my relaxation," she explained. "It's like a jigsaw puzzle without the puzzle's box top. I don't always have the finished picture in front of me, but I don't ever begin until I have a general idea in mind." As she quilts, Katie can feel Mama Ease's satisfaction on a job well done. "I was robbed of precious time with her, and I feel the importance of getting all 12 of the quilts she left unfinished done." The biggest compliment Katie gets these

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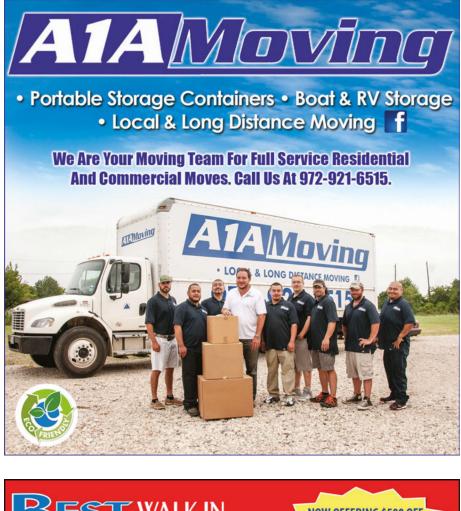


days is to hear, "Mama Ease would be so proud of you."

Because of her busy weekly schedule, Katie only gets to sit down in front of her sewing machine on weekends and school holidays. "I watch old sitcoms as I quilt," she laughed. Katie realized early on just how important the art of quilting was to Mama Ease. It's an art form that Katie wants to see live on in her own daughters, and she can't wait until Maddie is old enough to start quilting. "I was taught the importance of history and the sentimental value found in quilts from my mom," Katie reiterated. "She taught me well, and I want to teach my girls well, also."

Some quilts are to be displayed, while so many others are to be used. Each of the children has their own quilt. Katie has a mixture of quilts in her living room. Some she quilted herself, while several others she found at estate sales or abandoned by someone who obviously didn't know their importance. "I try not to be overly cautious with them," she admitted. "Quilts are meant to be used."

Ask any quilter, and they will tell you the same thing — quilts tell a story, but it's up to the quilter to make that story come to life in the fabric and quilt style used. Katie began sewing with an "I can do that" attitude. That spirit grew into a calling to complete the quilts both her grandmothers started. The labor of love in each stitch is real, but Katie wouldn't have it any other way. "Nothing compares to being wrapped in an old quilt," she added. "It's comfort food to the soul."









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Along with Dakota and Jordan Blizzard, Alex and Melissa Murray are making a name for themselves in Ellis County, throughout the rest of the Metroplex, as well as surrounding areas.

LOOKING TO THE FUTURE

Alex and Melissa Murray work together to create a successful family business. — By Sandra Strong

As the powers that be would have it, a chance meeting brought Alex and Melissa Murray together. They met at a 2010 night before Christmas Eve gathering at Cool River, Las Colinas. Since that first meeting, the pair have been inseparable. Alex relocated to Ennis shortly thereafter, making a home and a business flourish in the process.

Alex originally opened North Texas Power Wash Systems in late 2003, early 2004, while living in Hurst, Texas. "The business started in my truck," he recalled with a smile.

Once he and Melissa tied the knot, the business and its offerings also began to change. "I saw so much potential for the business," Melissa admitted. "With my business experience and his work ethic, we could really grow this into something special." After easing herself into the business, she realized Alex had been his own marketing tool. He had created a small business with just himself, a truck and a cell phone. "He didn't have any advertising out there," she remembered. "I got busy. I hired a CPA, had a website created, and we changed the name." The heat on the new and improved business — Lone Star Power Wash & Concrete Floors, Inc. — was turned up several notches, after the implemented changes were complete.

Currently, the majority of business they conduct as a team, which includes themselves, two full-time employees and brothers, Dakota and Jordan Blizzard, is found in epoxy floor coverings, staining and polishing. The remainder is found in power washing. "We've learned that we prefer commercial and

Business **NOW**

industrial business," Alex shared, "but we still enjoy our residential customers, especially our Ellis County clients."

Lone Star Power Wash & Concrete Floors, Inc. has found a niche in the ever-growing world of new construction. "Alex's rapport with builders is great," Melissa stated. "Adding the website has allowed us to pick up more commercial work. Instead of seasonal work, we now enjoy a full schedule year-round."

Lone Star offers over 150 garage floor colors, concrete stains and epoxies, as well as a showroom that has let the Murrays separate their home life from their business ventures. The showroom has allowed them to sit down with customers in a relaxed atmosphere, giving them the opportunity to see unlimited options in decorative concrete and commercial and industrial floor coatings.

"With my business experience and his work ethic, we could really grow this into something special."

The level of liability insurance Lone Star Power Wash & Concrete Floors, Inc. carries has allowed them to land some very lucrative clients. For the past three years, they have offered their services to the Naval Air Station Joint Reserve Base in Ft. Worth. They have some very satisfied customers close to home, as well. "We've become the go-to for many local contractors," Alex said. "We want to be the one they call." They are making a name for themselves in Ellis County, throughout the rest of the Metroplex, as well as surrounding areas.

As separate individuals, Alex and Melissa are quite the opposite. She is the cautious one, while he's not so much. "I'm the realist. He's the optimist," she confessed, "but I have admired his attitude from the start." Alex and Melissa bring a good balance to the company. Ultimately, they want to continue to grow and leave a legacy for their children. They feel quite blessed with what they've accomplished thus far, and they are looking forward to the future for Lone Star Power Wash & Concrete Floors, Inc. Proudly serving Ellis County, DFW

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I had interviewed a number of companies for my concrete floor project, and Lone Star was the easy choice. Alex and his team are very knowledgeable and did a great job of communicating all of the options. I had never done a project like this before, and I will be using them again for another project since this one went so well. Great work and outstanding customer service! Thanks Alex and Melissa!

- Wendell Holloway

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Around Town NOW



Cassie Harp and Robbie Golec, hairdressers at Pro Cuts of Ennis, style the hair of husband and wife team, Charles and Mary Fosdick.



Bob and Betty Taylor visit with friends at the recent football banquet.



Jim Knevel, Peggy Spurgeon and George Kubin, employees at Main Street Hardware, take a short break before helping the next customer.



Cheerleader coaches Whitney Slovak and Heather Fincher pose with some of the girls before the football banquet.



Jill Moreno is celebrated for her 25 years of service at Tabernacle Baptist Church.



Pastor Todd Gray visits with Coach Jack Alvarez at the recent football banquet.



Dakota Haney and her horse, Boomer, enjoy the weather on a beautiful day.



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Investment Tips for Millennials

If you are a millennial — a member of the age cohort born anywhere from the early 1980s to the late 1990s — then you're still in the early chapters of your career, so it may be a stretch for you to envision the end of it. But since you do have so many years until you retire, you've got the luxury of putting time on your side as you save and plan for retirement.

Here are some suggestions for making the best use of that time:

• **Invest early** — **and often.** Even if you are at the very beginning of your career, make investing a priority. At first, you might only be able to contribute a small amount each month, but something is far better than nothing. And after a year or so, you might be surprised at how much you've actually put away.

• Take advantage of your employer's retirement plan. If your employer offers a 401(k) or similar plan, contribute as much as you can afford. At the least, put in enough to earn your employer's match, if one is offered. Your contributions can lower your taxable income, and your earnings can grow on a tax-deferred basis.

• Invest more as your earnings increase. As your career advances, and your earnings rise, you'll want to increase your contributions to your 401(k) or similar plan. And if you ever "max out" on your annual 401(k) contributions (the limits change over time), you can probably still contribute to another tax-advantaged retirement plan, such as a traditional or Roth IRA.

Thus far, we've only discussed, in general terms, how much and how often you should invest. But it's obviously just as important to think about the type of investments you own. And at this stage of your life, you need an investment mix that provides you with ample opportunities for growth. Historically, stocks and stock-based vehicles provide greater growth potential than other investments, such as government securities, corporate bonds and certificates of deposit (CDs). Of course, stocks will rise and fall in price, sometimes dramatically. But with decades ahead of you, you do have time to overcome short-term losses. And you may be able to reduce the effects of market volatility by spreading your dollars among many different stock-based investments, along with a reasonable percentage of bonds and other, more conservative securities.

Here's something else to consider: Many millennials want more from their investments than just good performance. They also want their money to make a difference in the world. This interest in "impact" investing (also known as "socially responsible" investing) has led some of your peers to screen out companies or industries they believe have a negative impact on society in favor of other businesses that are viewed as contributing to a more sustainable world. If this viewpoint resonates with you, then you may want to explore these types of investment opportunities with a financial professional.

But most importantly, keep on investing throughout your life. As a millennial, you've got plenty of the one asset that can never be replaced: time. Use it wisely.

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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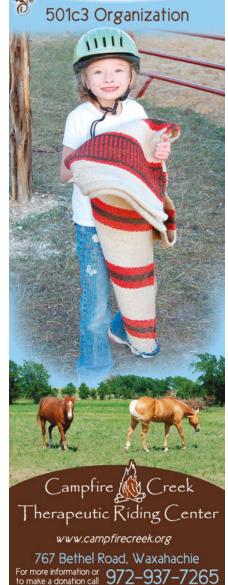
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Health NOW

Leaky Nose

— By Betty Tryon, BSN

Oh no, it's happening again! When you least expect it, your nose starts to drip blood for everyone to see. It can be rather disconcerting, but the good news is nosebleeds are fairly common and mostly just a nuisance. Occasionally, medical intervention is necessary. The lining of your nose contains many blood vessels located close to the surface. They are fragile and easily damaged.

Children and older adults are most susceptible to nosebleeds, or epistaxis. However, when conditions are optimal for this condition, anyone can be vulnerable. During the winter when warm, dry air is more prevalent and central heating units are on, the nasal membranes can dry out, leaving the nose susceptible to nosebleeds. Picking of the nose can lead to not only bleeding but the introduction of bacteria to the area. Allergies, sinusitis and upper respiratory infections can cause nosebleeds. Foreign objects in the nose, along with certain physical conditions, such as a deviated septum or nasal polyps, may precipitate nosebleeds, as can anticoagulants and nasal sprays.

You should see a physician if a nosebleed is difficult to stop with compression or if it interferes with your breathing due to a foreign object in the nose, for children younger than age 2, following any head trauma or loss of an excessive amount of blood. As an added precaution, if the bleeding is exceptional, do not drive yourself to the emergency room. If none of the above applies, you should be able to treat your nosebleed at home. Pinch the soft part of your nose closed, and hold it for at least 10 minutes. Check to see if bleeding has stopped and, if not, repeat. If the bleeding continues longer than 30 minutes, you should contact medical help for further advice. Lean forward slightly as you do this to avoid swallowing blood, because it can irritate your stomach. Sometimes, if you place a cold compress over your nose it can slow down the bleeding.

If you have a tendency to have nosebleeds and spend a majority of your time in a dry environment, it would be prudent to invest in a humidifier. A saline nasal spray can also be helpful. With children who have frequent nosebleeds, make sure their nails are trimmed and try to limit nose picking. Some allergy medications can dry out nasal passages. Consult with your doctor before making a change in your medication. If nosebleeds are frequent, even though minor, please seek the advice of your physician.

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Calenda

Through April

Ennis Bluebonnet Trails: For more information, visit www.bluebonnettrail.org.

April - October

Ennis Farmers Market: 8:00 a.m.-1:00 p.m., **Saturdays**, historic downtown Ennis.

Through April 11

AARP Tax Assistance: 10:00 a.m.-3:00 p.m., **Tuesdays** only, Ennis Public Library, 501 W. Ennis Ave. Call the library at (972) 875-5360 for additional information on what documents to bring.

March 4

Lantern Fest: 1:00 p.m., gates open, Texas Motorplex. Revelers will come together armed with lanterns for one unforgettable spectacle. The event will include music, dancing and s'mores. Tickets are available online at www.thelaternfest.com.

Sokol Annual 10K Fundraiser: The event includes a steak dinner, open bar and a chance to win \$10,000. Tickets are \$150 each. For more information, call (972) 875-7959.

March 31 — April 15

Farce of Nature: 113 N. Dallas St. Visit

www.info@ennispublictheatre.com for curtain times and ticket information. Also, watch for the theater's grand opening in the downtown area coming soon.

April 1

American Cancer Society Bark for Life, A Canine Event to Fight Cancer: 10:00 a.m.-2:00 p.m., Civic Center Field, Midlothian. Registration online as a team or an individual at www.RelayForLife.org/ BarkEllisCountyTX. \$40 pre-registration includes a shirt and a bandana. For more information, contact Laurie Reynolds at Llreynolds@rocketmail.com or by phone at (972) 765-1072.

April 7 — 9

Ennis Bluebonnet Trails Festival: For more details, visit www.bluebonnettrail.org.

April 28 — May 13

Snow White. Theatre Rocks! Visit www.TheatreRocks.com for more information.

April 29

Relay For Life: Veterans Memorial Park. For more details, visit www.main.acsevents.org.

Ongoing:

Mondays

Acrylic Painting Class: 4:00-6:00 p.m., Interior Ideas, 211 W. Knox St. Classes offered by Jana Jennings. \$75 (one time only) supply fee for the year, plus \$15 per class. For more information, call (972) 878-6868.

MARCH 2017

First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210 N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at SeldomSeenQuilting@gmail.com for more information.

Fourth Thursdays

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

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

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Cooking **NOW**



In the Kitchen With Linda Smith

— By Virginia Riddle

Down-home cooking, baking or grilling — just about any style of cooking — is Linda Smith's forte. "I like to do it all," Linda said. Her family and friends enjoy her cooking. "I've taught my daughter to cook," she stated. "She likes my meatloaf, smothered pork chops and sweet potatoes." Linda prepares family favorites and Googles new recipes, which she tweaks with her special touch.

She learned to cook at age 13, while growing up in nearby Palmer, and continued learning under the tutelage of Geraldine Daniels at a truck stop, so serving good down-home food was essential. These days, Linda is a dietary cook at Ennis' I.O.O.F. Retirement Center, where meeting special dietary needs is critical. When not cooking, she enjoys traveling to Louisiana and Oklahoma casinos.

Brisket

- 1 3.5-oz. bottle Liquid Smoke
- 1 10-oz. bottle A1 Sauce
- 2 8-oz. bottles water
- I Tbsp. salt
- 1 Tbsp. pepper
- 1 Tbsp. dry mustard
- 1 side of brisket

 Mix first 6 ingredients together in a large mixing bowl; let sit overnight.
 Put brisket in a large roasting pan. Pour

liquid over meat.

3. Bake at 250 F for 7-8 hours until brisket is tender.

Buttermilk Pie

3 eggs 1/2 cup buttermilk

3 Tbsp. flour

- 1 1/2 cups sugar
- l tsp. vanilla
- 1 9-inch uncooked pie shell

I. Preheat oven to 400 F.

- 2. Whisk eggs slightly. Stir in buttermilk.
- 3. Mix the flour and sugar together. Add the
- dry mixture to the wet mixture. Add vanilla.

4. Pour mixture into pie shell. Bake for 1 1/2 hours.

7UP Cake

cup margarine
 1/2 cup Crisco shortening
 cups sugar
 eggs
 1/2 tsp. vanilla
 cups flour
 oz. 7UP

I. Cream margarine, shortening and sugar until smooth and fluffy.

 Add eggs, I at a time, beating well after each addition. Add vanilla, flour and 7Up.
 Beat until mixture is smooth and creamy.
 Prepare the tube pan by greasing it and sprinkling it with a little flour. Pour cake mix

into pan. **4.** Bake at 350 F for 1 hour. Do not preheat the oven.

Lemon Chess Pie

4 eggs, slightly beaten

- 2 cups sugar
- 1/4 cup milk
- 1/4 cup lemon juice
- 1 tsp. lemon flavoring
- 1/4 cup melted butter
- I heaping Tbsp. flour
- I heaping Tbsp. commeal
- 1 9-inch uncooked pie shell

 Mix all ingredients together until smooth and creamy. Pour into pie shell.
 Bake at 350 F for 25 minutes, or until set and golden brown.

Charleston Toll House Pie

2 eggs

- 1/2 cup all-purpose flour
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- I cup melted butter, room temperature
- 1 6-oz. pkg. chocolate chips
- I cup walnuts, chopped
- 1 9-inch uncooked pie shell
- Whipped topping (optional) Vanilla ice cream (optional)
- Whole walnuts (optional)

I. Preheat oven to 325 F. In a large bowl, beat eggs until foamy.

2. Beat in flour, sugars and then melted butter, until well-blended.

3. Stir in the chocolate chips and chopped walnuts. Fold mixture into pie shell.
4. Bake for 1 hour. Serve warm with whipped topping or vanilla ice cream. You can also garnish and serve with whole walnuts.

To view recipes from current and previous issues, visit www.nowmagazines.com.

Featured Superhero: Bella D. - Age 3

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