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On The Cover

Bill Smith gets excited when it comes to bike riding.

Photo by Terri Ozymy.

Editor's Note

Happy Easter Ennis!

As I was searching the Internet, I learned that Lawn and Garden Month falls in April, as does Keep America Beautiful Day. So if you are inclined to do so, spend some time outdoors in your gardens or add some new flowers to your landscaping. If you see some litter on the side of the road, I challenge you to stop and pick it up. You never know who might be watching, so set an example others will want to follow. For me, digging in the dirt has always brought a certain calmness to a hectic day, so I encourage you to get your hands dirty!

I also want to wish you a Happy Easter. I can only imagine the fancy Easter hats, children's faces as they go in search of the "golden" Easter egg and crowded sanctuaries across America. It will be a day of wonderful memories, of that I am sure!

Sandra Strong
EnnisNOW Editor
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A photograph of a man and a young girl, both wearing cowboy hats and smiling. The man is on the left, and the girl is on the right.



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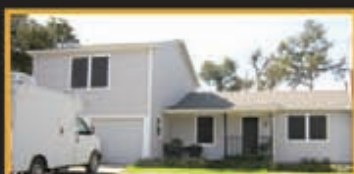
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Twelve Hours

— By Alex Allred

natural caregiver, Angela had personally seen the devastation that cancer can cause to a family, “and I just wanted to help in some way.”

So it was with Dr. Gordy Klatt, a Tacoma, Washington, surgeon, who wanted to help raise both awareness of and funds for cancer research. As a marathon runner, he decided to let his feet do the talking in May 1985, when he ran more than 83 miles (over 332 laps around a local university track) while friends, family and patients watched and cheered. For 24 exhaustive hours, Dr. Klatt plodded on, raising \$27,000 to fight cancer, but also creating what would come to be known as the Relay For Life.

Today, teams of people camp out at local high schools or parks, taking turns to walk around a track. Each team, made up of anywhere from two to 15 members, must have at least one representative on the track at all times, although more can participate at a time if they so choose. But it is the designated walker who must carry the team ‘spirit stick,’ “which,” Angela laughed, “can be pretty hard to pass off to someone at 2:00 a.m.!”

Those wee hours, at the point of exhaustion and weariness, perhaps even the loneliness of walking on the track in the dead of night are what make this relay so important. “It is designed with a purpose,” Angela said. The Relay For Life always begins its event on a Friday at 6:00 p.m. and ends at 6:00 a.m. For the participants who have worked all week, there is no chance for rest, “because cancer doesn’t take a rest,” Angela said.

“We start at dusk,” Weldon said, noting that as the sun goes down, “it represents those terrible words, ‘You have cancer.’ The walk represents the fight, going through chemotherapy.”

“By 2:00 and 3:00 a.m.,” Angela said, “you are tired and want to give up. You want to stop and rest, but you can’t.”

Chairman Weldon Caldwell does not pull any punches. “Probably 99.9 percent of the population has had someone, a family member or friend, touched by cancer. It’s a horrible disease. Horrible! So, why wouldn’t you do something to try and help?”

As he sees it, “I’m not a doctor or a research analyst, but I can still give back. I can still try to help aid those who might be able to find a cure.” Enter the American Cancer Society Relay For Life of Ennis.

With the goal of raising over \$170,000 for the nonprofit organization, Weldon, a construction associate by day, and his co-chairperson Angela Jones, an executive assistant at Ennis Regional Medical Center, hope to see the entire community turn out for the event. “It is so powerful,” Angela said, recalling the first time she participated in the Relay For Life of Palestine in 2003. By the end of the relay, “I was hooked,” she said. A



Nathaniel Kho,
M.D., F.A.A.P.
Neurology



Francis Nwafor,
M.D., Urology



Yogi Chimata,
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Dilip Solanki,
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John M. Sullivan,
M.D., General &
Laparoscopic
Surgery



Kevin A. Williams,
M.D., Orthopaedic
Surgery & Sports
Medicine



Tonya Youngblood,
M.D., A.B.F.P.
Family Practice



Merle Filecia
Family Nurse
Practitioner

Merle holds a Master's degree in nursing from Texas Woman's University and has practiced in Ennis since 2006. Prior to her experience here, she was an accomplished cardiac and emergency nurse in Houston, Texas where she was recognized with numerous specialty certifications. She is very well-trained to provide the full spectrum of family care from infants to older adults.



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"Then, the sun comes up," Weldon said. This is his favorite part of the relay. "Every part of the relay moves me, but to see the sun coming up and know we're fighting for another day, to me, really represents what the Relay For Life is all about."

For Angela, the Luminaria Ceremony is the most powerful. Illuminated bags, called luminaria, each dedicated to a person who has battled cancer, cast a glow over the darkened track. "It is so quiet," Angela said. "There is always lots of hugging and crying as people reflect on someone they knew who had cancer."

But it is also an empowering experience.



The first lap of the Relay For Life is led by cancer survivors. "They are our guests of honor. They are given purple shirts so that they are identifiable. Everyone stands around the track and applauds as they make the first lap." Balloons are released, "as a symbolic release of the cancer," Angela said.

"The Relay For Life is the largest nonprofit fundraising event in the world," Weldon said, adding that 50 percent of the cancer research funds come from the laborious efforts of those brave souls to walk through the night.

As difficult as the relay is, both Angela and Weldon confess they are hooked. "There is not another facet in our lives where you can laugh and cry in a 12-hour period," Weldon said. Pride, dignity, exhaustion, empathy, survival, love, loyalty, compassion and even anger fuel each competitor.

"Cancer patients don't have a choice," Weldon said, "about whether they are going to stay up all night throwing up or facing chemotherapy. They can't say,

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'Gosh, this is really hard. I don't think I want to do this.' They are in constant pain. So, I really think it's a small price to pay to be able to walk in their honor and give a little back to them."

This sentiment has carried over to their children. On April 30th, Angela will be in attendance with her husband, Jason, and children, Loran (11) and Jacob (9). In fact, Loran has created her own fundraising group with friends at her elementary school, called KIA (Kids in Action) to help the cause. While Weldon's wife, Pam, is acting as the registration chair, their 14-year-old daughter, Hannah, will be walking alongside her father. "It really is a family deal and we're all in it!" Weldon said. "Our whole community really supports the relay. It is amazing to me to see such a diverse community come together for a common cause. It really is a celebration, almost a rejoicing."

"For the participants who have worked all week, there is no chance for rest, 'because cancer doesn't take a rest.'"

"Ennis has been so successful," Angela said of the community spirit of giving, "that we were selected to host the Cancer Prevention Study - 3 (CPS 3)!" To better understand how to prevent cancer, residents of the Ellis and surrounding counties between the ages of 30 - 65 are being encouraged to participate in this long-term study.


For Angela and Weldon, this is yet another exciting payoff to their hard work and dedication. Yet, neither considers themselves an inspiration. Both are quick to pay tribute to those who have battled against cancer and to those who try to find its cure. While Angela calls herself nothing more than a "paper pusher," and Weldon jokes of his limitations, it is clear they are great champions of this cause and their community. Mark your calendars to join Angela and Weldon on April 30th and take your first steps to fight cancer. **NOW**

For more information about how to get involved or learn more about the CPS 3 study, contact Weldon Caldwell at (469) 765-6350 or Angela Jones at (469) 256-2155.



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Larry's Pond

— By Janice C. Johnson

At Home With — Nancy Carson

Larry and Nancy Carson looked over their new land. Larry had recently been hired as the Palmer Independent School District Superintendent. So, after 30 years in Midlothian, the couple now needed to move to Palmer. Nancy had found this property on a quiet road that meandered past wide-spaced houses. There was no house here, though — just seven acres of weeds and brush sloping up from the wooded creek near the road. This was going to be a lot of work, but it offered everything they were looking for — a hill, a creek and some trees. They could already imagine a two-story house there on the hilltop. Included would be space for their son Brett, then in law



school, to come visit. And, of course, for the family he would one day have. "Brett is Larry's and my crowning achievement," Nancy said. Larry had pointed out a flat spot behind where the house would stand. He wanted to put a pond there and stock it with bass, "for the grandbabies," he said.

Nancy designed the layout of the home with help from an architect who drew up the plans. A talented artist, she had taught both architectural drafting and art in Midlothian. "I knew just enough to be dangerous," she said. But she managed an open design, which, from the kitchen counter, allows a 270-degree view through the dining room, kitchen, nook and den windows. Upstairs she included two extra bedrooms, an office and a loft.

Once they closed on the land and had the house plans in the works, the Carsons bought a farm tractor, which they nicknamed "Ol' Tex", and rented a Bobcat. They plunged into the hard work of preparing the lot. Some of their future neighbors met petite, energetic Nancy as she tramped around wearing shorts and heavy boots, swinging an axe to cut brush. She and Larry paved a long, winding driveway and laid the water and electric lines themselves.

Finally, in May 2004, they moved into the new house. They did not need to buy



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He is a graduate of the University of Kansas Medical School. He completed his general surgical residency at Baystate Medical Center in Springfield, MA.

Dr. Smith is Board Certified in General Surgery and a member of the American Society of Breast Surgeons.

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much furniture, having collected antiques since their newlywed days. They had started out as budget-conscious young teachers. "We learned that the cheapest way to get stuff was from auctions," Nancy explained, "and it was real wood." Larry refinished many of the pieces. "He got to be pretty good at it," Nancy said.

They collected mostly "barley twist" furniture, with legs carved in a helix design. Nancy repeated the twist in lamps and accessories, the staircase balusters and even some of the kitchen woodwork. The dark wood furniture stands out against the home's low-key, light-colored interior.

While Larry divided his time between office hours and working on the land, Nancy shouldered many of the chores.

She learned when to mow the abundant bluebonnets and how close to the house she should let them grow. "Since you can't mow bluebonnets until June, if they come up too close to the house you get high weeds in the yard. And then you get armadillos!" She loves most of the animals roaming the area, but armadillos root in the ground and leave dangerous holes.

The Carsons had been in their new home for barely a year when Larry became ill, then died within just a few weeks. All the plans and dreams he and Nancy had shared seemed lost. There she was on her own, battling weeds, armadillos and loneliness.

Struggling to adjust, Nancy realized, "The grass still grows, and somebody's got to mow it. So that's what I do," she said.

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The outdoor work, which had started as a project and later became part of her routine, soon began to bring her comfort and healing. "You start all over," she said. "Being out here ... I've been doing everything myself. By God's grace that's how I've made it. He's kept me busy; it's been very physical."

Nancy has drawn comfort from other things besides hard work. She continues a long-standing tradition of creating original

Christmas card designs, each drawing recalling a family memory. Their Midlothian colleagues whom, she said, "just cannot say enough about Larry," have offered support. She joined the neighborhood garden club and book club, and has gained part interest in some of



the "community dogs" that live at large, welcomed and fed everywhere. The sky is

endless from Nancy's hilltop; she would watch storms rolling in from the distance, or sunsets blazing and then softening into dusk. Birds, from sparrows to blue herons, added their companionship unaware. Over time, her natural sparkle and energy began to return. Then in 2006, she gained a lovely daughter when Brett and his fiancée, Kim, were married. Nancy's life grew full again.

Her home is now filled with personal treasures, mostly photographs and family mementos, such as the antique clocks that belonged to her father. Nancy finds satisfaction in her favorite "accessories" — old-fashioned hand tools tucked in

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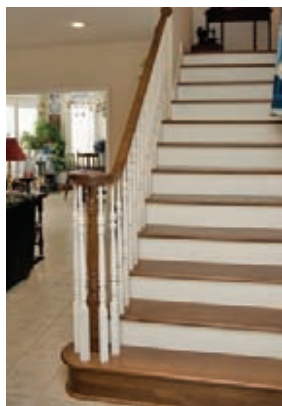
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here and there. To her designer's eye, the tools' craftsmanship elevates their simple usefulness to art.

She surrounds herself with memories outdoors, too. For instance, on fishing trips with Larry, Nancy used to search for and collect heart-shaped rocks. She explained, "I'd get tired of fishing before he did." She has used that collection to accent the flower bed under her kitchen window. Even "Ol' Tex" stands proudly on the lawn, retired from homesteading duties and now designated "yard art."

Asked what she likes best about her home, Nancy said, "Oh — the views! It's really not so much the house as the surroundings." Fond of the scenery beyond her hill, creek and trees, she often keeps her undraped plantation blinds open in the daytime so as not to block the view.

Two years ago, Nancy had the pond dug — the one Larry had envisioned. She laughed as she remembered indignant creatures disturbed by the earth-moving equipment. "I looked out and saw a mama skunk walking away from the pond area, with six babies lined up behind her. All seven of their tails were standing straight up in the air!" Armed with advice



from the County Extension Office, she began preparing the pond for fish. "I learned there's a certain sequence of plants and animals you have to introduce," she said. She planted a few pecan trees beside the pond, to provide shade in the future.

And then, last year, Brett and Kim had their first son, Crew Dale Carson. Brett, Kim and little Crew have brought Nancy much joy and fulfillment. She is now dreaming of the day when Crew will be big enough so he and his daddy can go fishing in Larry's pond. **ENOW**

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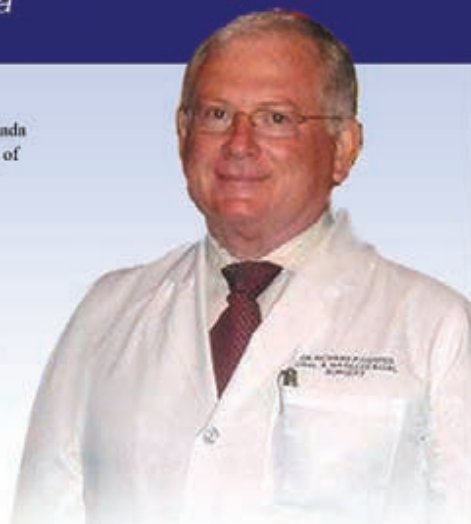
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Cortlan Coleman is dressed up to go shopping with her mom at H-E-B.



Chili's lunch crew: Michael Denning, Giancarlo Zuniga, Lauren Murphy, Sarah Ranson, Pam Cooper, Angelena Armstrong and Melissa McMillon.



Tracy Doblado visits the Book Fair at Bowie Elementary with her daughters Faith and Cierra while also attending Muffins For Mom.



Liz McGonagill takes a minute to pose for a quick photo.



Theresa Gadberry enjoys herself at a recent bridal shower.




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PURE COUNTRY

— *By Alex Allred*

In the country western song, “A Boy Named Sue,” Johnny Cash croons how his father tagged him with the name Sue so as to make him tough enough to face any challenge life had to offer. Growing up in Ennis, Texas, Jerry Fuller was also given a name that would give others pause to wonder about a boy named Jero. But rather than become a fighter, he became a performer. He is known as a talented musician, who can break down a new song within hours upon first hearing it. He is known beyond the Texas borders for his lyrical tones, earning the reputation as a George Jones sound-alike. And, like any great country western song, there is a story behind his name. “He named himself,” Jero’s wife, Linda, laughed. In fact, when he was no more than 5 years old, he decided he should henceforth be called Jero.

Even at such a tender age, Jero understood he was destined for the stage, to play among such friends as John Graves, Michael Daniels and Torchy. Although he would not pick up a guitar until he was a junior in high school, Jero always loved music. Specifically, he loved singing legend, George Jones. His music career began with the trombone, “but that really wasn’t my thing,” Jero said. Instead, a friend showed him a few chords on a guitar, and Jero was instantly transfixed. He bought his first guitar, a Fender, and later, a Gibson, so that by the time he was attending classes at Navarro Community College, the idea of a band had taken seed.



The Westernaires began performing in 1970. Alongside band members: Wayne Harrison on the drums, Ken Holley as lead guitarist and vocals, Mark Powell as the bass guitarist and Ken Simmons on the steel guitar, Jero found a home. Together, they played at the Sokol Hall and American Legion, among other places, picking up gigs for parties and local dances.

Between the years of 1970 and 1985, Jero along with his band, played as often as three nights a week in Ennis, but they also performed in Dallas and the surrounding Metroplex, building a reputation among country western fans. In that time, Jero also entered such contests as the Helen Keller Festival in Tuscumbia, Alabama. “He won’t tell you this,” Linda added proudly, “but he won first place in the singing contest there.” When Jero was asked to sing live on a local radio show, the host was reportedly shocked by the George Jones sound-alike.

“The DJ liked to have dropped his teeth,” Jero smiled. More than one remarked that had they not seen Jero singing in person, they would have sworn it was none other than George Jones singing. “I still say had he [Jero] had the proper backing,” Linda said, “he could have been a real successful country singer.”

But it is this point in Jero’s life that makes him a true country singer. He traded his Gibson up for a D 35 Martin guitar. It is a guitar, that even now, Jero says, “I’ll never part with it.” As his career was taking off, as his reputation as a performer grew, the boy named Jero was put to the test. He was approached on two separate

occasions to drop his band, get an agent and turn professional. He was singled out by two businessmen, who offered him financial backing in the industry if only he would go solo and give up 51 percent of all proceeds. Working a variety of jobs, the longest being his current job at Main Street Hardware where he has been for the last 20 years, the opportunity to travel the country and perform on the big stage was attractive. At the time, he was single and talented. "But I wasn't about to treat my friends that way," he said. Without a second thought, he passed on the offers and continued to play locally. But in 1985, money became an issue. The Westernaires had always performed without a cover charge for their fans, but when new management required such costs, the band broke up.

Jero joined Torch McCluney and the Country Tops and his fans followed. For



another five years, the band continued to tour the area, playing in venues both big and small. Eventually, that group broke up and Jero created, Jero and Friends, playing local gigs for fun and family. It was at such a gig that Jero met his future wife. "He asked me out a couple of times," Linda teased, "but I just thought he was a goat roper and I always said, 'No.'"

But Jero is, if nothing else, persistent. As Linda got to know him, she was, by her own admission, charmed. It was perfect, then, that he chose to sing George Jones' "Walk Through This World with Me" to Linda as terrible thunderstorms rolled in on their wedding day. When the storm passed, with some 600 friends and family in attendance, two rainbows appeared. While some might speculate on what could have been, had Jero accepted his shot at "the big time," Jero's motives have always been as pure as his music — pure country. **NOW**

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The Ultimate Goal

— By *Alex Allred*

In 2008, as Bill Smith trekked 100 miles on his bike in 98-degree weather, he considered himself a lucky man. He was participating in the annual Hotter 'N Hell Hundred, a bike rally where temperatures have soared to 109 degrees with 20-mile-per-hour winds. "In fact," Bill said, "last year, it was only 92 degrees, so we were very lucky." The claim to be "lucky" to pedal for 100 miles in mere 92-degree weather is a far cry from the time Bill and his wife, Rhonda, set off on their first bike ride. "Rhonda and I bought two mountain bikes. We'd been looking for

something we could do together," Bill said. Eager to test out the new toys, Bill and Rhonda set off for Highview Park with the idea of biking around Lake Bardwell. "We did two miles and thought we were going to die!"

But beyond the idea of spending quality time together, it had been for health purposes that Bill bought the bikes. In January 2006, "I had two stints put in my heart," he said. Proper health and diet became priority, but running was no longer an option. An athletic scholarship to The University of Texas

at Arlington afforded Bill an education and the opportunity to play football as a center at the collegiate level. It also netted him aching joints and a knee surgery that ended any regular jogging routine. "Cycling is the perfect cardio for me," Bill said. "There is no impact."

What there is, however, is a great report card from the doctor. As his blood pressure and cholesterol lowered, Bill began to feel stronger than he had in years. The initial goal of spending time with Rhonda continues today, but Bill also discovered a new passion — a hobby, a venue for travel, an opportunity to peruse the Internet and visit pawn shops. With tremendous pride, Bill can recount where he found the five-dollar bike he now uses as his road bike, where he found the \$90 bike for his daughter-in-law and the \$10 bike for his 3-year-old grandson, for whom Bill already has plans when the training wheels come off next summer. While biking was meant to give Rhonda and Bill together time, it has brought his three grown children and their respective families together.

And an interesting spin-off to all this is how environmentally conscious it has made Bill and his family. Today, Bill can be found pedaling around town as he runs various errands and rides his bike to work every day. "I would love to see more people riding bikes," Bill said. As gas prices rise and waist lines grow, Bill has seen firsthand the benefits of biking, but he also understands the resistance so many have. The idea of cycling can be daunting. "Believe me," he chuckled, "I'm not in this to see how fast I can ride. It is about the endurance! But can you remember when you rode when you were 6 years old? There was no fear, and it seemed as though you could ride forever. Anyone can do this. You start with three miles, then five, then eight ..."

Still, few have the kind of determination and grit that Bill has. After what he calls his near-death experience riding to Lake Bardwell, he and Rhonda entered their first bike rally in May 2007. "We heard about a bike rally in Italy, Texas. We had to get up at 5:30 in the morning and along the way, it started to pour. We even talked about turning around and going back home." Instead, they completed the

Sports **NOW**

30-mile rally, rain storms and all.

The very next rally was in Paris, Texas, on Rhonda's birthday. "I like to tell people that I took her to Paris for her birthday," he smiled. Not quite so romantic, Rhonda learned a hard lesson about hydration and nutrition when she "bonked," a term used for total fatigue in the cycling world, and was forced to drop out after 25 hard miles. Bill, however,



completed the 40-mile rally. "This is considered a real milestone for a biker in Texas," he said. And as simple as that, Bill was hooked.

Today, he averages at least 60 miles a week and has participated in grueling bike rallies across the state, such as the Ennis FFA Lion Pride Bike Rally, the Cotton Patch Classic in Greenville, the Collin County Classic in McKinney and the upcoming Tour of Dallas. When he rode in the 70-mile rally in Cleburne called the Tour de Goatneck, it was a blistering 104 degrees. But all of this was just the preparatory training for the infamous Hotter'N Hell Hundred in Wichita Falls, which he and his son, TJ, have twice completed. "My real goal," Bill said, "is to log 5,000 miles this year."

Bill has learned how to mend tires, repair bikes and continues to study about road safety, helmets, heat exhaustion and proper rain gear. He has learned everything imaginable about bikes, but so much more about himself. **NOW**

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Blessings of the Heart

Two Turtledoves offers so much more than great home-style cooking and unique gift ideas. — *By Sandra Strong*

Katherine Gliddon wanted to come home from England to spend the summer with her mother, Elizabeth Penny. “I was just completing my second year in college,” Katherine said. “I told my mother I’d come home and spend the entire summer with her, but only if she could find a job for me in Palmer.”

School in England did not break for the summer until July, so finding a summer job in Texas was near impossible, until Elizabeth decided to open her own business. “I created a summer job for her,” Elizabeth said with a smile. “We’ve always just made things happen here in Palmer. We are possibility seekers, and God has richly blessed us.”

God may have put the desire in their hearts to start a business, but they earnestly began to seek His vision and direction for their business. Looking back, they quickly realize it all began with their name, Two Turtledoves. “Doves are a sign of peace,” Katherine explained. “We wanted our place to be a refuge that offered peace. We are in business to serve God and feed His sheep, whether it is physically through a homemade chicken salad sandwich or spiritually through a sweet smile or a kind word.”

The shop opened its doors in historic downtown Palmer in July 2003. In the beginning, it was a gift boutique. Shortly thereafter, Katherine had the vision to



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add clothing to their unique offerings. Elizabeth's vision for a café prompted the mother/daughter team to relocate to a new building across the railroad tracks on Dallas Street, literally overnight. "I remember coming home from work and seeing that my mom had almost entirely moved the contents of the shop to our new location." Elizabeth could not help but add, "It's amazing what you can achieve when you are in line with the perfect will of God."

Katherine, the eighth generation to call Palmer home, returned to England in October each year after that "first summer." She graduated from college, met and married her husband and started her career in England. "I just heard God's voice," Katherine said. "The call to come home and share the business with my mom was so strong. And my mom will tell you, Two Turtledoves has been continuously blessed by the hand of God, and He leads us down new paths every day."

A small family business allows Elizabeth and Katherine opportunities to do special things for their customers. "We make the rules and the guidelines," Elizabeth added. As the business has evolved, they now offer more items on the menu. Hamburgers and homemade chicken fried chicken are listed alongside the chicken salad and meatloaf. Banana pudding and chocolate pie are two of the many desserts made from scratch, which are offered daily.

The daring adventure has grown like a plant that is put into a pot. "It grows roots to fill the pot," Elizabeth said. "That's exactly how the business has grown." A year ago, the partners were blessed with a "third turtledove." "Marty Wynn is our day waitress," Katherine said. "She [Marty] was an answer to prayer then and continues to bless our lives and the lives of our customers today."

Katherine and Elizabeth are looking forward to their upcoming annual event, the Two Turtledoves Fashion Show, slated for April 17 and 24, in honor of all their special customers. Seating is limited, so call early to make your reservations. "We believe in bringing people together," Katherine said. "We look forward to what God has in store for us next." **NOW**



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An Ennis Fixture

— By Alex Allred



For the thousands of families who have passed through the front doors of the Sam Houston Elementary School in Ennis, Norma Bain has been the picture of consistency. She is there every morning, greeting parents, answering the phone, recording daily attendance and managing the report cards. Few, however, realize how deeply rooted she is in the community or how dedicated she is to the elementary school where she has served for almost 40 years. “My days are pretty much the same routine,” Norma smiled, “but it is never boring. There has never been a day when I didn’t want to come to school.”

No surprise, Norma always enjoyed school. She was a good student who “liked learning and being with my classmates.” A self-described people person, school was a time to grow, socialize and learn.

Born in the small town of Wink, Texas, Norma and her family moved to Ennis in 1942. Her own mother had been born in Ennis and with extended family members already residing there, Norma easily settled in. By that time there were just over 8,000 citizens of Ennis, with over 200 businesses. A predominantly

agricultural community, times were changing. While the town slogan had been, “Where the Railroads and Cotton Fields Meet,” local government changed in 1956; Ennis adopted a commission-manager form of government, in which the city council hires the city manager. The following year, the year of Norma’s graduation from Ennis High School, the first citywide elections were held under this new policy. It was an exciting time and a time for Norma to begin her own family.

Norma found and married a wonderful man named Joe Bain, who, like his wife, was known to give back to the community. “He was just a jack-of-all-trades. He loved to help people and help out at our church,” Norma said. Together they had one daughter and devoted all of their time to her. While Joe worked at AT&T, Norma briefly worked for a car dealership before turning back to education. “The owner was a school board member,” Norma chuckled, recalling how instrumental her former boss had been in finding her a new career. “I worked in the school superintendent’s office for six years,” she said, “until I came here.” Here being Sam Houston Elementary — her home away from home.

In 1970, she entered the school as the official secretary. Ennis’ population had grown to 11,550 people. By this time, Ennis had its own airport, a new hospital and Lake Bardwell was completed at last. So much had changed, yet Norma stayed the same. “She’s just Norma! She has a hand in everything,” said Beatriz Garcia, bilingual paraprofessional and bus driver. Among the teaching staff, it is Norma who is described as a jack-of-all-trades, a person who enjoys helping other people. And after almost 40 years, her enthusiasm has not waned.

Much like Norma, her daughter, Melinda Shaw, graduated from Ennis High School in 1982 and went on to have two children of her own, Ashley Cade and Joseph Shaw. Ashley is now a mother to 1-year-old Lainey, whom Norma describes as “a great pride and joy to us all.” Her grandson, Joseph, named after his grandfather who died in 1992 after a two-year battle against cancer, attends Ennis High and plays on the baseball team. There is no hiding

Norma's joy: "I go to every game I can." Though typically quiet and composed, she admitted, "I do scream and holler [at the games] sometimes."

To the rest of the community, however, Norma is a fixture. She is a part of Ennis history. Or, as so many like to say, "She's just Norma." For Sam Houston Elementary school's principal, Norma has also been a lifeline. "Of course, her position as school secretary is important," said school principal, Linda Southard, "because principals are in and out of the office so much. But I would say she is also the spirit of Sam Houston. She can



name off nearly every person who has come through these doors. She knows the names of students, parents and even grandparents."

When Linda heard about an opening at Sam Houston, she was intrigued. "I heard so many wonderful things about the Ennis school district, the staff and the parents," she said. Norma was the perfect person to assist an incoming principal from Waco. Not only did she know names, but she knew entire families and personal histories. "To me, she is a wonderful connection to the community," Linda said.

While Norma admits Ennis has grown tremendously, and "there are so many people I do not know," she is still very much the person to visit at Sam Houston. In fact, it is not uncommon for people from all over to come to Sam Houston just to visit Norma — including former students from Sam Houston Elementary, who now teach at that same school and can recall Mrs. Norma Bain sitting in the front office. "There is no other place I would rather be than here," Norma said. "This is home." **NOW**

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In The Kitchen With Bud White

— By Faith Browning

Other than his grandchildren, cooking is Bud White's greatest interest. His mother was his biggest inspiration. "She told me I was as good a cook as her," he fondly recalled. "She would always say, 'Yours is good, but mine is better!'" Bud really began cooking when his wife, Jan, was pregnant with their first daughter. "I had to cook or I would have gone hungry," he laughed. "She would start

the meal and then get sick and couldn't finish."

For years, Bud has been the head cook at the United Methodist Church. On Wednesday nights, he enjoys preparing meals for the working women of the church. "They get a hot meal, and the kids get to run wild," he said. "I love it, and there are definitely no women allowed in the kitchen!" **NOW**



ANGEL BISCUITS

5 cups flour
3 tsp. baking powder
1 tsp. salt
1 tsp. soda
1/3 cup sugar
2 1/2 cups buttermilk
1/2 cup oil
2 pkgs. yeast

1. Grease a muffin pan.
2. Mix dry ingredients in a big bowl.
3. In another bowl, mix oil and buttermilk.
4. Dissolve yeast in 2 to 4 Tbsp. of warm water; add to oil and buttermilk mixture.
5. Add liquid to dry ingredients. Mix all ingredients.
6. Fill muffin pan half full with mixture. Bake 450 F for about 22 minutes in large muffin pan and about 12 minutes in small muffin pan.

ZUCCHINI FRITTERS

2 med. zucchini, grated
1 tsp. salt
1 carrot, grated
2 Tbsp. onion, minced

2 Tbsp. parsley, minced
1 egg, beaten
1/2 cup flour
Dash of pepper
Oil to fry mixture

1. In colander mix zucchini and salt; let drain about 15 minutes; squeeze out excess liquid with back of a spoon.
 2. Mix well-drained zucchini (about a cup), carrot, onion, parsley, egg, flour and pepper.
 3. Drop by tablespoonfuls into 1/2-inch hot oil in skillet; fry until brown on both sides. Drain on paper towels. Serve hot.
- Makes about 12-14 servings.

NEW ENGLAND POTATO CASSEROLE

1/2 lg. bell pepper, chopped
3 Tbsp. margarine
1 1/2 Tbsp. flour
1/8 tsp. salt
1/8 tsp. pepper
2 cups milk or 1 can cream of chicken or mushroom soup
1 cup grated cheddar cheese
2 1/2 Tbsp. chopped pimentos

1 small onion, chopped
6 to 7 med. potatoes, cooked and diced
3/4 cup bread crumbs
Cubed cheese

1. Parboil green peppers about 5 minutes and set aside.
 2. Melt margarine; blend in flour and seasonings.
 3. Add milk or soup to flour mixture. Cook over medium heat until thick.
 4. Add grated cheese and stir until melted.
 5. Stir in pimentos, onions and green peppers. Pour sauce over potatoes.
 6. Top with bread crumbs and dot with cubed cheese.
 7. Bake at 350 F for about 1 hour. Each casserole serves 8.
- Can be frozen after assembling and before cooking.

LASAGNA

2 lbs. ground meat
1 lb. sausage
1 large onion, chopped
1 Tbsp. sweet basil

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1 tsp. oregano
 1 tsp. garlic powder
 2 12-oz. cans petite diced tomatoes
 2 12-oz. cans tomato sauce
 3 6-oz. cans tomato paste
 Salt and pepper, to taste
 Dash Worcestershire sauce
 Dash Trappey's Hot Sauce, if preferred
 1 24-oz. tub cottage cheese
 4 eggs
 4 Tbsp. parsley flakes
 1 24-oz. tub ricotta cheese
 1 lg. pkg. lasagna noodles, cooked
 2 cups grated cheddar cheese or 1 cup of Parmesan cheese
 2 lbs. mozzarella cheese, sliced thin
 1. Brown ground meat and sausage; drain grease.
 2. Add onion, basil, oregano and garlic powder; mix well.
 3. Add tomatoes, tomato sauce and paste. If too thick, add water and then salt, pepper, Worcestershire sauce and hot sauce. Cook for at least 4 hours.
 4. Mix cottage cheese, 2 eggs and half of parsley flakes.
 5. Mix ricotta cheese, 2 eggs and other half of parsley flakes.
 6. In two large, greased casserole dishes, layer noodles, cottage cheese mixture, ricotta cheese mixture, cheddar cheese, meat and 1/2 of the mozzarella cheese.
 7. Cook for 30-45 minutes at 375 F. Top with mozzarella; cook for another 10 minutes. Remove from oven and let set for 10 minutes before serving.

22-MINUTE CAKE

Jan's Aunt Chris' recipe

2 cups flour
 2 cups sugar
 1 stick salted butter
 1 cup water
 1/4 cup shortening
 3 1/2 Tbsp. cocoa
 1/2 cup buttermilk
 2 eggs
 1 tsp. soda
 1 tsp. vanilla
TOPPING:
 1 stick butter
 3 1/2 Tbsp. cocoa
 1/2 cup milk
 1 cup chopped nuts – if desired
 1 lb. powdered sugar

1. Without using a mixer, combine flour and sugar in large bowl.
 2. In a saucepan, combine butter, water, shortening and cocoa; bring to a boil; pour over flour and sugar mixture.
 3. Combine buttermilk, eggs, soda and vanilla.
 4. Add to other mixture and mix together.
 5. Pour into a 12 X 13-inch greased pan; bake 20 minutes at 400 F.
 6. When cake has been baking for 18 minutes prepare topping by combining butter, cocoa and milk in a saucepan; bring to a boil. Add powdered sugar and chopped nuts if desired.
 7. Pour over hot cake when it is removed from the oven.



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Inflation and Your Insurance Coverage

— By Gary Hayden

When Carol and Josh purchased their life insurance policies 15 years ago, they thought they did things the right way. They assessed their insurance needs, taking into account their home mortgage, the projected college education costs of their children and their living expenses. Well, that was then ... and this is now.

Recently, as they contemplated retirement, the couple reevaluated their insurance needs, and they were surprised to discover their insurance coverage is inadequate. How could this be? The answer is really quite simple — inflation.

Because inflation affects purchasing power, it may also affect life insurance needs. For couples like Carol and Josh, inflation means that life insurance coverage that was adequate years ago may now be insufficient. With this in mind, consider three of the more common uses for life insurance proceeds that may be affected by inflation:

1. Paying Off Your Mortgage.

The days of staying in one home forever may be long gone. Americans seem to be constantly on the move — perhaps the increased mobility may stem from factors such as greater employment opportunities, dual incomes and changing family dynamics. These factors may be contributing to today's growing trend of purchasing "more" house than in the past. Likewise, escalating real estate prices have translated into larger mortgage loans. If you have recently moved or upgraded your home, you may consider increasing your life insurance to help cover your mortgage obligations in the event of your death.

2. Funding Future College Expenses.

If you are planning on sending your children to college, you may be concerned about the rising costs of higher education. Compared to the previous year, the average annual cost of tuition, fees, room and board for the 2009-10 academic year increased almost 6 percent at private colleges and over 4 percent at public four-year colleges (The College Board, 2009). To be prepared for these increases, be sure to factor inflation into your college savings strategies. In addition, have a contingency plan in the form of adequate life insurance to help provide protection in the event of your death. Review your plan periodically, and consider increasing your coverage

to reflect the anticipated future cost of higher education.

3. Maintaining Your Standard of Living.

Groceries, gas, family vacations, home improvements ... whatever the outlay, inflation will greatly affect the everyday costs associated with maintaining your family and lifestyle. If your life insurance needs calculations are based on your current income and today's cost of goods and services, your family may not have enough funds to maintain their standard of living in the event of your death. Your insurance strategy should include an assessment of both your current and future needs, as well as objectives to help your family manage these expenses.

Future Projections

Determining current life insurance needs is one thing, but figuring out how much coverage you'll need in the future requires you to pay careful attention to inflation and how it can affect your lifestyle. Regular reviews of your insurance coverage can make a great deal of sense. Plan to set aside time at least once each year to help ensure that your life insurance program is keeping up with inflation. **NOW**

Gary Hayden is president of Hayden Financial Partners with offices in Ennis. INLINFO5-CC Copyright©2010 Liberty Publishing, Inc. All rights reserved.

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Breathe Deeply

— By Betty Tryon, R.N.

One of the most overused words in the English language is stress — with good reason. Stress, a normal and necessary part of life, can lead to serious consequences if managed poorly. Stress is the body's response to meeting a challenge with enough energy, alertness and strength. A common way of understanding stress is to see it as the "flight or fight" response. For example: A danger is perceived, such as a car suddenly veering into your path; you immediately assess the situation and swiftly take defensive action. The flight or fight response can also be triggered by a circumstance that does not put your life in danger, such as nervousness about a presentation at work or a final exam at school. When that happens, stress hormones are released.

The heightened reaction on your senses caused by this explains why some people say they operate best under pressure. In that type of situation or to aid in removing one from danger, stress is good. Stress becomes harmful when the body does not settle down after the situation is over. This can occur when you have ongoing stress in your life. Financial problems, divorce and chronic illness are a few examples which can cause stress hormone levels to remain high.

At the first sign of stress, the body springs into action by releasing adrenaline (also known as epinephrine) from the adrenal glands and cortisol. These are your fight or flight hormones.

They work to increase your heart rate, respirations, metabolism, and dilate your air passages so more oxygen can be taken in to prepare you for action. They also contribute to increased alertness and increased glucose level in the bloodstream to give you energy to flee.

If you must meet danger head on, these hormones give you a fighting chance to meet that challenge. Under normal circumstances, once the challenge has been met, the body will go

back to normal. Lingered problems, which cannot be solved quickly, will cause the hormones to stay in the body at increased levels — creating all sorts of mayhem. This may be the cause of sleeplessness at night or feeling nervous or edgy during the day.

Stress is a part of life. You cannot always control what happens to you, but you can find some peace in

determining how you respond. Yoga is a popular retreat for those seeking how to stay calm in stressful situations. Exercise helps to work off a lot of tension. Give yourself a chance to start your day strong by getting a good night's sleep. If necessary, ask for help from a professional counselor or your spiritual adviser. The extra effort is worth it for your peace of mind and a healthier life. **NOW**



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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April 5 - 30

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April 17-18

Ennis Bluebonnet Trails Festival. Call the
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April 16-May 9

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April 24

2010 Ellis County Homeschool Expo and Used Curriculum Sale: 9:00 a.m.-4:00 p.m. Getzender Park. For more information, call (214) 701-6101 or e-mail webnotions@yahoo.com.

April 30-May 1

Ennis Relay for Life, Texas Motorplex. For more information, call (972) 878-2641.

May 1

The 2nd Annual Cinco de Mayo Fiesta, downtown Waxahachie at Singleton Plaza: 11:00 a.m.-8:00 p.m. Live music, food, vendors and a kid zone will be offered. The event is hosted by the Ellis County Hispanic Organization. For more information, visit www.waxahachie5de5.com.

May 6-9

American Veterans Traveling Tribute, sponsored by the American Legion Post 361. The "Welcome Home - Ennis Honors Her Heroes" event will take place at 2301 Ennis Parkway. Local bands and singers will perform throughout the four-day event, beginning each day with "Reveille" at 8:00 a.m. and ending with "Taps" at 9:00 p.m. A patriotic parade will also be held on Saturday, May 8, in downtown Ennis.

May 7

Ellis A&M Club 6th Annual Golf Tournament. Lunch starts at 11:30 a.m. and a shotgun start will begin at 1:00 p.m. Entry fee is \$100. For more information, visit www.ellisaggies.com or e-mail Bob Garrett at bgarrett7740@sbcglobal.net.


June 5

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Airport. The public is invited. The event and parking are free. Breakfast tickets: ages 8 and above, \$6; ages 3-7, \$3; and all those 2 and under eat free. For more information, call Tammy at (972) 923-0080.

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EHS All-District Senior RB/WR



Jyavon King underwent ACL reconstruction utilizing some of his own hamstring tendons. In addition to it being the strongest graft available, this type of procedure reduces the risk for disease transmission or graft rejection. With no appreciable hamstring weakness relative to the uninjured leg, Jyavon will return to the high level of athletics he loves so much.

The Sports Medicine Program at ERMC is home to advanced routine diagnostic imaging, post-injury treatment, high-touch Physical Therapy to surgical procedures ranging from minor surgery to total joint replacement.

For more information call 469-256-2340.