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MAY 2015

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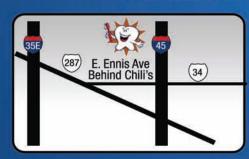
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## On the Cover



The Ozymy family is still going strong 100 years later.

Photography by Amy Ramirez.

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## Editor's Note

Happy Mother's Day!

May is the month to celebrate our mothers. Over the years, I've had so many people whom I respect, look up to and love dearly tell me I have a "mother's heart." A mother's heart cares deeply for the children she's been blessed with. The qualities of a mother's heart include patience when you may be at your wit's end, lovingkindness even when you may be receiving the opposite in return and being consistent in praying God's will into their lives.

Many times a mother's heart can make the wrong decisions for all the right reasons. Many times the love we have for our children can ground them instead of let them soar with the wings God has given them. I've learned once a mother's heart rests and waits patiently on the Lord, wonderful things begin to happen in the lives of those she loves.

Sandra

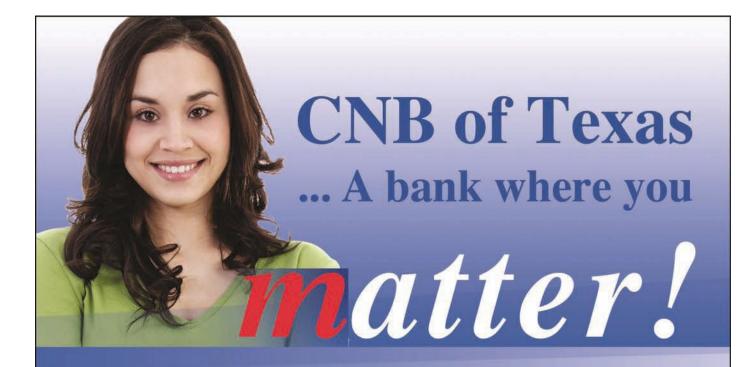
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P.S. We are excited to be the official publication for the 49th Annual National Polka Festival! Please take note of the 16-page pullout found in the center of the magazine as you enjoy the Polka Festival festivities.



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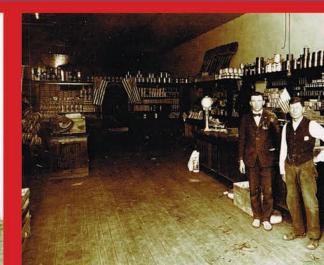
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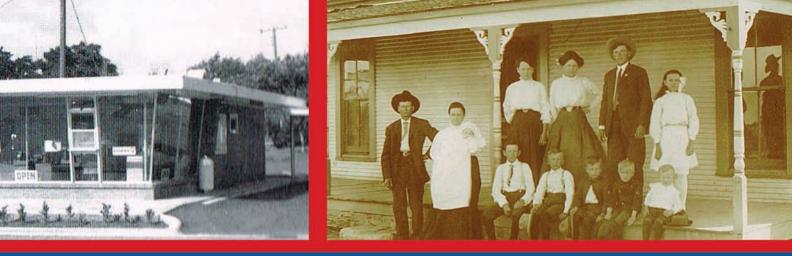




"Rudy and I both came from wholesome families that believed in working hard."

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# h Celebration!

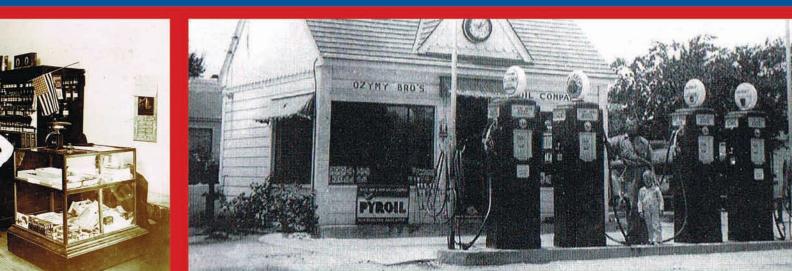
— By Sandra Strong

Rudy and Jan Krajca Ozymy didn't meet until they both had finished school. "We met at a dance in Elm Mott, a small town outside Waco, near West," Jan remembered, stating that was the place to be on Saturday night. "I went that particular evening with one of my girlfriends." They grinned, agreeing that first meeting was love at first sight.

Rudy and Jan's legacy didn't begin when they married on November 10, 1962. The heritage they continue to build upon first began when the Ozymy family journeyed from Czechoslovakia to America in the 1890s. "My grandparents, Paul and Terezie, came to the U.S. from Moravia," Rudy explained. "Paul arrived in New York, while Terezie's first stop was Galveston." They settled in Burleson County, Texas, and married on May 21, 1890, in Caldwell, Texas. From there, Rudy's grandparents drifted from several small towns between Texas and Oklahoma. Rudy's dad, Rudolph, was the last child born to this union while they were still living in Bomarton, Texas, in Baylor County. One hundred years ago, in 1915, they finally planted their family roots in Ennis, and the service-minded family has been going strong ever since.

Rudolph married Agnes Kubin in 1935. They also made their home in Ennis, where Rudolph and his brother, Tommy, were self-employed. "They hauled gasoline from East Texas Refineries," Rudy shared. "After a few years of traveling up and down the highway, Dad branched out on his own and opened Ozymy Oil & Gas Co. I grew up at the station. That was back in the days when gas stations were full-service." Rudy laughs as he recalls having to stand on a box to reach and wash the windshields. "I met so many people there," he added. "I got my real-life education at the gas station."

Rudy grew up in the city and attended Ennis High School, while Jan recalls growing up in the country and going to school at St. John Catholic School. When they married, the best of



## Meg Sullivan, M.D.

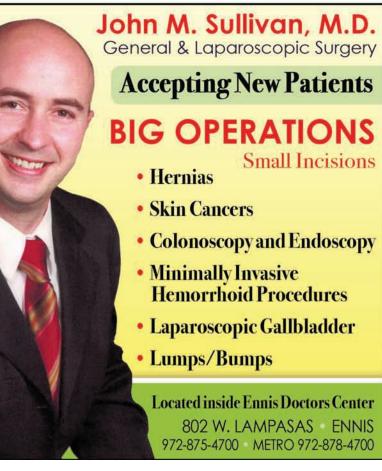
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both of their worlds were merged into one, and after 52 years of marriage, five children and 14 grandchildren, they have withstood the test of time. "We were a family of farmers," Jan said, referring to her family that settled in Ennis in 1901. "Rudy and I both came from wholesome families that believed in working hard."

Rudy and his family have definitely followed in the footsteps left by his grandparents and parents. The service station was replaced with Dairy Mart, a drive-in restaurant, in 1957, and by 1968, the family had purchased the Geneva Motel located about a block from the Dairy Mart. Rudy took over the operations of the Dairy Mart during the 1970s and '80s. "My days were spent flipping burgers and going down the street to repair things at the motel," he laughed. In 1984, Rudy and Jan decided it was time to venture further into the business of hospitality, so they sold the Dairy Mart and the motel and opened the





Quality Inn, the first hotel of its size in Ellis County.

The couple's oldest child, Bryan, has been the hotel's only manager, while their middle daughter, Laura, works the front desk, some midnight shifts and, on occasion, will prepare breakfast. Their youngest, Jason, does most of the landscaping, maintenance and tech support. Gina is the oldest daughter. Her job outside the Ennis area allows her lots of travel time, while Sherri, the youngest daughter, works as a physical therapist in Ennis and surrounding areas. Two grandchildren, Cody, Gina's son, and Mariah, Laura's daughter, also work at the Inn as front desk service agents.

The memories the Ozymy family still enjoys include the relationships and friendships they've made in their business ventures. Many of those remembrances are centered on and around the Annual Polka Festival that celebrates its 49th year later this month. The Festival started as



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Rudolph and Agnes Kubin Ozymy married on August 21, 1935.

just an idea and blossomed into a threeday-long event that brought the Ennis community together as a collective whole.

After visiting several other cities, Raymond Zapletal, Len Gehrig and Joe Liska saw the overwhelming affect polka bands were having on people who had emigrated from Czechoslovakia. They believed people from all over the country could be brought to Ennis for the same reason. In 1967, the trio presented their idea to Jack McKay, manager of the Chamber of Commerce at the time, along with the citizens of Ennis. One of the largest polka festivals in the country was born out of this meeting.

The 49th Annual National Polka Festival promises to bring more than 50,000 visitors to the city, and Rudy, Jan and Bryan have differing opinions as to why it's been so successful for so many years. "The Polka Festival is here to stay. As Czechs, the memories keep us strong," Jan said. "The older I get, the more I've come to appreciate the history of the festival and all it represents."

"The festival revived the Czech heritage in Ennis, while blending the Czech population with the American population," Rudy shared. "The festival brought everyone together. It's *everyone's* festival now."

Rudy and Jan totally agree it takes many behind-the-scenes people who have a heart for volunteering to make the festival an annual success. "They make it happen," Jan said, as Rudy nodded in agreement. "They are the unseen heroes of 49 consecutive years of polka."

As the fourth generation to carry on the Ozymy name, Bryan takes great



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pride in his heritage. He enjoys hearing the stories of how his ancestors made their way, many times perilously across ocean and rough, dangerous terrain, to Ennis — to the land that offered them a better way of life. "It has been a lot of hard work," Bryan said, "but it's been worth it. I've learned not to forget where my family came from." Remembering their roots and keeping the history of five generations alive in story and photographs is important to the longevity of the family and the legacy they choose to leave for generations to come.

Breakfast each morning has proven to be a special time for Rudy, especially during the Polka Festival weekend. "I cook breakfast every morning at the Quality Inn," he reiterated. "This is the time when I get to see the guests, meet and talk with them face-to-face. Conversation over breakfast is so easy. We experience the festival through our guests."

When asked when they are thinking about retiring, Rudy and Jan smile as Bryan gives a little laugh. "Retire to what?" Rudy asked in all seriousness. "I love being busy."

Jan agreed wholeheartedly. "I didn't start working outside the home until we opened the Quality Inn, and that was 31 years ago," she said. "I like taking the occasional weekend off, but it's hard to slow Rudy down." They agree that working not only keeps them young, but it keeps them informed about the community where their family planted roots a century ago, and they wouldn't have it any other way. NOW

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The Valor of Our Veterals Jeterals –By Callie Revel

Patty Cope Sutton is no stranger to military life. "There's a lot of military in the family," Patty said, listing her brother, uncles and three grandsons who are in the service. Her daughter even married a military man. One man in particular, though, inspires her to go the extra mile for military veterans. "I do this because of my father," she said. "He's a World War II veteran." To support veterans in Ennis, Patty joined the Ladies Auxiliary, a group affiliated with the Veterans of Foreign Wars (VFW).

Patty has been involved with the Ladies Auxiliary since 2002. "In 2005, Dad was commander of the post," she said. "This was something my parents enjoyed, so they got the daughters involved in it, and then the granddaughters. It's a way we give back to the community." The mission of the Ladies Auxiliary and the VFW is to bring veterans of overseas conflicts together to support each other, the military and the

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community. They also seek to serve as advocates on behalf of all veterans in the United States.

VFW

POST 7106

The VFW and the Ladies Auxiliary contribute to the community in a variety of ways. They support the national Home for Children, which offers shelter to children whose sole caregivers are deployed overseas. They also support local organizations like A-CROSS and Helping Hands of Ennis. She added that the VFW supports local schools by honoring teachers and providing scholarship opportunities.

One of the largest scholarship programs is the Patriot's Pen Program, a national essay competition sponsored by the VFW. Students in grades six through eight may participate each fall by writing a short essay on a provided topic. Last year's prompt was "Why I Appreciate America's Veterans." The grand prize winner receives \$5,000 and a trip to Washington, D.C. The participation at Ennis Junior High School has been outstanding in recent years. "We've gone from five to 10 applicants to 243 this year," Patty said. She collects the essays and sends copies

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to soldiers posted overseas. "I've found that a lot of people in foreign countries aren't having very nice reactions to Americans because of things that are going on," Patty said. "We don't want them to feel ashamed, so I'm sending them these letters to help them realize that these kids look up to them."

Patty believes scholarship programs like Patriot's Pen can help give young students perspective when it comes to citizenship and patriotism. "Our children need to understand where our freedom came from," Patty said. "When we go into the grade schools and older schools to teach kids about patriotism, we want them to understand that we are a *United* States. Our veterans are fighting for everybody, regardless of race, color,



creed or anything. We should respect our flag, our song and each other. If you start them young, they'll always be able to feel that when they get older."

Each year on Veterans Day and Memorial Day, the VFW and Ladies Auxiliary host special events to commemorate those who have devoted their lives to the service or have given their lives for their country. "Go up to that gravesite and see how fast that hill has filled up," Patty said. "We've got to realize what we're putting our men and women through to keep our country free." The VFW makes an effort to decorate the graves of fallen soldiers with wreaths or flags. For Patty, it's just one way she can do her part to help. "I didn't fight. I'm just the support," she said.

Casey Clem, a member of the VFW, has lived in Ennis his entire life. He graduated from Ennis High School, where he played for the football team. Now, he is in his 11th year as a football



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2203 W. Lampasas, Suite 102 • Ennis, Texas 75119 MAIN 972.875.6320 • FAX 972.875.6332 coach for Ennis Junior High School and claims it's the best job he's ever had. However, his previous career was very different and took him far away from Ennis — to the Persian Gulf. "I was in the Navy for four years," Casey said. "When I got out of the Navy, I finished college. I began working here in 2004."

Since returning to Ennis, Casey felt a need to connect with his fellow veterans. "I went to them. I just showed up one day," Casey laughed. "I looked up the membership requirements, and I met the criteria. So, I joined up. I was in the Persian Gulf conflict in hostile waters, which qualified me." Only certain veterans can be members of the VFW, and qualifications include involvement in certain conflicts, earning certain medals or fighting during designated



time periods. "I thought being a part of a great organization like that was a good way to give back to the community," Casey said. "The VFW helps veterans' causes. They are veterans helping the community."

Casey made sure to mention that the VFW post in Ennis, Post 7106, is named after Jack Lummus, one of Ennis's most notable veterans. Jack graduated from Ennis High School, played football for Baylor University and eventually played for the New York Giants. He left the NFL during World War II to become a lieutenant. After he stepped on a land mine at Iwo Jima, he was posthumously awarded the Congressional Medal of Honor. "Take care of your veterans in your community," Casey said. "I'm proud to be in that organization. There aren't very many of us."

According to Patty, VFW posts across the country are currently facing the problem of dwindling membership. "We've got a gap," she said. "You've got



your veterans from World War II, Korea and Vietnam, and then there was a space of time when the country was relatively at peace. Then, other conflicts began again. So, the younger veterans aren't at the retirement age where many begin joining this type of organization."

However, she encourages younger veterans to come forward and join the VFW, even if they feel like they are too young. "You have a lot of new boys who don't know what the VA does for them," Patty said. "The VFW can answer a lot of questions and get them connected with the right people who can get their benefits." The VFW can also provide valuable support and camaraderie to veterans who feel alone.



Casey agrees, and encourages any veterans in Ennis who aren't connected yet to get involved. "We need members to join up," he said. "We know there are a lot of eligible veterans in the community. That is our biggest need. Come to the meetings. They are the fourth Saturday of every month at 10:00 a.m. Come by and meet the guys and sign up." **NOW**  Stappy

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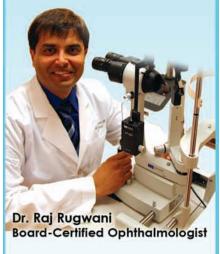
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Children 12 and under are FREE.

One daily admission includes all three participating halls: KJT, KC and Sokol. (Country concert admission is additional.) Cash only at the door.

Thursday, May 21 — Pre-Polka Festival Party • FREE Friday, May 22 • \$8 Saturday, May 23 • \$12 Saturday, May 23 — Country Concert • \$15 advanced purchase/\$20 at the door Sunday, May 24 • \$10 Downtown Activities • FREE



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2015 National Polka Festival Special Section

## 2015 National Polka Festival Schedule Of Events May 22nd - 24th Schedule subject to change.

DAY	TIME	EVENT/BAND	PLACE
Thursday	7:30 p.m11:30 p.m.	Pre-Polka Festival Party-Music	
, in the second s	1 1	by Czech and Then Some	
		sponsored by polkabeat.com	KJT Bar
Friday	7:00 p.m11:00 p.m.	Dujka Brothers	Sokol
Friday	9:00 p.m.	King and Queen Dance Contest	Sokol
Saturday	7:00 a.m.	Polka Run 10K, 5K and 1-mile	
, i i i i i i i i i i i i i i i i i i i		Fun Run/Walk	Lonestar Fitness Center
Saturday	9:00 a.m5:00 p.m.	Arts and Crafts	Downtown Ennis
Saturday	10:00 a.m.	Parade	Downtown Ennis
Saturday	11:30 a.m3:00 p.m.	Jerry Haisler & Melody 5	KC
Saturday	11:30 a.m3:00 p.m.	Moravians	KJT
Saturday	11:30 a.m3:00 p.m.	Praha Brothers	Sokol
Saturday	Noon	Horseshoe Tournament	KJT
Saturday	12:30 p.m4:00 p.m.	Street Dance – Czechaholics	Downtown Ennis
Saturday	1:00 p.m.	Kolache Eating Contest	Downtown Stage
Saturday	4:00 p.m7:30 p.m.	Texas Dutchmen	KC
Saturday	4:00 p.m7:30 p.m.	Texas Sound Check Band	KJT
Saturday	4:00 p.m7:00 p.m.	Jodie Mikula Orchestra	Sokol
Saturday	8:30 p.m9:30 p.m.	Alex Meixner and Brave Combo	KC
Saturday	8:30 p.m12:00 a.m.	Ennis Czech Boys	КЈТ
Saturday	10:00 p.m12:30 a.m.	Brave Combo	KĊ
Saturday	9:00 p.m12:30 a.m.	Country Concert: 1st Act/John Slaughter	
	-	2nd Act/Bellamy Brothers	Sokol
Sunday	9:00 a.m11:00 a.m.	Live Broadcast: KBEC Polka Party	
		With Fritz Hodde & The Fabulous Six	Sokol
Sunday	10:00 a.m11:00 a.m.	Polka Mass	KC
Sunday	11:00 a.m4:00 p.m.	Arts and Crafts	Downtown Ennis
Sunday	Noon-3:30 p.m.	Street Dance – Holub Poka Band	Downtown Ennis
Sunday	12:30 p.m4:00 p.m.	Czechaholics	KC
Sunday	12:30 p.m4:00 p.m.	Dujka Brothers	KJT
Sunday	12:30 p.m4:00 p.m.	Fritz Hodde & The Fabulous Six	Sokol
Sunday	4:30 p.m7:30 p.m.	Czech and Then Some	KJT
Sunday	8:15 p.m9:15 p.m.	Alex Meixner and Brave Combo	КĴТ
Sunday	9:45 p.m11:30 p.m.	Brave Combo	КĴТ
	· · ·		

### Horseshoe Tournament



Saturday, May 23, 2015 • KJT Hall 1216 S. Paris St., Ennis, TX 75119

Registration Ends: Friday 9:00 p.m. (Must be turned in at Sokol on Friday, May 22 by 9:00 p.m.)

### Start Time: Noon Entry Fee: \$20 Per Team

Double elimination (50 teams maximum); 1st, 2nd and 3rd place trophies awarded.

### Polka Parade



Saturday, May 23, 2015 Downtown Ennis

Start Time: 10:00 a.m.

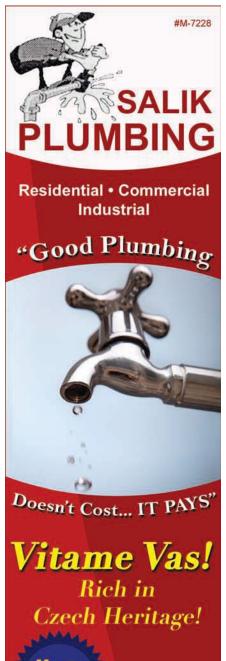
This year's theme is #PolkaStrong. This giant parade twists through historic downtown Ennis and is sure to please.

### 5th Annual Kolache Eating Contest



Saturday, May 23, 2015 Downtown Stage Registration Ends: Noon, Friday, Chamber of Commerce or noon, Saturday, Downtown Stage. Start Time: 1:00 p.m.

Prizes for individual champion in the Men's, Women's, Youth Boy and Youth Girl categories.





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The Bands



# **Brave Combo**

Saturday: 10:00 p.m.-12:30 a.m., KC Sunday: 9:45 p.m.-11:30 p.m., KJT

> "We enjoy playing the Ennis Polkafest for many reasons. First of all, we are seriously turned on by polka music. Everybody knows that! Secondly, we feel like we're part of the Polkafest family. We've all grown up together. And, of course, it's a lot of fun! Why would anyone do anything else that weekend?"

— Carl Finch, Brave Combo



# **Alex Meixner**

Saturday: 8:30 p.m.-9:30 p.m., KC Sunday: 8:15 p.m.-9:15 p.m., KJT

> "I've had the great honor of playing the Ennis Polka Festival a few times in the past — with Bubba Hernandez as Polka Freak Out and with my own Alex Meixner Band. I'm looking forward to returning to the festival to jam with my good friends, Brave Combo to play for the fun crowd. It's great to see how the people of Ennis celebrate their Czech heritage of food, music and good times with great Texas hospitality."

> > — Alex Meixner

## **Country Concert**

### Saturday, May 23 — Country Concert Doors open at 9:00 p.m.

\$15 advanced purchase/\$20 at the door

# The Bellamy Brothers



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Howard and David's break came with the hit, "Spiders & Snakes," which eventually sold more than 3 million units worldwide. Other major hits include: "Let Your Love Flow" and "If I Said You Had a Beautiful Body." Their latest effort has been the corroboration Angels & Outlaws - Volume 1 with 30 or more guest artists from all genres of music.

# John Slaughter



By the time he was 16, John was already playing with some of the top country bands around Houston, TX. He toured with country music singer, Roger Creager's band, playing over 600 tour dates. With songs such as "Horseshoes and Hand Grenades" and "Meet in the Middle," John is venturing out into the role of band leader and front man.

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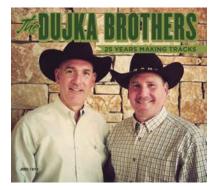
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## The Bands





## The Dujka Brothers

Friday: 7:00 p.m.-11:00 p.m., Sokol Sunday: 12:30 p.m.-4:00 p.m., KJT "We love coming to the Ennis National Polka Festival, because it gives us a chance to play for a diverse crowd from all over the country. Plus, we have a chance to listen to and visit with a number of great bands and musicians, many of whom we've become great friends with over the years. It's kind of like going to a polka family reunion!"

— Mark Dujka, The Dujka Brothers

# Jerry Haisler & Nelody 5

Saturday: 11:30 a.m.-3:00 p.m., KC

"We feel privileged to be invited to the annual National Polka Festival in Ennis. The dance fans are fabulous and appreciative. The venues are very accommodating. The food and drink are great, and we get to hear a lot of great music from other bands. Traditions are upheld and made, and it's all about friends and family! We are proud to celebrate our Czech and polka heritage."

— Jerry Haisler, Jerry Haisler & Melody 5





## The Moravians

Saturday: 11:30 a.m.-3:00 p.m., KJT

"We enjoy playing at the festival because of the joy our music brings to other people. The smiles our music brings is the best thing about what we do. We love playing together. We have loved the many journeys our band has been on, and we look forward to playing music for many more years to come."

— The Moravians

# Praha Brothers

Saturday: 11:30 a.m.-3:00 p.m., Sokol

"We enjoy playing National Polka Festival in Ennis to be a part of an ongoing tradition that has been promoting the rich Czech heritage in Ennis and Texas annually for many years. We like performing for the audiences who come out to listen and dance to traditional Czech polkas and waltzes, enjoy great food and good fellowship, and at the same time, keep our Czech heritage alive."

— Billy Havlik, Praha Brothers



## The Bands



# **Czechaholics**

Saturday: 12:30 p.m.-4:00 p.m., Downtown Ennis Sunday: 12:30 p.m.-4:00 p.m., KC "We really enjoy playing for the National Polka Festival, because it's another chance to see our North Texas friends and fans that we only get to see a few times a year. We always look forward to it, as do our wives and kiddos. We make it like a vacation weekend."

— Czechaholics

# The Texas Dutchmen

Saturday: 4:00 p.m.-7:30 p.m., KC

"Are you ready to party? The Texas Dutchmen have enjoyed playing the National Polka Festival in Ennis since the '70s and look forward to seeing familiar friends and making new ones. Join us Saturday and help celebrate 45 years of polka favorites. Let's move the tradition forward!"

— The Texas Dutchmen

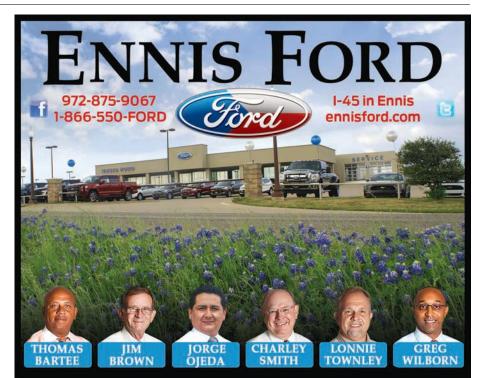




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## The Bands







Saturday: 4:00 p.m.-7:30 p.m., KJT

"The Texas Sound Check Band, formerly known as the City Polka Boys, first played for the festival in the early '70s. It's not unusual to see young people wearing the traditional Czech costumes at dances. You also have a lot of great bands from across Texas that perform. It's a chance for musicians to get together and visit."

- Ben Orsak, Texas Sound Check Band

# Jodie Mikula Orchestra

Saturday: 4:00 p.m.-7:00 p.m., Sokol

"This year, the Jodie Mikula Orchestra has been playing polka music for 48 years. We started out playing for the festival since it began in 1967, and we have been playing in it every year. We still like the Czech themes and traditions they keep."

— Nick Mikula, Jodie Mikula Orchestra





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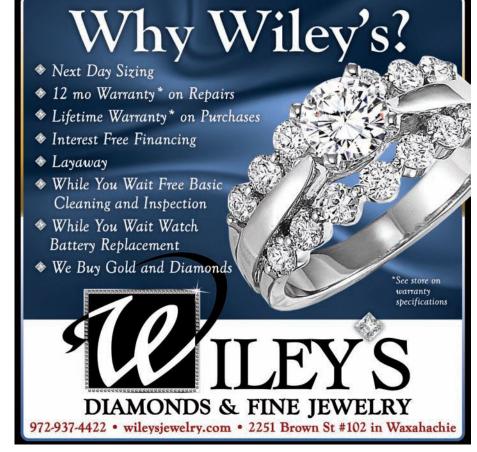
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## The Bands -







Saturday: 8:30 p.m.-12:00 a.m., KJT

"For the Ennis Czech Boys, a group of guys primarily from Ennis, the National Polka Festival has always been a special time of year. It's been an honor to have played the festival and to have an opportunity to share our music, culture and energy through our performances with the many people who enjoy the festival."

- Ennis Czech Boys

# Fritz Hodde & The Fabulous Six

Sunday: 9:00 a.m.-11:00 a.m., Sokol Sunday: 12:30 p.m.-4:00 p.m., Sokol "We enjoy playing for this festival as it is one of the oldest festivals around, and we have been lucky enough to play for this event for about 45 years. The first time we participated was 1967. We consider it an honor to be asked to perform for this celebration again. We look forward to seeing all of you at Sokol Hall on Sunday, May 24."

> — Fritz Hodde, Fritz Hodde & The Fabulous Six





# Holub Polka Band

Sunday: Noon-3:30 p.m., Downtown Ennis "It is fun playing the Ennis Polka Festival. There are a lot of young people in the audience that we usually don't have at our dances."

- Clayton Holub, Holub Polka Band

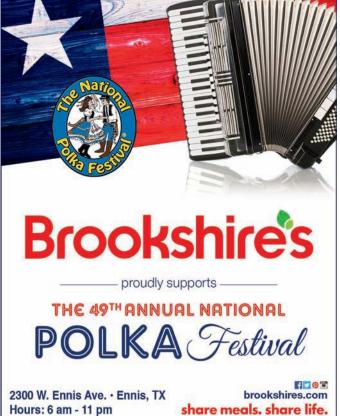
# Czech and Then Some

Thursday: 7:30 p.m.-11:30 p.m., KJT Bar Sunday: 4:30 p.m.-7:30 p.m., KJT "We enjoy playing at the National Polka Festival because of its rich Czech heritage. It's a Czech festival that focuses on dancing and good music — just a great atmosphere to perform and enjoy! Good family fun."

- Danny Zapletal, Czech and Then Some







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## Polka Festival Menus

Saturday, May 23 -Sunday, May 24, 2015





### KC Hall

### 850 S. I-45 • Ennis, TX 75119 • Prices Vary.

Barbecue beef and klobase, parsley potatoes, green beans, sauerkraut, bread, Czech pastries, tea or coffee.



### KJT Hall

### 1216 S. Paris St. • Ennis, TX 75119 • Adults: \$10. Children: \$7.

Barbecue beef and klobase, parsley potatoes, green beans, sauerkraut, bread, Czech pastries, tea or coffee.



### Sokol Hall

### 2622 E. Hwy. 34 • Ennis, TX 75119 • Adults: \$11. Children: \$7.

Barbecue beef and klobase, parsley potatoes, green beans, sauerkraut, bread, Czech pastries, tea or coffee. Or pork roast, dumplings, parsley potatoes, green beans and sauerkraut.





### Spring Garden Tour Saturday, May 16, 2015 10:30a.m. to 4p.m. CORSICANA, TX Tour six beautiful gardens and a historic Corsicana home as part of The Kinsloe House Garden Tour.

Special events include an art demonstration and sale, musical ensembles, outdoor cooking demonstrations, seminars on planting for hummingbirds, beekeeping and organic gardening. Refreshments served during the day. Boxed lunch available at The Kinsloe House. Dine in or take out. Tickets \$25; Lunch \$8.50

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May 23, 2015 - Ennis, TX 10K, 5K, 1-Mile Fun Run First race starts at 7:00 a.m. To register, go to:

www.polkafestrun.com





#### King and Queen Dance Contest



2014 King and Queen, Gary and Kara Greener

#### Friday, May 22, 2015 KJT Hall • 1216 S. Paris St. Ennis, TX 75119 All Dance: 7:00 p.m.-9:00 p.m. Dance Contest: 9:00 p.m.

Introduced into the National Polka Festival in 1987 by lifelong Ennis residents Johnnie I. and Margaret Krajca, the King and Queen Dance Contest has proved to be one of the most popular features of the festival. Participants and nonparticipants are encouraged to wear traditional Czech *kroj* (costumes) and dance the night away.

2015 National Polka Festival Special Section



The 2015 Official National Polka Festival event T-shirt features:

polka dancers, the state of Texas and the Czech and Texas flags on the front and the event sponsors on the back.

> T-shirt Color: Navy Unisex Sizes: Small, Medium, Large, X-Large and XX-Large. Cost: \$15. Available online at www.nationalpolkafestival.com.

## Fun Facts About Famous Czechs

— By Melissa Rawlins

Our nation is full of modern Czechs — people who can trace their ancestry back through time and space to a major medieval kingdom in central Europe. Known as Great Moravia, before it was incorporated into the Kingdom of Bohemia in the 11th century, it eventually became part of the 20th century Czech Republic. The region is bounded by Bohemia on the west and northwest, by Silesia on the northeast, by Slovakia on the east and by Lower Austria on the south. Meet some famous Americans whose unconventional nature is the greatest clue to their Czechness:



#### **Christopher Ashton Kutcher**

Born in Cedar Rapids, Iowa, this heartthrob of the silver screen has Czech ancestry on both sides. Ashton's paternal grandfather, Earl F. Kutcher, was the brother of Ashton's maternal great-grandmother, Leona Alice Kutcher, making Ashton's parents first cousins, once removed. Earl and Leona's parents were Michael John Kutcher and Alice Beth Sedlacek. Michael was born in Iowa, the son of Czech parents, Jan "John" Kučera and Anna Lenoč/Lenoch. The surname "Kučera" was later changed to "Kutcher."





#### George W. Bush

If you go back to the 11th century Bohemian King Vratislav II and then zoom forward through 30 generations, you come to George W. Bush. Former president of the U.S.-based Czechoslovak Society of Arts and Sciences, genealogist Dr. Miloslav Rechcigl, claims Bush's Bohemian blood is traceable further back, to Borivoj I, Duke of the Premyslid dynasty born around the year 850. Dr. Rechcigl reported on Radio CZ that the former president's mother, Barbara Bush, whose maiden name was Pierce, had Moravian bloodlines. Her Demuth ancestors followed the Hussite teachings of the Moravian Brethren and left Moravia for Saxony in the 18th century. Once in America, they established Bethlehem, Pennsylvania.

#### Madeline Albright

Named Marie Jana Korbel after her birth on May 15, 1937, in Prague, Czechoslovakia, this former U.S. ambassador to the United Nations (1993–1997) was the first woman to hold the cabinet post of U.S. secretary of state (1997–2001).



2015 National Polka Festival Special Section





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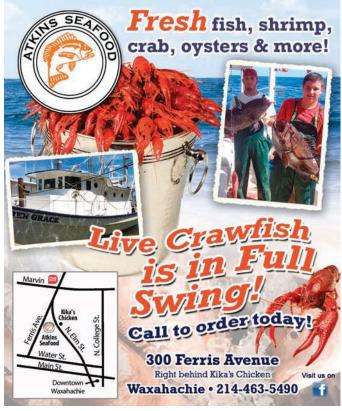


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#### — By Virginia Riddle

iH

The peaceful scent of essential oils wafts through the home, providing a heavenly sanctuary for this busy couple and their active children. Bradley and Tabetha Tyner have been sweethearts since their sophomore year and now lead very active lives full of laughter and centered on their faith, children and work. 'We started dating in 2000 and married right out of high school, at



## At Home With Bradley and Tabetha Tyner

19. Our lives have been a leap of faith ever since," Tabetha shared.

2AU/E/W

Bradley is an Ennis native, while Tabetha was born in Albuquerque, New Mexico, and found herself in Ennis to start her freshman year. They can't imagine living anywhere else but Ennis and love raising their children, 7-year-old Mason and 4-year-old Bailey, surrounded by lifelong friends and family. Their active home life also includes enthusiastic Avery, a Weimaraner puppy, and Darlin', Bailey's Beta fish. "We love the small-town feeling of Ennis, with its sense of community. It just kind of comforts you," Bradley remarked.

The couple made another leap of faith when they founded Tyner Electric, LLC in 2011. The family's business has grown over its four-year history finally enabling Tabetha to leave her position as a financial sales advisor and licensed branch executive at BBVA Compass Bank last October to join Bradley as the company's office manager. "We didn't have two pennies to rub together when we got married," Tabetha said. "Now, I can enjoy taking Avery to the office every day and make all of our children's class parties."

The family attends The Oaks Fellowship Church in nearby Red Oak, Texas. "God is always first," Tabetha stated.

"We instill good Christian values in the kids," Bradley added. Nightly family devotions take place in a room which Bradley and Mason have dubbed the "Wrestling Room," while Tabetha and Bailey playfully debate it is the "Resting Room." The men use the open space to rough house, but Tabetha loved eating lunch in the room when she worked at the bank and still, occasionally, finds time to relax by the fireplace. With its soft khaki walls and white built-ins flanking the fireplace and hearth, the room — by any name — is family central. "This room is where we can dream, and after 10 years of marriage, we still have quite a bucket list to check off," Tabetha remarked.

Nearly every inch of their home has been transformed by the couple since they took occupancy on April 20, 2012. "We knocked out walls, put in wood floors and have painted nearly all the rooms," Bradley recalled. "The house is still pretty new to us." And it's not just the interior that has received the





couple's special touch. Bradley installed gardens, a garden flagstone path and landscape lighting.

Their unique style is imprinted on the walls of the dining room and kitchen. The dining room sports what Tabetha terms as a "modern, yet classic, farmhouse glam decor," with its broad horizontal painted stripes. "I had to measure and tape everything off, but it was worth it," Bradley said. "We try to have dinner every night together."

Bradley's work takes center stage in the red, white and black kitchen in the

form of the island he built. A coffee bar is set nearby, with its old-fashioned signage. "I love the black and white tiled backsplash," Tabetha confessed.

The family relaxes in the media room surrounded by trophy displays of ducks, antlers and deer skulls from Bradley's hunting trips. Since he also hunts wild hogs, Tabetha revealed, "Hunting season never ends." The room includes two large closets — one a hunting closet and the other a crafting closet for Tabetha, who loves to scrapbook the family's memories. Comfortable seating, with zebra- striped



pillows and the children's crafting table complete the room.

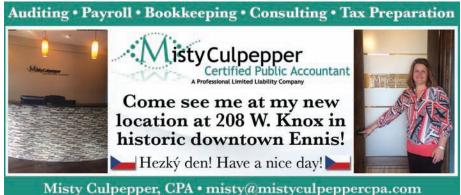
Bailey's bedroom is everything a little princess could want. Painted creations of a tree and butterflies done by mom and a friend decorate her walls, along with her framed silhouette with the words *How precious are your thoughts about me, oh God.* "Every night Bailey prays that the people in the city of Ennis are kept safe and warm," Tabetha said. "We have a map to remind Bailey what her prayer really

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Ennis Care Center was the best decision I ever made as a new graduate. I have learned so much over the years and admire the high standards of care the staff provides to every resident and family member. ECC is like a home away from home, and you know your peers truly care about you and your family. - A. Zamora, LVN, 10 years of service.

Ennis Care Center is just awesome! The relationship you develop with the patients and co-workers turns into a bond that you can't find anywhere. I'm so proud to be part of ECC! I brag about it every chance I get. - M. Juarez, RN, 3 years of service.

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## Ennis High School Lioneffes 27th Line



Photo courtesy of Stephanie Constable Ph

Our Family would like to express our deepest and most sincere appreciation to the Ennis High School Lionettes 27th Line for their unwavering support of Ashley through this difficult time in her life. Ms. Cassie Ortiz, the Lionette Officers, the Lionette Seniors and all of the Lionette Team Members, Managers and Escorts have been nothing short of amazing in helping to lift Ashley's spirits on a continual basis. Ashley is proud to have been a part of this amazing organization during her high school career.

We would also like to thank the Members of Baylor Baptist Church and Pastor Chet Hensley, Ennis ISD Administration, Ennis High School Staff and Faculty, Bootbacker Booster Club Officers and Members, Ennis Band Boosters, Iota Eta Chapter of Beta Sigma Phi, Cakes by Debbie, all of the Lionette Spring Show raffle donors and participants, NOW Magazines and our circle of friends for their support of our family during Ashley's battle with cancer.

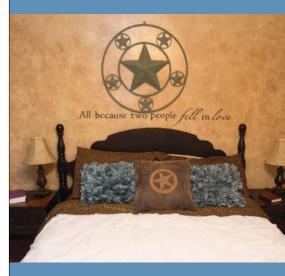
It is truly a blessing to be part of a community that comes together in support of one of their own in times of need.

With the utmost Thanks, The Fisher Family



means and where Ennis is in this world." The pink and turquoise room, decorated with delicate white gauze and twinkling lights, is the perfect abode for Bailey and Darlin'.

Mason's room consists of vibrant blue walls and one full wall of chalkboard paint, where he can draw and record his



important thoughts. A fan of hot wheels, Mason has mounted a track on another wall. He loves to lounge with his 12foot snake pillow. Both of the children's rooms and shared bath are well-kept. "We have a chore chart. They can each earn \$3 every weekend, if they do their chores," Tabetha revealed. One of those chores is keeping everything tidy!

The couple has created a restful retreat in the master bedroom that leads through double doors into the bath. A mirror, created by Bradley, is framed elegantly with a cross and mounted on one wall. "Bradley can build anything. He's incredible," Tabetha said proudly. The soft hues painted and stained on the walls were done by Tabetha and a close friend. "It was already textured, but we handstamped the walls with rags and wood



stain for hours. It was very painstaking work, but I love the outcome," she said. "We are so blessed with down-to-earth friends who have all contributed to our home." Proud of their roots and heritage, the couple has hung a Texas star above the bed.

Roots are important, but this couple also likes to travel abroad. "It's become a yearly habit," Bradley remarked. Favorite past cruise destinations have been



Honduras, Belize, Jamaica, Cozumel and Grand Cayman.

Bradley and Tabetha set a good lifestyle course for their kids by eating healthy and working out together. They enjoy the friendly competition between each other. Bradley cooks, and Tabetha bakes healthy food choices. If laughter truly is the best medicine, their home is full of good vibes. "The kids constantly make us laugh," Tabetha said.

"It's the little things. One day the kids wore our clothes and ran around the house acting like us," Bradley recalled. Other great memories include Mason learning to ride his bike without training wheels and watching Bailey dance each night to her favorite music.

"Sweet memories," Tabetha added. "Everyday life is special to us. We've personalized our home, and though it's not perfect, it's perfect for us." **NOW** 







# Summer Fun! - By Amber D. Browne

Summer is just around the corner! Parents will be searching for activities to keep their children busy, other than playing the newest video game or watching their favorite television shows. Choices for summer camps are abundant in the local area. Full-day or overnight Camp Fire programs can be reserved, and many school districts sponsor sports and cheerleading camps. Museum, library, cooking and art, and other day or weeklong camps for kids are offered through various nonprofits, community centers or businessrelated groups.

## **Nature Activities**

With all the hustle and bustle of today's world, technological distractions and busy schedules of adults and children, sometimes we forget to enjoy the outdoors. This summer, why not make time to get back to nature? Multiple state parks are within driving distance



and offer a variety of activities to enjoy. From hiking trails and bird watching adventures to star gazing and overnight camping, families can soak up what Mother Nature has to offer. You can visit www.tpwd.texas.gov for state park locations and a calendar of events.

If you want to stay close to home, city parks provide a great place to picnic and enjoy the outdoors. Many include playgrounds for children to exert that extra energy. Your own backyard can provide an afternoon of fun. Why not have the children search for rocks and then paint them for family members and friends? Parents can put together a



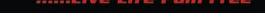
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simple scavenger hunt for the children. Draw a map that includes the number of steps to a landmark in the yard where the kids will find a hidden clue. The final clue should identify the location of a hidden treat or picnic basket of goodies for lunch.

## Nature Safety Tips

If you and your children plan to spend time outdoors either at overnight camps or hiking the nature trails, please keep in mind the following safety tips. Keep an eye out for poison oak and poison ivy. Both of these plants can cause an itchy rash that will stick around for up to three weeks. Calamine lotion can help relieve the itchiness. Remind children not to eat wild berries they may come across on the trails. If you're out in the sun, don't forget to slather on the sunscreen!



## Water Activities

The State of Texas is full of beautiful waterways that provide ample opportunities for some fun in the sun.



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Families can enjoy canoeing or tubing down winding rivers and boating in refreshing lakes. Fishing is also a favorite pastime for many. According to the Texas Parks and Wildlife Department website, residents who fish in the state's public waters are required to have a fishing license. However, there are several exceptions to this rule. No fishing license is required if the resident is under 17 years of age.

Taking a dip in a community or backyard swimming pool is always a good choice for some fun in the sun. With swirly slides, wave pools and more, water parks bring out the kid in all of us. Swimming lessons are available at the YMCA, at some city pools or even at a community member's private pool.

Boat enthusiasts are out enjoying the warmer temperatures. Local lakes offer open water to ski, wake board, tube or just relax on the boat deck. Many lake businesses offer rentals for jet skis and other personal watercrafts. Read all instructions before getting onboard watercraft and keep safety in mind.

## Water Safety Tips

The week of May 16-22 is designated as National Safe Boating Week. When boating, life jackets are a must. According to the TPWD, children under 13 years old must wear a U.S. Coast Guard-approved personal flotation device in a boat under 26-feet in length. Every occupant on a personal watercraft is required to wear a life jacket.

Sunscreen is also a necessity when out on the water. The American Academy







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of Dermatology suggests applying sunscreen with an SPF of 30 or higher to all bare skin at least 15 minutes before heading outdoors. The sunscreen should be reapplied every two hours.



## **More Family Fun**

Warmer weather entices people to get outdoors and soak up the rays. For those rainy days or if you prefer a few hours of indoor entertainment, the local area has plenty of places to share the day together. Children can learn while having fun at the Dallas World Aquarium, Dallas Zoo, Dallas Arboretum and Botanical Gardens and Perot Museum of Nature and Science. Fort Worth is home to numerous museums, the Fort Worth Zoo and the Fort Worth Botanic Gardens. Families can learn about wildlife at the Heard Natural Science Museum and Wildlife Sanctuary in McKinney, hand over a few treats to exotic animals at Fossil Rim Wildlife Center or spend the afternoon checking out prehistoric creatures at Dinosaur World in Glen Rose.

Do you want to check out the latest blockbuster? Many movie theaters now serve a variety of food and drink items on their menus. Drive-in movie theaters are an option for a night out under the stars. Most theaters offer convenient online ticket reservations. Or if live entertainment is more to your liking, you might consider attending a performance at Winspear Opera House in Dallas or the Bass Performance Hall in Fort Worth.

With nearly three months of summer ahead of us, parents and children can take advantage of many of the options available to them. Whatever you and your family choose to do this summer, keep safety in mind and don't forget to have fun!

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Dr. Katherine Brown and the staff at Ennis Pediatric & Adolescent Health Care Center believe in treating patients like family.

# Hometown Medical Caretakers

Dr. Katherine Brown's team of professionals is available when needed. — By Virginia Riddle

When parents experience the anxiety of having a child who needs medical attention, Dr. Katherine Brown, M.D., FAAP and her team of medical professionals at Ennis Pediatric & Adolescent Health Care Center are there to ease concerns in a caring and "home-style" environment. "We are part of the community and are the caretakers of families. We are going to take care of patients even after hours and on the weekends," Dr. Brown, an Ennis native, affirmed.

Dr. Brown opened her office in 2011. Patients, aged birth through teenage years, and their families are welcomed into a cozy atmosphere, complete with wood floors, picture windows and flat screens playing movies in exam rooms. "I designed this office to feel like a welcoming home," Dr. Brown said. Staff members' familiar voices and faces put patients and their families at ease. "This practice is like a team sport," Becky Lucas, one of the nurse practitioners, stated. Nurse Kim Tay, with 20 years of experience and a great bedside manner, is often the familiar "front line" voice on the phone. Dr. Brown's staff also includes Elaine Donet, nurse practitioner; Debbie Prachyl, office manager; Whitley Gilbert, medical assistant; Whitney Smith, front desk receptionist; and Karen Witte, Dr. Brown's mother and support system.

"We all have our specialties, but we are always discussing patients," Dr. Brown stated. Elaine and Dr. Brown specialize in newborns — even prior to birth — through childhood, while Becky specializes in adolescent medicine. "It's important to be

## Business **NOW**

consistent and provide good crossover communication between staff members and with families and patients," Dr. Brown said. "We keep up with the best practices by attending ongoing training together, and I provide an online reference to staff. We work well with Ennis Regional Medical Center, Children's Medical Center of Dallas and Cook Children's Health Care System-Fort Worth and learn from the experiences," she added.

Sick patients are seen the same day, and appointments, whether a sick call or well-check, are scheduled with time planned for full examinations, diagnoses and discussions. "We purposely leave open slots in the daily scheduling. We don't want anyone to ever feel rushed," Dr. Brown said.

Following Dr. Brown's graduation from Baylor University, she received medical training at The University of Texas Health Science Center at Houston. Her internship and residency years were spent at Children's Memorial Hospital, which is affiliated with the Feinberg School of Medicine at Northwestern University in Chicago, Illinois. Dr. Brown is board certified through the American Board of Pediatrics and is a fellow of the American Academy of Pediatrics. She is a member of the Texas Medical Association and the Texas Academy of Pediatrics. Dr. Brown serves on the Ennis Regional Medical Center board and is head of pediatric services at the hospital. Her practice is a member of the Ennis Chamber of Commerce.

Just as Dr. Brown was completing her residency, she received a fortuitous postcard notifying her of an opening for a pediatrician in Ennis. Her hometown roots were beckoning. Dr. Brown opened her clinic. She married an Ennis native, Jerod Brown, and the couple has two children, Caroline and Tommy.

"I was drawn into medicine, because my grandmother was a nurse. I love the kids, and pediatrics is a very unique specialty. We are part of our patients and their families' lives," Dr. Brown said.

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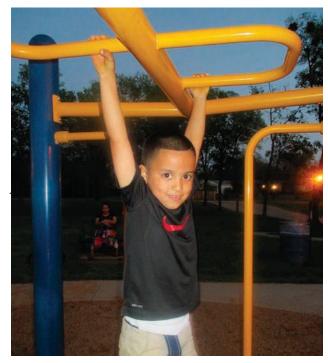
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## Around Town NOW



Christian Rangel is just hanging around on a mild spring night.



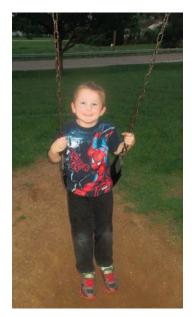
Citizens National Bank presents the Ennis ISD Education Foundation with a \$25,000 check at their business after hours recently.



Bill and Irene Vitovsky enjoy great company on an evening out in Ennis.



Eric Cruz and Caleb Nekuza are all smiles while working the evening shift at Cotton Patch.



KJ Wood is swinging the night away at Lions Park. He just turned 5 on Easter Sunday.



New Chamber members Ennis Foot & Ankle, Chris Frenetia with Edward Jones, Lane Grayson Ellis County Commissioner Pct 2, Misty Culpepper CPA and Evan Newell with Vintage Cross receive a warm welcome.



William and Vikki Connor, of Creekside Heritage Farm, along with Chandra Flanagan, greet customers at the first Farmers Market of the year.



Steve and Patti Nash stop to visit at a recent business after hours hosted by Massengill Schanfish.



Barbara Pistole, Janice Coleman and Mayfair Mullican enjoy "Friday Night Singing" at the Bristol Store.



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## Health **NOW**

## So How About That Cup of Joe?

There are few experiences in the lives of many Americans more satisfying than enjoying a freshly brewed cup of coffee in the morning. The long lines at Starbucks attest to the value we place in that highly esteemed beverage. The average American worker spends approximately \$1,100 dollars annually on coffee. Add to that the proliferation of energy drinks, teas, etc. and we find that we are a truly caffeinated nation. One simply must ask the serious question: Is that OK?

Numerous studies have demonstrated the benefits of caffeine in enhancing mental alertness and improving response time. However, too much caffeine is also associated with jitteriness, irritability and sleeplessness. Further, excessive doses may also lead to diarrhea, increased urination and irregular heartbeats. Can that really be good? Ironically, former coffee drinkers who manage to wean themselves completely off of coffee often feel more energy and are better rested than their coffee-drinking counterparts.

While there is no officially sanctioned safe dose of caffeine, many investigators suggest limiting daily caffeine intake to 300 mg per day. That is equivalent to about three 8-ounce cups of a typical home-brewed coffee. However, not all coffees are created equal and some may have as much as 150-175 mg per 8-ounce cup. Further, let's be honest. Most of us are drinking from a substantially larger cup with correspondingly more caffeine. Throw in an energy drink or two containing up to 242 mg caffeine per serving and the recommended daily limit is absurdly exceeded. Let's be clear that the consumption of coffee has withstood the test of time and is not associated with any known medical malady if enjoyed in moderate doses. The appeal is to reasonable limitation of daily intake appropriate to the individual. For instance, lighter weight individuals might set a daily caffeine consumption at 200-225 mg per day instead of 300 for larger individuals. People under the age of 20 and over the age of 60 might also consider the lower limits as these groups tend to be more sensitive to caffeine side effects. Those with heart or lung problems or with chronic anxiety should also be encouraged to be more temperate in caffeine consumption. Any individual experiencing symptoms of heart palpitations should consult with their physician.

So, what do you do if you recognize that your caffeine consumption is excessive? The primary recommendation is to wean down, especially if the total daily consumption is 500 mg or more. Sudden cessation is often associated with intense headaches which may last for days. Drinking so-called half-caff, which has half the usual amount of caffeine, is often a valuable tool in the weaning process. Consider the substitution of herbal teas for usual coffee times as they contain no caffeine but may satisfy the urge for a warm beverage. See you at the coffee shop!

Larry A. Jinks, M.D., F.A.C.P. Ennis Doctors Center



## When Investing, Use the "Power of Three"

Many factors will affect your results as an investor — and some of these factors are beyond your control, such as interestrate movements or the Eurozone debt crisis or the sales results of the companies in which you invest. However, as you work toward your financial goals, you will find that you actually have control over three of the most important drivers of investment success: time, money and return.

Let's look at these three elements:

**Time** — Time can be a big asset — if you use it wisely. However, many young people, just starting out in their working lives, think they can wait until "later" to begin investing, as their retirement is so far away. But this could be a mistake. The earlier you start to invest, the more money you will put away and the greater the potential for your money to appreciate. If you do wait until mid-career before you start seriously saving and investing for retirement, you will still have options, but you may need to make some trade-offs, such as possibly retiring later than you had originally planned. So here's the key: Start investing as early as possible — and keep investing.

**Money** — Not surprisingly, the more money you invest on a regular basis while you are working, the more money you'll likely end up with when you retire. Suppose, for example, that you invested \$3,000 per year and earned a hypothetical 7-percent annual return. After 30 years, you'd have accumulated about \$303,000 (assuming the investment was placed in a tax-deferred account, such as a traditional IRA). But if you put in \$5,000 per year, instead of \$3,000, and earned the same hypothetical 7-percent annual return, you'd end up with about \$505,000 after 30 years, again assuming the investment was placed in a traditional IRA. The difference between \$3,000 per year and \$5,000 per year isn't all that much — just about \$40 a week but after 30 years, these relatively small differences can add up to a big sum of money. Of course, this is just a simple illustration that shows how saving more can possibly put you in a better position in the future. Keep in mind that there are no guarantees and that the value of your investments will fluctuate.

**Return** — You might think that your investments' rate of return is the one variable over which you have the least control. However, "least control" doesn't mean "no control." You can control your potential return to the extent of selecting a mix of stocks, bonds, government securities and other investments that reflects the level of risk you're willing to tolerate in exchange for the potential growth you'd like to achieve. By creating this mix, you can help yourself avoid the biggest investment risk of all not reaching your long-term goals.

By investing for as many years as you can, putting in as much as possible each year and choosing an investment mix that provides you with the greatest potential reward given your risk tolerance, you can take command, to a significant extent, of your own investment success. And that's a type of authority you won't want to relinquish.

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

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Calenda

#### May 1, 2, 3, 8, 9, 10

Theatre Rocks! presents *Godspell*: **Saturdays**, 7:30 p.m.; **Sunday**, 2:30 p.m., 505 N.W. Main St. Tickets: adults \$15, senior citizens and students, \$12. For more details and to purchase tickets, call (972) 878-5126 or visit www.theatrerocks.com.

#### May 2

Cinco de Mayo Celebration: 8:00 a.m.-1:00 p.m., downtown Ennis. For more information, call (972) 878-4748.

#### May 2, 3, 9, 10, 16, 17, 23, 24, 25

Scarborough Renaissance Festival: For more information, call (972) 938-3247 or visit www.srfestival.com.

#### May 8, 9, 10, 15, 16, 17

Ennis Public Theatre presents *The Glass Menagerie*: **Saturday**, 7:30 p.m.; **Sundays**, 2:30 p.m., 2705 C N. Kaufman St. For more information and to purchase tickets, visit www.infor@ennispublictheatre.com.

#### May 16

The Kinsloe House "Floriade" Garden Tour: 10:30 a.m.-4:00 p.m., The Kinsloe House, 618 W. Third Ave., Corsicana. Tour five residential gardens and a historic home. Tickets are \$25. Boxed lunches are also available by reservation for \$8.50 at The Kinsloe House. Call (903) 874-5791 or (903) 654-0239 for more information.

Bristol Volunteer Fire Department Dinner & Dance: 5:30-11:00 p.m., 100 S. Old Walnut at the Firehouse in Bristol. The event will include live and silent auctions and a bounce house for the children. A barbecue dinner will be served from 5:30-7:00 p.m. \$10 adults, \$6 children. Live music by Ira Bradford & Bustin' Loose.

#### May 22 — 24

49th Annual National Polka Festival: For full details, maps, band schedules, etc. call (972) 878-4748 or visits www.nationalpolkafestival.com.

#### May 29, 30

Waxahachie's Old Fashioned Singing Project presents "Heaven's Front Porch": **Friday**, 8:00 p.m., **Saturday**, 3:00 p.m., Chautauqua Auditorium, Getzendaner Park. Tickets will be available at the door. For more information, visit www.waxaofs.com.

#### June 6

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport. Free parking. Public invited. Breakfast tickets: adults and children 8 and above: \$6. Children under 8: \$3. For more information, call (972) 923-0080 or visit www.mid-wayregional.com.

#### **Ongoing:**

#### Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at ccurry\_98@yahoo.com.

#### Fourth Thursdays

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

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





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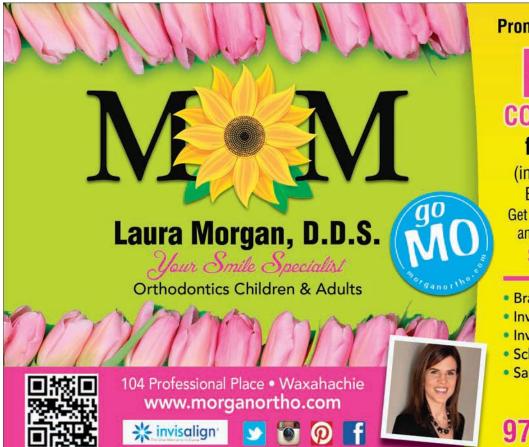
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## Cooking **NOW**



## In the Kitchen With Tracey Johnson

#### — By Sandra Strong

Tracey Johnson has always loved to cook. She finds time in the kitchen to be relaxing. Over the years, she's learned a few things from family members, but she enjoys experimenting with recipes to make them her own. Cooking for her family has presented one interesting challenge. "My husband, Brian, is allergic to chicken," she shared. "It's been especially hard to keep the dishes I prepare interesting."

Growing up, Tracey lived from coast to coast, which has definitely influenced some of the dishes she prepares for her family and friends. "But I will say, nothing is more enjoyable than cooking a huge, down-home, Southern spread for some very appreciative Texans," she said. "Texans know how to enjoy food, and that makes a cook very happy!"

#### Gumbo

- 1 lb. link sausage
- 1 medium onion, chopped
- 5 generous splashes Worcestershire sauce
- 1 15-oz. can original Ro-Tel diced tomatoes
- 1 14-oz. can tomato sauce
- 1 12-oz. bag frozen okra
- Tony Chachere's Creole Seasoning, to taste
- 2-4 cups water, to desired consistency
- 1-2 cups cooked white rice, to taste
- 1/2 lb. shrimp, uncooked, peeled, deveined and tails removed

**I.** In a large frying pan or saucepan, brown the sausage and onion in Worcestershire

sauce until meat begins to brown and onions look clear or brown.

**2.** Add Ro-Tel, tomato sauce and okra. Add Creole seasoning to taste, depending on how hot you like it.

3. Pour mixture into a Crock-Pot. Add water and then cooked rice. Cook on high for two hours. Add shrimp. Cook for another hour.
4. (If you want to leave the gumbo in the Crock-Pot all day, cook on low for 6-7 hours, add shrimp and cook for another hour.)

## **Chicken Fried Steak**

- I 48-oz. bottle vegetable oil
- 4 eggs
- 1 cup milk
- 2 cups flour

#### Garlic salt, pepper, seasoned salt and Creole seasoning, to taste I-2 lbs. cubed beef or deer steak, tenderized

**I.** Preheat oil in an electric frying pan to 475 F. In a medium bowl, combine eggs and milk. Whisk together. In a large bowl, combine flour and all seasonings.

**2.** Dredge each steak in egg mixture, then in the flour mixture twice. Place in hot oil. Only turn once, and do not turn until each steak is floating. Once turned, cook until both sides are brown.

**3.** Most people serve this with potatoes, but you can also serve it with rice and your favorite gravy.

### **Banana Pudding**

- 2 3.4-oz. boxes JELL-O cheesecake instant pudding mix
- 2 cups milk
- 1 14-oz. can Eagle Brand Sweetened Condensed Milk
- 1 8-oz. pkg. cream cheese, softened
- 1 8-oz. container Cool Whip
- 1 11-oz. box Nilla vanilla wafers
- 6 bananas, sliced

Using an electric mixer, beat the pudding mix and milk in a large bowl for 2 minutes. Add the condensed milk. Beat just until blended. Add cream cheese and blend.
 Gradually mix in Cool Whip. In a 9x13-inch dish, layer the wafers, bananas and pudding mixture, ending with wafers on top. Chill for 2 hours before serving.

## Cheeseball

2 8-oz. pkgs. Philadelphia

Cream Cheese

2 generous splashes Worcestershire sauce

I pkg. Hidden Valley Ranch dressing mix Parsley, to taste

1 8-oz. bag shredded cheddar cheese 1 4-oz. pkg. pecans, chopped Ritz crackers

**I.** In a mixing bowl, combine cream cheese, Worcestershire sauce, dressing mix, parsley and shredded cheese. Beat on high until all ingredients are blended.

**2.** Remove from bowl. Place on waxed paper or smooth surface. Mold mixture into a ball. Roll the ball in pecans.

**3.** Refrigerate 2 hours before serving. Serve with crackers.

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- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately, your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

We are so confident that we can help you eliminate your pain that we are offering a free consultation to see if treatment can help you. There is no obligation, and the only thing you have to lose is your pain.

Call now to live pain-free without drugs or surgery.

Dr. David Marcial, D.C. Clinic Director
 Dr. Michael K. Shrader, M.D. Medical Director
 April Morgan Family Nurse Practitioner

Call now to change your life. You can live pain-free.

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