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April 2009

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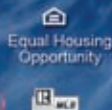


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Laying Foundations  
for Learning



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**Creative Director,** Jami Navarro  
**Art Director,** Chris McCalla  
**Office Manager,** Lauren De Los Santos

**Ennis Editor,** Kelly Kovar  
**Contributing Writers,** Pat Anthony • Faith Browning  
Jeff Irish • George Kingsley III  
**Photography,** Terri Ozymy • Natalie Busch  
Ivey Photography  
**Contributing Editors/Proofreaders,** Pat Anthony  
Jaime Ruark • Beverly Shay

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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](http://www.nowmagazines.com).



## Editor's Note

*Dear Ennis,*

I love April, which is one reason I chose it for my wedding, 23 years ago. Do you know anyone else who got married on April Fool's Day? It just happened to fall on the right day of the week, and honestly, I did not even realize it until after the fact. It seems appropriate though, since for unknown reasons, significant events always seem to happen to me on holidays. My husband and I had our first "real" date on New Year's Eve, my daughter was born on Pearl Harbor Day, and my son on Christmas Eve. I put a contract down on my first house one Valentine's Day. Oh, yeah, and I lost my engagement ring on Halloween a couple of years ago! Maybe I will win the lottery on the Fourth of July . . .

The bluebonnets are coming! See you at the Ennis Bluebonnet Festival.

*Kelly Kovar*

*EnnisNOW* Editor

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# Interacting to Make a Difference

— By Pat Anthony

The Interact Club, a high school affiliate of the Rotary International Club, does three projects a year — an international, a national and a local project. The international project last year was to raise funds to purchase school supplies for a local church's mission to Panama. Their national project this year will be to raise funds for the American Cancer Society's Relay for Life event scheduled later this month. The local project will be a garage sale to raise funds to aid needy families in this area at Christmastime. Club sponsors Daniel and Lacy Hobbs are both teachers for the Ennis Independent School District. "We are just completing our first year in the program and already we've doubled our membership," Lacy said.



Interact is Rotary International's fastest-growing program, with more than 10,700 clubs in 109 countries and geographical areas. Almost 200,000 young people are involved in Interact. Lacy, who teaches computers and business to grades nine through 12, was in similar programs in both high



school and college. She saw how it formed her character, so she was excited when she heard about the program.

Daniel teaches biology and chemistry at the high school level. "Science has always been interesting to me," he said. "It takes a special mindset to understand science. You have to be able to question things; you're always asking the question, 'Why?' Surface answers were never good enough for me."

In addition to teaching, he also umpires softball during the summer months and still counsels children at church. It was his students that asked him to sponsor the Interact Club. "They asked me because they knew the type of person I was and that I would do a good job," he said. "At first I was not sure if I wanted to sponsor Interact because I had only been teaching one year, but once I learned what it was all

about, I wanted to do it."

By participating in the program, students learn individual responsibility and hard work. They also develop a network of friendships with local and overseas clubs and advance international understanding and goodwill. By helping those less fortunate than themselves, they learn respect for others and build personal integrity. "One project we did was to purchase school supplies for Panama schools," Daniel explained. "Another we're working on is to try to eradicate polio. There were 60 reported cases last year. Polio is one of those viruses that can only be spread by human contact. They're trying hard to get everyone vaccinated so that no one comes down with polio. If there's no one left with polio, the virus will be gone."

"Membership (in Interact) is open for all Ennis High School [EHS]



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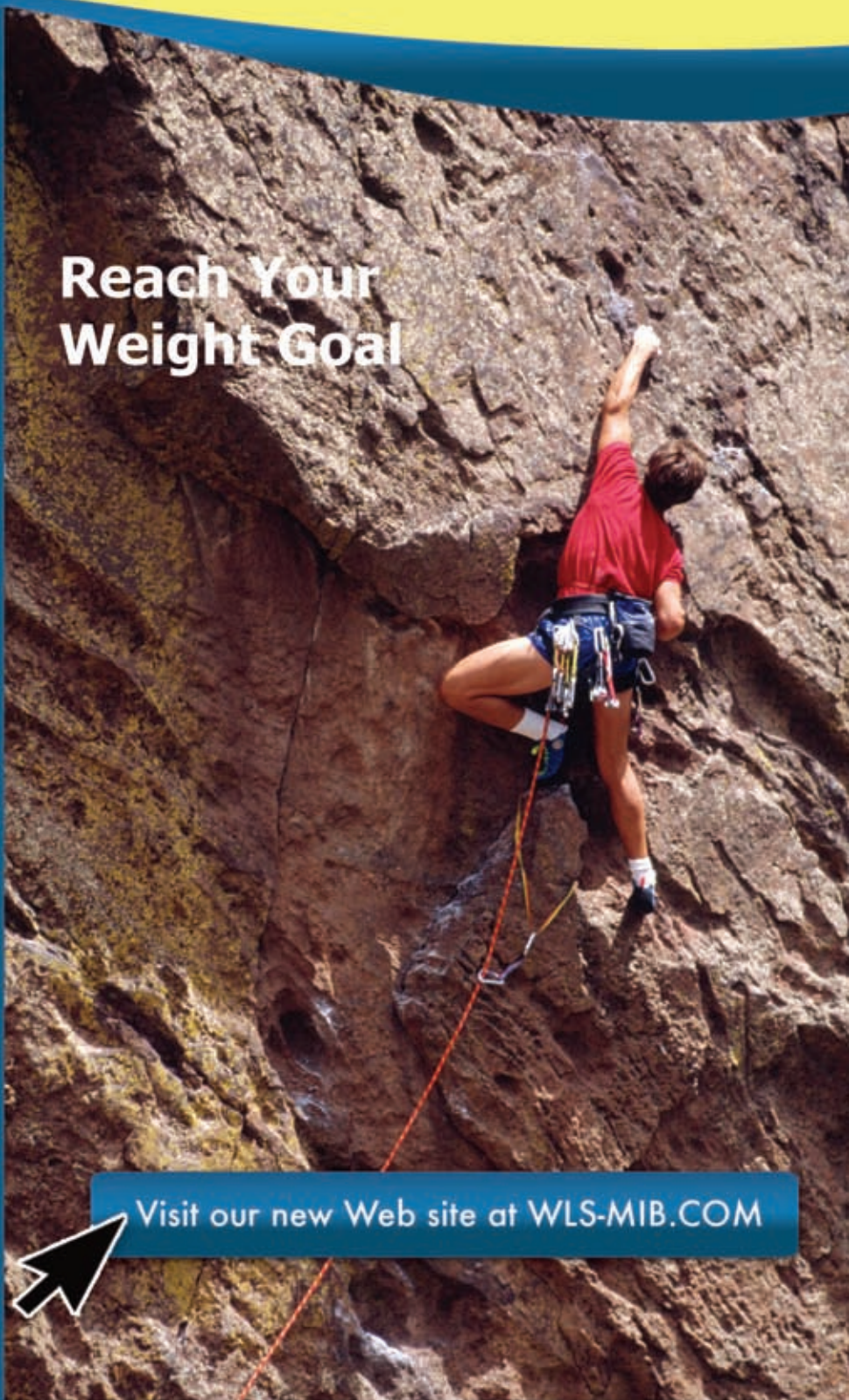
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students,” Daniel said. “We have two meetings a month and try to always include a social to make it enjoyable for the students. There are more opportunities to mold one’s character than just in the classroom. We need to be training our kids to take care of other people who can’t take care of themselves or don’t have the means necessary to take care of themselves. That’s one way we can train our kids to be productive members of our society.”



They also take students once a month to a Rotary Club meeting to give them an idea of what is going on. At Rotary Club meetings, local business leaders meet once a week for an hour and hear programs about community service projects or informative speakers about community events. Some of Rotary’s programs include a student exchange program and six different types of Rotary scholarships. More than 38,000 men and women from 100 nations have studied abroad under this scholarship, and today it is the world’s largest privately funded international scholarship program.

Daniel and Lacy met at the Christian Student Center at Stephen F. Austin State University in Nacogdoches. “It was my last semester at college and it was his first,” Lacy said. “I was going with someone else at the time, but once I met Daniel, that changed. He taught while he was in college, too,” Lacy mentioned. “He was a student teacher and won a Student Teacher of the Year Award.”

“I taught a course called SFA101, which is an interesting course because it helps students make the transition from high school to college easier,” Daniel explained. “A lot of kids struggle with this transition. After I graduated,



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we only got to see each other once a month, but we made it work.”

Lacy graduated with a business degree and worked in Dallas for two years as an administrative assistant for a well-known insurance agency. “I liked my job, but it wasn’t fulfilling, so I decided to pursue other options,” she shared. “With so many teachers already in my family, teaching just came naturally to me.” Lacy is a third-generation teacher and her sister also teaches. “I feel like I’ve kind of followed my grandmother because she got a business degree in the 1920s,” Lacy said. “There were no other women with business degrees at that time, and she wasn’t expected to go into the business world, so she went into education. She went all the way to UT [University of Texas]. I can’t even imagine what the campus looked like back then. I got close to her because she kept me while my mother taught school.” Now, Lacy’s mother keeps the Hobbs’ 1-year-old son, Grant, while Lacy teaches. “We’re really blessed, and Grant is our (Interact) mascot. The kids love for us to bring him with us to the activities.”

Teaching just came naturally for Daniel, too. “Growing up, I always had this ability and desire to help people,” he commented. “Other students were always asking me how I knew to do certain things, and it seemed as though I was always explaining things to them. Then I’d go to church and counsel the kids there. So I knew this is where I needed to be. I needed to teach kids. You give them your all, and they just soak it right up. It’s just a great experience for me. Being a counselor at church camp is really what pushed me to teach.”

The citizens of Ennis can feel a sense of security in knowing that there are individuals in the community who freely volunteer their personal time to help the youth develop into responsible, caring citizens. “Being a teacher, you’re always involved with the community. You’re always giving back,” Daniel confided. Giving back is what Daniel and Lacy have done all their lives. **NOW**



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# The Bluebonnet

# Bash

— By Kelly Kovar



Sandy Keller always dreamed of living in a re-purposed barn, so when her husband, Steve, ran across three-and-a-half acres of land for sale, the vision began to take shape. "I fell in love with the area," Steve exclaimed. Since no old barn was on the property and Steve felt the cost of barn renovation was too high anyway, they decided to build a completely new structure which

would actually resemble an old barn.

"I always watched the shows where they would take old barns and turn them into houses," Sandy explained. "He is the one who grew up on a farm, but I always loved the old barn buildings." Steve, who has a construction degree from East Texas State (now A&M Commerce), drew up the plans.

"We built the house all by ourselves,"



At Home With *Steve and Sandy Keller*





Sandy said. "We were the crew. We did all the framing ourselves, every bit of the siding (which is Hardie board), just the two of us." A concrete crew and a Sheetrock crew helped with the foundation and the interior walls, and a cabinet-maker friend did the cabinet doors. The Kellers' son, Eric, helped Steve put on the metal roof.

Several design decisions add to the barn look. The downstairs floors are acid-stained concrete. Upstairs floors are plywood with a faux finish that resembles old barn wood. "People



actually come up here and say, 'Where did you get all this old barn wood?'" Steve mentioned. The front window is placed to resemble a hayloft window. The "barn" was painted red and allowed to weather to produce an aged patina. They have added a windmill and two silos. "A barn just needs a silo; that's all there is to it," Steve said.

One silo is decorated as a guest house, complete with bathroom. "My sister says it is a 'fair weather' guest house," Sandy added. It is great for company in the fall or spring. The other silo was converted into a party room with a dining loft and a bar. A restored vintage

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Texaco gas pump is a conversation piece by the silos.

Inside the barn, the Keller's continued their theme, even implementing a downstairs bathroom built to resemble a rustic outhouse with an old farm sink. A screen door joins the kitchen and butler's pantry/laundry room. Aged beams in the two-story-high kitchen/dining room support



gingham-shaded lights. A display shelf built above eye-level on three sides of the great room brings to life charming vignettes of days gone by. "I used to go to Chili's and wish for someplace like they had to put everything because I loved all this old stuff," Sandy explained. "Steve built me a shelf I can decorate with things from his family and mine."



"I have old fans and tools that I got from my granddaddy," Steve pointed out. A reproduction fire hydrant brings a bright snap of red next to retired firefighter gear. Steve has been a fireman for 33 years and made captain a few years ago. A clarinet and vintage picnic gear lead the eye to a collection of old cameras from Sandy's grandparents. "The typewriter is from when my mother went to business school, riding the Interurban into Dallas," Steve added. Vintage hat boxes and kitchen

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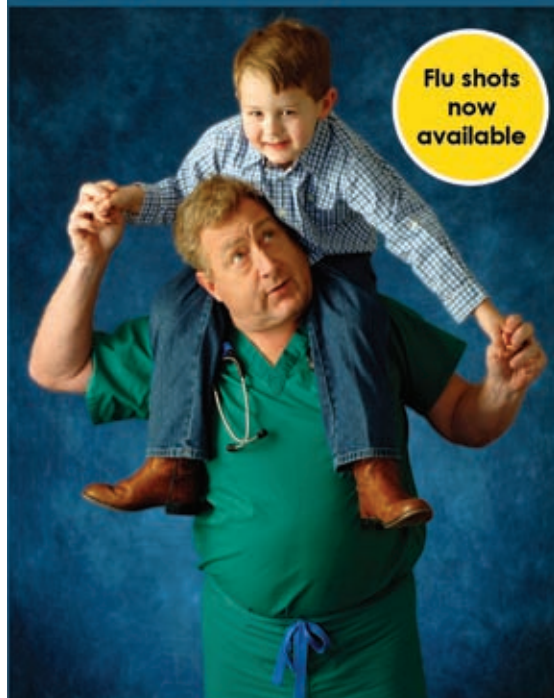


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implements are grouped artistically near Steve's childhood toy monkey and Lone Ranger figure.

Sandy's kitchen wouldn't be complete without the 1948 Chambers range. "I love cooking on it," she said. "I have a deep well which is like an original Crock-Pot for cooking beans; a griddle, a broiler — it is everything you need in a stove." Her hutch holds her beloved 1940s glassware. Sandy's love of kitchen and home led her to get a home economics and education degree in college. "I taught Home Ec until

2000, when I got my second master's degree," she explained. Now, she is the school counselor at Faith Family Academy in Waxahachie.

A 1920s high chair, which belonged to Steve's mom, and a second antique high chair acquired at Canton make plenty of room for grandkids to join in at meal times. Their son, Eric, and his wife, Krystal, have a son named C.J., while the Kellers' daughter, Jessica, and son-in-law, Daniel, have a daughter named Victoria. Both children live fairly close and the Kellers enjoy seeing



them often. "They don't fall far from the tree," Steve shared. "Jessica is a teacher and Eric is a firefighter and paramedic."

While Sandy has a sewing room downstairs for quilting, beading and sewing, Steve displays some things close to his heart in the upstairs office. One wall is decorated with photos and memorabilia of trips taken with the International Association of Fire Fighters Motorcycle Group, 11th District.

Entertaining family and friends on the property is a recurring event. "We have two big parties here every year,"



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- An adolescent's central nervous system and brain are not yet fully developed and are especially sensitive to alcohol and other drugs. Addiction happens much faster — in as little as 6-18 months.

*Journal of Substance Abuse*

- Underage drinking is the leading cause of adult alcoholism.

*Discover Magazine, March 2001*

- National data reveals over 16,500 traffic deaths have been averted since states started raising the minimum drinking age to 21.

*National Highway Traffic Safety Administration*

- Youth who begin drinking before age 15 are four times more likely to develop alcohol dependence than youth who wait until 21.

*National Institute on Alcohol Abuse and Alcoholism*

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## Texas' Underage Drinking Laws

What adults and teens need to know:

- As an adult, you cannot give alcohol to anyone under the age of 21 under any circumstance, even in your own residence, even with their parent's permission unless they are visibly present.
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### Things you can do:

- Refuse to supply alcohol to youth.
- Actively supervise parties when youth will be attending.
- Make sure alcohol is not brought into your home or onto your property by underage youth.
- Talk to other adults about not providing alcohol at events youth will be attending.
- Create alcohol-free opportunities and activities in your home so youth will feel welcome.



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Sandy said. "We have the Bluebonnet Bash, which is always the Saturday of the Ennis Bluebonnet Festival, and we have a party in the fall near Thanksgiving." Whereas the fall gathering is chiefly for family, the spring party has become a much-heralded occasion.

This will be the sixth annual Bluebonnet Bash. Steve sends out unique invitations each year. "They have to be different every year," he said. "Our bluebonnet party is 80 to 100 people. We have our standard list that we invite, but if we see people on the side of the road, we are liable to invite them."

"We smoke four or five briskets, eight or 10 chickens, hot links, and everybody brings a side dish," Sandy said. "We start in the middle of the afternoon. Our kids invite their friends. We have our friends, their kids and their grandkids. It is like a reunion with old friends. It is a lot easier to do this and to visit at that time of the year than it is at Christmas when families are so busy."



"We have the party everywhere," Steve said. "The barn doors off of the living room are thrown open, the fire pit in the backyard pavilion is lit, the rope lights are on, and the wood-burning stove warms up the party room in the silo."

The Kellers find it a joy to live in their very own barn and they love to share it with others. "We bought it in the winter, and didn't even know it had bluebonnets on the property," Sandy said. When they discovered that they were on the bluebonnet trail, they incorporated it right into their lifestyle. "Everybody that comes out thinks it is a comfortable house; that is for sure." **ENNISNOW**

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# Bluebonnet Patchwork

— By Kelly Kovar



The very idea of a quilt conjures feelings of comfort, warmth and family. Just as quilts themselves are passed on from one generation to the next, so are quilting skills. Betty Disharoon grew up watching the women in her family quilt. “My grandmothers and my aunts and my mother all quilted,” Betty recalled. “I can remember playing under the quilt they hung from the ceiling while they were working.”

Betty has a quilt made by her grandmother in the 1930s. “This is a favorite pattern, called ‘wedding ring.’ I did one like this for my daughter’s wedding,” she said. Betty has a son and a daughter, and each of her children has a boy and a girl. “I have given away quilts to my children and my grandchildren,” she added, explaining that her daughter, a Boston dentist, “renovated an old post office for her clinic and hung a crazy patch quilt that I made her on the wall.” Her daughter used the quilts’ colors — bright tones with black borders — to set the decorating scheme for the office.

Betty began quilting in earnest 10 or 15 years ago. She really likes embroidery and has combined her talents by doing several embroidered quilts. “I remember when I was 8 or 9 years old learning to embroider with my grandmother, so that brings up pleasant memories,” she shared. “My daughter and I embroidered a quilt for my grandchild, her daughter, when she got married.” One of Betty’s most recent quilts is a red



and white star pattern with snowmen and satin-stitch lettering embroidered on the center. “I loved doing this one; it was such fun to do,” she said. Another quilt she enjoyed combines Crayola crayons and embroidery. “You color on the fabric, set it with an iron, and then do the embroidery. I think I won a first prize on that quilt at a quilt show,” she added.

Quilting as an art form lends itself to group activity. Betty belongs to a local group called Bluebonnet Patches. The very active group of about 20 ladies of varied ages is doing a mystery quilt right now. “Each month we get information about the section to work on next. At the end, you put it all together,” she explained. The Dallas Quilt Guild, with hundreds of members, is the larger group of which Bluebonnet Patches is an auxiliary.

“In the last four or five years we have made Ellis County Quilt Guild (ECQG), so I work with that one, too. The fun part of every meeting is bringing your show-and-tell. There are some excellent quilters, so there are always interesting projects to look at. We usually have a good speaker,” Betty explained. The ECQG has a July show at the Midlothian Community Center where beautiful quilts are displayed. “We have an auction that raises a little money for Hope Clinic,” she continued.

“I get ideas from Bluebonnet Patches and from the Ellis County Guild. I am inspired every time I go to one of the



meetings," Betty noted. One entertaining benefit of group quilting is that members can work on projects together. Quilts, called Round Robins, are passed between members, with each quilter contributing a section. At the end of the project, every member receives her quilt back with all the blocks completed. A member may do the center block of a design and color scheme of her choosing. Then each quilt circulates among the members and each adds a border of her own design with coordinating colors. "We worked on it for a year," Betty explained. "You didn't see what you were getting until the end of the year. It was really exciting to get all these blocks. Each one is different; anything goes."

Another type of quilt which can be done as a group project is a Crazy Patch Quilt. For a group project, Betty made her crazy patch pattern and put the first block in a box. "They are such fun. Each block is different," she said. "You pass it on to the next person and you don't see it until the end of the year," Each member makes a coordinating block with the same pattern. Buttons, crochet, little pearls, sequins, pins and embroidery are added to each block as embellishment. A quilt like this, with three-dimensional elements, cannot be quilted by machine, so it is often tied. "I do machine-quilt small quilts for Ronald McDonald House and for the Women's Resource Center," Betty shared. Usually, Betty does the piecing of the quilt top, and then, as is the custom with many modern quilters, sends the top to be quilted by someone with a long-arm quilting machine.


Most days of the week, Betty can be found in her light-filled sewing room. "Quilting is addictive," she said. "I usually have several projects I am working on at once. It keeps me busy. I never get bored because I always have something I want to work on. There are just all kinds of fun things you can do!" **ARTS NOW**

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# On the



# Mark

— By Sandra McIntosh

It is the final inning and the Lady Lions Softball Team is up by one run. The bases are loaded. The count is two strikes and three balls. The next pitch will determine if the opposing team ties the game or wins the game. As Ennis High School senior, Brittani Zhanel, takes her place on the mound, she fully understands what she must do. She winds up and throws one of her many fastballs. As the ball passes the plate, the opposing team's batter swings hard and misses as the umpire yells, "Strike three, you're out!"

This scenario may be fictitious, but you can bet it has happened at least once in Brittani's long career as a pitcher. Her first time to play the game was on the tee ball field at the age of 4 or 5. "I've never taken a season off," she said. "When I moved up to the level where the coach pitches the ball, I started taking pitching lessons myself." Her lessons began locally, but as she moved into the age level where the player pitches the ball, her lessons moved outside the Ennis area. "I started taking pitching lessons in DeSoto and Mansfield," she

explained. "My current coach is Jerry McGinnis. He lives in Cedar Hill, but coaches in Mansfield."

Lessons began with two pitches — the fastball and the change up — and progressed over the years to include a multitude of pitches. When asked about her technique, Brittani stated, "It's just a basic windup, nothing unique or out of the ordinary." Pitches that are commonplace for Brittani these days include the normal fastball, as well as the rise ball, curve ball, screw ball, drop ball, drop curve ball and change up ball. Although she does not have a favorite pitch, Brittani said, "My best pitches are probably my rise ball, my screw ball and my curve balls."

As she explained how each of the balls landed in relation to the batter, her excitement for the game grew with each definition. "The rise ball starts level and rises up, while the screw ball goes to the right," she informed. "A curve ball curves to the left of the batter's box and a drop curve ball curves to the left of the batter's box and drops at the plate. I have to grip the ball differently with

each type of pitch. I have to hold my hand a certain way to get them thrown properly." She also explained that all pitches can be called strikes depending on where she throws them. The coach gives signals to the catcher who relays them to Brittani with her fingers. "Sometimes, the call she gives is for a change up ball," she said, explaining that the change up ball is thrown slower and off speed to draw the batter off center.

Every now and then when she was younger, Brittani played some in the outfield, on second base and in the shortstop position, but once she took the mound as a pitcher, that became her home away from home, so to speak. "I'm motivated by a passion for the game," she confessed. "Softball is one of my favorite things to do. It's fun to be on the field with my team." Brittani is all about her team and believes teamwork is a must if you want to win games. "If my pitching is off, it can affect the outcome of the whole game," she said. "If I do throw a ball that's hit, I'm secure in knowing my teammates have the field behind me."



She also credits her coach, Rodney McNiel, for the success she has enjoyed throughout her high school career. "He's a great coach that knows what he's doing," she said, referring to the fact that he was a college-level softball coach before he came to Ennis. "He can be fun, but at the same time, you know when it's time to really get down to business."

As a fourth-generation ball player, Brittani has no problem getting down to business. Her career has been one of dedication, self-discipline and many hours on the field. Awards she has earned

**"My best pitches are probably my rise ball, my screw ball and my curve balls."**

have included Second Team All-District Pitcher her junior year and the All-District Award for In-Field Play her sophomore year. Last year, the Lady Lions were one game short of making the playoffs. Many would think that Brittani is working toward a full softball college scholarship, but sadly for some, like parents Gene and Tammy Zhanel, that is not the case. "Dad would love for me to play college ball, but I want to focus on my academics," she said. "He understands and respects my wishes."

Softball has taught Brittani many character traits she will be carrying into her adult life. "I've learned how to be a good leader," she explained. "I've learned the importance of teamwork and what it means to be dedicated to something other than myself." The first game of her final season took place in early February. Her goal now is the same as it was with that first scrimmage. "I want to be strong the whole season," she said. "I want to be on the mark."

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# Insuring the Community

— By Kelly Kovar

The offices of Wester Insurance, located in Palmer, overlook Jefferson Street, where Jerry Wester can keep an eye on downtown activities. Keeping an eye on things is what he does best for his clients. As a Germania Insurance agent, he writes auto, home, property, renters, builder's risk and life insurance policies. "We offer friendly, honest service at a good price," Jerry said. "I try to bundle clients' home and their auto [policies] at the same time because they get discounts," he added.

When a new client comes in, Jerry determines what kind of coverage they need by finding out about their home, doing research as necessary and using a Germania formula to figure out how much coverage they need. He considers the type and age of the house, procures the square footage from an Ellis County Web site and takes photos of the home. "If I insure a home, I come out and look at it, take some pictures," Jerry explained. "I always go out in person on a home insurance, unless it is a brand new home. I try to go

on the inside and inspect it. When a woman like my wife leaves a house, six months later, she still remembers what it looked like inside. Men don't. So when somebody calls me with a home claim, I can go and look at the interior pictures I took for my file, and I can refresh my memory of what that house looks like."

Clients can make their claims by phone or in person at Wester Insurance. They also have the option of calling the live 24-hour Germania claim line. "When they give me their claim, for home or auto, I turn it in to Germania," he said, explaining that most people





call him directly. "I prefer them to call me, because that way I know what has happened, and I know if anything needs to be done and if I need to go out there."

"Thirty minutes after it happens!" interjected James Wester, Jerry's dad, with a chuckle. James founded Wester Insurance in 1973 and still works in the office that his son purchased from him in 1998. The Wester company's motto, "A proud past with a solid future," describes the continuity of the family business that has many long-time clients. "They like us!" James added.

"I have about a 95 percent retention rate," Jerry mentioned. "Most of my clients are referrals from policy holders. That is the best advertising you can have." Born and reared in Palmer, Jerry went to Ennis High School and has lived in Ennis since 1972, when he graduated from Texas Tech University with a degree in business management. "I get lots of business from Ennis," he added.

Jerry's ties to the Ennis community are reflected in his involvement with the Cancer Relay for Life, which will take place this year on April 24, from 6:00 p.m. to 6:00 a.m. "I am on the committee that coordinates it every year," he said. This year's relay will be held at the Motorplex, where a quarter-mile track will be marked off in the parking lot and teams will erect booths around the track. Each team keeps one member on the track at all times. "There is a lot of participation. It has gotten better and better each year. Last year we raised \$130,000. This year we are going to try and raise \$180,000, which is really fantastic for a town this size," he expressed.

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# Laying Foundations for Learning

— By Kelly Kovar

Travis Elementary School first grade teacher Patricia Langer believes in giving her 22 students everything they need for a good foundation. So, whether it meant going back to school for her English as a Second Language (ESL) certification, or filling her classroom with colorful rainbow-patterned valances, alphabet illustrations and posters of geometric shapes, states, continents and coins, she has gone the distance. “Teaching truly, truly is my passion,” Patricia said. “This is my life, and I love what I do.”

Patricia grew up spending the week at her family’s Lake Highlands home and weekends on the family farm in Telico, in the very house where she and her husband, Eddie, now live. “My parents and my brother and sister and I worked the land, and I learned responsibility early on. We would work for money doing chores, and then we would ride on our bicycles to the little store and buy the penny candy,” she recalled.

The inspiration that started Patricia

on the road to teaching lay close to home. “I had two wonderful role models in my life. My grandmother’s house was about a mile from our farmhouse, and I would go stay with her and she would lull me to sleep with Bible stories. She knew the Bible so well and she was a wonderful teacher,” she said, adding that her sister, Teresa, 10 years her elder, was her other inspiration. “Teresa is a teacher, and I think she had the greatest impact of all on my life.”

Now Patricia is having her own opportunity to inspire a grandchild. “I am blessed with kids of my own, and I have my first grandbaby,” she shared. “My son and his wife live in Forney, and they are just wonderful kids and great parents. I have a daughter who is in college right now at UT Tyler. Her dream is to be a pharmacist.”

Since graduating from Texas A&M at Commerce in 1993, Patricia has spent 15 years at Travis Elementary, the last five as a first grade teacher. “It has been a great place to be. It was always my

dream to teach first grade,” she said. “You see success in every grade level, but in first grade there is such a great amount of growth which they experience. There is the great sparkle that is in their eyes when those little light bulbs come on. They are so honest about everything and so wonderful just to be around. They give me so much life because they are so precious; to me they are treasures.”

“What makes first grade so exciting is that there is an introduction to so many new concepts,” Patricia said. “It is amazing how much they can learn. We have a busy schedule with lots of phonics practice in the morning. That is very intense because at this grade level, the reading and the math are so important. We have got to get that basis down because that connects to all the other subjects.”

The first-graders do desk activity, small group activity, circle time and white board activities. Manipulatives are used almost daily for math activities.



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One day a week students go to computer class, one day a week they have music and P.E. three days of the week. "We also teach social studies, science, health and handwriting," Patricia added. "We do a weather board and they learn a lot from our calendar activities, such as days of the week, months of year, the amounts and names of money and how

**"There is the great sparkle that is in their eyes when those little light bulbs come on."**

to spell and capitalize. The minute there is a lull in their day, they pick up their reading books and they read at their desk, or they can come to the reading center, which is nice because it is quiet. They have a foundation laid from this grade level, and that is why I feel so strongly about the importance of teaching first grade."

Patricia explained, "It is here that we are building that foundation for them to stand on, and it needs to be solid for them. We have a senior night every year, and it is so good to see those graduating seniors. Now, I have former students who are out of college and it is so great, especially when good things come for those kids."

"I love the kids and I think that if you show them that you care about them and that you believe in them and that you respect them, they are going to give it right back to you," she continued. Every once in a while, former students come back to see Patricia. "That, to me, is one of the most wonderful things that you could have happen. They will tell me about something I taught them, and it is just so great because you have such a strong influence on their lives. If that one little idea that you plant in them is something they remember, then you have done a good job and you can think, I was a part of that life, and I made a difference in that child." **NOW**



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Raymond and Andrea Caldwell, top left, won first place at the Lights of Ennis Famous Couples Costume Gala. Todd and Sarah Palin, Dolly Parton and Burt Reynolds, top center, were a few of the famous couples represented at the gala event. David and Becky Lucas, top right, enjoyed the music at an ACROSS event. Albert and Patsy Martinez, second row right, were rocking '50s style as The Pontiac entertained guests at the Lights gala. A special appearance by the infamous "gorilla and banana," played by Curtis Patton and Sean Knight, bottom left, entertained the guests at the home of Harriett Adams. Trey Glaspy and Kim Arms, bottom right, posed for a candid shot.





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Pictured are: Leandra Gonzales, Assistant Manger; Ana Lara, Manager; Whitney Trevino, Senior Assistant





Cast members of *The Cemetery Club*, top left, turned in touching and humorous performances at the Ennis Public Theatre. Loraine Stiggers, creative director Fran Anderson, Marcus Sallie, Mariah Massey and Keamon King, top center, were among the performers at Inspiration Inc.'s black history program, "A Light in the Darkness." Ennis citizens, top right, had the opportunity to review diagrams detailing the proposed 287 Bypass expansion. Ennis Police Chief John Erisman, second row center, visited with interested citizens at an Impact Ennis Coalition meeting. David Anderson, recently elected Chairman of the Board of Impact Ennis, bottom left, listened to ideas from Impact members. Guido and Bette Costa, bottom right, were on hand at IHOP's free pancakes day that raised funds for the Shriner's Hospital.

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Being the fourth child of seven brothers and two sisters, Shirley Watson had the extra responsibility of getting lunch on the table for her siblings while her mother was at work. "My love of cooking was formed out of necessity," she recalled. "I was only 12 years old, but I knew this was something I had to do." Now with four children and five grandchildren, Shirley enjoys preparing a variety of dishes to please her loving family.

Gardening is at the top of Shirley's list of interests, but she has another favorite, which most people take for granted. "My interests have become people," she explained. "I think they are so interesting because God created each one of us so individually different. I think there is something to be learned from each one of us." **NOW**

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

## IN THE KITCHEN WITH SHIRLEY WATSON

### NOODLE SURPRISE

From the Kitchen of Charlotte M. Watson

1 lb. ground meat  
2 cups whole kernel corn  
2 16-oz. tubs sour cream  
1 lg. pkg. egg noodles  
12 slices bread, buttered

Brown ground meat; drain. Mix beef, corn and sour cream, thoroughly. Pour cooked noodles into mixture; fold well. Butter bread on both sides; cut slices in 9-inch squares. Pour mixture into casserole dish or pan. Cover top with bread squares. Bake at 350 F until bread is brown on top, about 10-15 minutes.

### BAKED BEANS

From the Kitchen of Fannie Derrough

1 lg. can Pork and Beans  
Wright's Barbeque Smoke, to taste  
3 Tbsp. sugar

1 1/2 lg. green onions, chopped with some green tops  
1 lb. ham, cubed  
little mustard, if desired  
4-5 slices bacon, cooked, crumbled to garnish  
Combine all ingredients except bacon. Place in baking dish. Bake at 350 F until consistency feels right while stirring. Do not overcook. Garnish with bacon.

### MILLION DOLLAR PIE

From the Kitchen of Fannie Derrough

1 cup coconut  
1 cup pineapple, drained  
1 cup strawberries, frozen  
1 cup pecans, finely chopped  
1 cup Eagle Brand milk  
1 tub Cool Whip

8-inch graham cracker crust pie shell  
Combine all ingredients. Pour into pie shell. Refrigerate until chilled. Serve.

### EGGPLANT CASSEROLE

2 cups eggplant, pared, cubed  
2 Tbsp. onion, finely chopped  
1/4 cup water  
2 eggs, slightly beaten  
2 slices bread, torn into small pieces  
1/2 cup milk  
1 tsp. salt, to taste  
1 tsp. pepper, to taste  
1 1/4 cups cheddar cheese, shredded

Cook eggplant and onion in unsalted water, until eggplant is tender, about 7-10 minutes; drain. Combine remaining ingredients, except 1/4 cup cheese; mix well. Pour into greased 1-quart casserole dish. Bake uncovered at 350 F for 25 minutes. Sprinkle with remaining cheese; bake five more minutes.

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## CHEESE SAUCE:

2 oz. oleo  
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3 cups warm milk  
1 tsp. salt  
1/2 tsp. pepper  
3/4 tsp. paprika  
1 cup Cheez Whiz

## TOPPING:

1 cup bread crumbs  
2 Tbsp. butter, melted  
4 slices bacon, uncooked, halved

Place thawed spinach in a pot of boiling salted water. Return to a boil; simmer for 10 minutes. Drain, squeezing out moisture. Prepare cheese sauce by melting oleo and adding flour; cook 3 minutes. Using wire whisk, add in warm milk; bring to boil, stirring constantly to make smooth. Add salt, pepper, paprika and Cheez Whiz; stir until cheese is completely melted. Add spinach to cheese sauce; place in casserole dish. In a separate bowl, combine bread crumbs and butter; sprinkle over spinach mixture. Top with bacon; bake at 350 F for 20-30 minutes, or until hot.

## BUTTERMILK POUND CAKE

From the Kitchen of Elna Jones

1 cup butter  
3 cups sugar  
6 eggs, separated  
3 cups flour  
1/2 tsp. salt  
1/4 tsp. soda  
1 cup buttermilk  
2 Tbsp. lemon or orange extract

Blend butter and sugar until creamy. Add one egg yolk at a time, blending after each addition. Sift flour, salt and soda together. Add sugar mixture into flour mixture, alternating with buttermilk; blend well. Add in flavoring. Beat egg whites until stiff; fold into batter. Bake in buttered and floured 10-ich tube pan for 1 hour and 10 minutes at 350 F.

## 7-UP CAKE

From the Kitchen of Elna Jones

3 sticks butter  
3 cups sugar  
5 eggs  
3 cups flour  
3/4 cup 7-Up  
1 Tbsp. lemon juice  
1 Tbsp. vanilla

Cream butter and sugar for 20 minutes. Add 1 egg at a time; add flour. Combine 7-Up, juice and vanilla; fold into batter. Bake for 1 hour and 15 minutes at 350 F.



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# "Rules of the Road" *for Investors*

— By Jeff Irish

As an investor, you may sometimes wonder what on earth is going on in the financial world. One day, the stock market is down 200 points; the next day it's up 300. One day, a scandal rocks a company; the next day, another firm declares a poor earnings report. Isn't there any completely smooth route for you to follow as you pursue a comfortable retirement and other key objectives?

Actually, there isn't. But you can help smooth out your journey by following a few basic "rules of the road." Here are a few to consider:

## **Create a plan**

You can waste a lot of time, effort and money through haphazard investing. That's why you need to create a plan that defines your long-term goals and establishes a strategy to achieve them, taking into account your individual tolerance for risk and your time horizon.

## **Take action**

The best plan in the world is useless unless it's implemented. Once you've set a course of action for yourself, follow through on it. Don't wait for the "time to be right" before you invest — because you can always find excuses to delay. The best time to get started is right now.

## **Stay invested**

When the market is "hot," it's easy for people to keep on investing. After all, everyone else is doing it, with apparent good results. But it takes far more courage to continue

investing during a long bear market, when so many people head to the "sidelines." And yet, it's essential that you do stay invested, through good times and bad. Ultimately, the long-term performance of the investments you have chosen will have far more impact on your portfolio's success than the daily price fluctuations that are an inevitable part of investing.

## **Look for quality**

Persistence in investing, by itself, isn't enough to help you reach your long-term goals. You also need to be investing in quality. Look for the stocks of those companies that have solid track records, strong management teams, competitive products and well-defined business plans. Of course, you'll experience ups and downs even in quality stocks — but if you hold them over time, you'll greatly increase your prospects for success.

## **Diversify your holdings**

During any given market environment, some investments will be doing well, while others will not. You could try to pick the winners, but that's almost impossible to do with any degree of consistency. You'll be much better off by diversifying your dollars among a wide range of high-quality stocks, bonds, mutual funds, government securities and other vehicles. By staying diversified, you'll help cushion yourself against downturns affecting just one type of investment — and you'll multiply your opportunities of benefiting from assets that are performing well.

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**Bob Irish**

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## Review your plan

You should review your investment plans and strategies at least once a year. Your life will constantly be evolving — new job, new house, new children, etc. — and you may need to adjust your plans to accommodate these changes. If some of your investments no longer suit your needs, you'll need to find other opportunities. A qualified financial professional can help evaluate your situation and make appropriate recommendations on rebalancing your portfolio.

As you can see, there's nothing magic, or even terribly complex, about any of these "rules for the road." However, to follow these guidelines, you'll need patience and perseverance. If you've got these traits, then you're well prepared for a fulfilling investment journey. **NOW**

*Jeff Irish is an Edward Jones representative based in Ennis.*

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# Osteoporosis and You

— By Dr. George Kingsley III

Most people think of bones as dead, dry and static. Nothing could be further from the truth. Throughout our lives, our bones are in a constant state of change. In our bones, there are specialized cells that dissolve old bone, and different cells follow laying down fresh, new bone. In our younger years, the rate of bone growth and development is faster than the rate of bone resorption, so new bone is formed and bone density grows. Maximum bone density is usually achieved by age 30. Throughout our adult life, there is a balance of new growth and resorption and no net change in bone density occurs. Later in life, the balance shifts toward bone loss and new bone formation does not keep up the pace. This can lead to a condition called osteoporosis. With osteoporosis, bones become thin and brittle and can fracture or break easily.

## Diagnosis

Osteoporosis is diagnosed with a simple, painless scan of the hip and lower spine called a Bone Density Scan or a DEXA scan. This test compares your bone density with a young person's "peak" bone density and also compares you with people your age. These terms are called T-score and Z-score respectively. If your T-score is a positive number, it

means your bones are more dense (less prone to fracture) than a 30-year-old. If your T-score is a negative number, it means you have lost some bone density and may be at increased risk for a fracture. A T-score of  $-2.5$  is diagnostic of osteoporosis.

## Risk

For the most part, osteoporosis is a woman's disease, though men can get it under unusual and specific circumstances. For most women, it is a gradual, silent process until a bone breaks. This could be a hip, or a wrist, or a compression fracture in the spine. Osteoporosis affects over 10 million Americans and each year, more than 1.5 million fractures related to osteoporosis occur in the United States. One in two women older than 50 years will have a fracture related to osteoporosis in their lifetime. Fractures can be crippling and painful and cause lifelong disability.

### The following factors can increase the risk of fractures caused by osteoporosis:

- Being female
- Advancing age
- Having a family history of osteoporosis
- Having a thin and/or small frame
- Being Caucasian (white) or Asian (although Blacks and Hispanic Americans can be at risk as well)
- Being postmenopausal, including early or surgically induced menopause
- Having a diet low in calcium and/or vitamin D

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- Using certain medications, such as corticosteroids, thyroid replacement therapy, and some anticonvulsants
- Having an inactive lifestyle
- Smoking cigarettes
- Excessive use of alcohol

## Prevention

It is very hard to grow new bone after it is lost, so prevention is important. If you have any risk factors for osteoporosis you should make whatever life-style changes you can to prevent bone loss. To prevent osteoporosis, focus on building and keeping as much bone as you can.

If you are pre-menopausal:

- Maintain a healthy body weight
- Do not smoke
- Drink alcohol in moderation
- Maintain a diet that is high in vitamin D and calcium
- Maintain a regular weight-bearing exercise program (walking, running, low-impact aerobics)
- Annual visits to your OB/GYN


If you are post-menopausal:

- Have your doctor refer you for a Bone Density Scan to assess your risk for developing osteoporosis.

## Treatment

If your doctor determines you have osteoporosis or its precursor, osteopenia, they may recommend medication to reduce your risk for a damaging fracture. The medications can only do so much, so it is essential that you maximize the lifestyle changes above in addition to a new medication. **NOW**

By Dr. George Kingsley III  
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# April 2009

## Community Calendar

### All Month

Navarro College Small Business Development Center seminars. April 7: Starting a Small Business. April 21: Writing a Winning Business Plan, Creating an Employee Handbook. To register, call the Navarro College SBDC at (903) 875-7667 or (972) 937-2174 or e-mail sbdc@navarrocollege.edu.

Ennis Bluebonnet Trails. Over 40 miles of mapped driving trails. For current trail information, contact the Ennis Convention and Visitors Bureau at (972) 878-4748.

### April 2

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

### April 10

Annual Good Friday Fish Fry, sponsored by Garrett Area Rural Volunteer Fire Department: 5:00-8:00 p.m., Knights of Columbus Hall. Fish, fries, slaw, beans, desert, tea. \$7 adults; \$5 children under 10. Silent auction and drawing for barbecue grill, fishing equipment and a nights stay at Quality Inn.

### April 14

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

### April 15

Ellis County Christian Women's Connection luncheon: Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B. \$13. Nursery vouchers available. Walk-ins welcome. For reservations, contact Mary at (972) 937-9984 or Kay at (972) 937-2807 or windchime423@yahoo.com by April 12.

### April 15-20

"Cost of Freedom" American Veterans Traveling Tribute: Grimes Park, 500 E. Centre Park Blvd., DeSoto. (972) 224-3565. info@desotochamber.org.

### April 17-19

Bluebonnet Trails Festival in Downtown Ennis. Friday: 11:00 a.m.-6:00 p.m. Saturday and Sunday: 9:00 a.m.-6:00 p.m.

### April 24

Ennis Relay for Life: 6:00 p.m.-6:00 a.m., Texas Motorplex.

### April 25

Bristol Opry: 7:00 p.m., Old Bristol School House, 100 Church St., Bristol. Free admission.

### May 2

Downtown Waxahachie Cinco de Mayo Fiesta: 11:00 a.m.-9:00 p.m. at Singleton Plaza. Food, vendors and

music featuring Baraja De Oro, The Tequila Boyz and more. Kids' corner with bounce houses, face painting and fun. Free admission. For vendor information, contact Andrew Sanchez at (214) 336-5314 or visit [www.waxahachie5de5.com](http://www.waxahachie5de5.com).

### June 6

Mid-Way Regional Airport Annual Pancake Breakfast and Fly-In: 8:00-11:00 a.m. Breakfast tickets \$6, one child under 8 free with paid adult ticket. Event and parking are free. Classic planes and fighters, plane rides, remote-controlled model flyers, The Classic Swing Band. For more information, contact Tammy at (972) 923-0080.

### June 19-21

DFW Summer Balloon Classic: Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking \$10. Featuring 40 hot air balloons, five mass ascensions followed by competition. "Lite the Nite" sunset balloon display on Saturday. Daytime features airplanes, helicopters, military aircraft, gliders, skydivers, powered parachutes, RC aircraft. Some flights available to public. Exhibits, food, arts, crafts, children's area and more. [www.summerballoonclassic.com](http://www.summerballoonclassic.com).

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