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ON THE COVER



The bison welcomes visitors to Kachina Prairie.

Photography by Amy Ramirez.

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Editor's Note

Happy Father's Day!

I'm excited for all June has to offer. A mini-vacation promises fun times with my grandsons, Easton and Zane. Plans are to visit the zoo, watch a "big boy movie" at ShowBiz and spend the night at a local hotel. We're going to have fun eating pizza and acting like three little monkeys jumping on the bed. Hopefully, no one will fall and bump their head!

After church on the 21st, I plan on stopping to buy a bucket of fried chicken and taking a drive to Lake

Bardwell to reminisce about the good times my dad and I had over the years. I will find happiness remembering those special times. Although shorter than I would have liked, I feel blessed for each and every memory. And I won't forget to wish him a Happy Father's Day as I watch the clouds roll by.

Sandra


Sandra Strong

EnnisNOW Editor

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A R A R E TEXAS *Jewel*

— By Virginia Riddle



Long ago, Native American tribes and the bison roamed the area that is now called Texas, but time changed this land, except for what appears to be a sea of tallgrasses, native flowers, trees, vines and wildlife that is called the Kachina Prairie on the edge of Ennis. Part of the original 12 million acres of the Blackland Prairie, the 30 acres of Kachina Prairie offers a peaceful view into the past within a stone's throw of today's vast cities and farmland. "This is a totally unplowed prairie. It has never seen a farmer's disc harrow," Anne Anderson, president of the Ennis Garden Club, revealed.

"This was such rich soil that when settlers came, almost all of it was put into cropland," Linda Almes, member of the EGC and certified Master Naturalist, explained. In 1873, Captain Mark Latimer, a banker, purchased a tract of land, a part of which has become the Kachina Prairie. The city of Ennis continued to grow westward toward these virgin acres that border on Lake Clark, and in 1950, John Blassingame, an Ennis native and landscape architect with



Left to right: Linda Almes, Shirley Martinez (longtime member of the Ennis Garden Club), and Don Hellstern (Kachina Prairie project leader for Indian Trail Master Naturalist).

the Texas Highway Department, was impressed by the beautiful annual display of wildflowers. He suggested to Edna Mae McMurray that the area be opened to visitors. By 1952, the Ennis Bluebonnet Festival was proudly sharing its annual display of the state's flower and its court of colorful wildflowers and grasses with nature lovers. The annual Ennis Bluebonnet Festival, which for many visitors includes a stop at the Kachina Prairie, continues to thrill young and old, from far and near, with its beautiful displays of wildflowers.

In 1971, the Ennis City Council adopted

a resolution from the garden club to dedicate the acreage as a wildflower preserve and named it "Kachina," for the bluebonnet Indian legend, and "prairie," a word the first English explorers to this land adopted from a French word meaning "meadow." By 1985, the Kachina Prairie had become part of the Texas Land Conservancy (TLC).

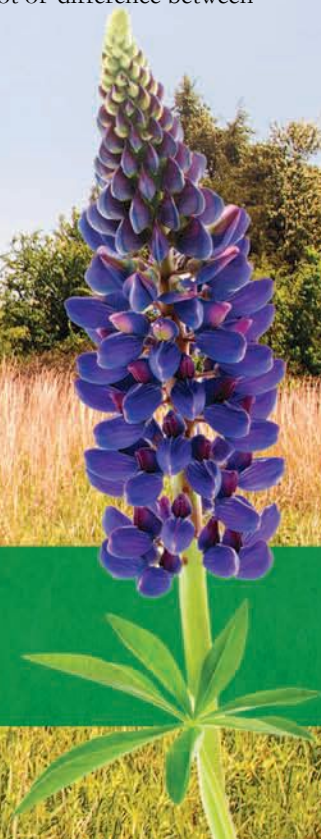
Dr. Ray Telfair, a wildlife biologist, performed much of the original research and planning that led to the dedication of the land to the TLC. He noted about 235 native plants of historical importance, thus making the site an important

center for further research, restoration and education.

It has been said that it takes a village to raise a child, but it also takes a village to conserve Kachina Prairie for future generations to enjoy. The city of Ennis, the Indian Trail Master Naturalist Chapter, the Ennis Garden Club and the TLC all join in the effort. Other community, civic, youth and school groups volunteer time and expertise. "Students at Ennis High School have built benches to set out along the paths," Linda said.

"There is a lot of difference between

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the terms *preservation* and *conservation*. Preserving implies a hands-off approach. We are not preserving the prairie, since this is an ever-growing, changing environment. Conservation takes continuous work and help," Linda revealed. The city supports the project financially, mows the walking trails and stands at the ready during control burns. TLC personnel lend conservation expertise, but the labor falls mostly to ITMN and ECG members. "We welcome help any time and would like to get more youth involved. They are the future of the land," Linda said.

ITMN members work to inform people about Kachina Prairie. A trifold poster is just one visual aid created and used in a booth during Ennis Farmers



Chris Cook and Celia Yowell work on a public outreach poster for the Kachina Prairie. Both are members of the Ennis Garden Club and ITMN.

Market days and when members speak to area organizations. The four groups' combined efforts resulted in an educational symposium held in




November 2014. ECG members help direct Bluebonnet Festival visitors to the site and man the Ennis Visitor's Center during the festival. Kachina Prairie is open to the public 365 days per year.

The site is used by area residents. Fishermen take advantage of Lake Clark's boat slip and also fish from the lake's edges. Bird-watchers can revel in the many migratory and resident species throughout the different seasons of the year.

However, nature lovers are usually aware that Mother Nature, while beautiful, can also be hazardous — especially in Texas! "We recommend that people stick to the mowed walking trails since there is a lot of poison ivy, chiggers and snakes in those tall grasses," Anne revealed, speaking from experience. Another reason for sticking to the trails is cited by Dr. Telfair, "A small acreage, such as Kachina Prairie, can easily be damaged by people doing no more than walking through it (trampling plants, compacting soil, causing soil erosion)." He recommended the walking trails be periodically inspected and moved and that no plants be picked.

Recently, the "Bring Back the Bison Campaign," sponsored by the ITMN, was successful in erecting a life-size bison statue on the prairie as a reminder of those great inhabitants of the plains.



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Immediate plans for Kachina Prairie include building an on-site kiosk that will contain brochures and news of the prairie and benches to be placed along the trail. ITMN members are always ready to speak to groups and conduct guided walking tours, with prior arrangement.

Linda grew up in Dallas but harks from a farming and gardening heritage. "My parents were country people. We always had gardens, so when I grew up, I gardened even when I rented a house," she said. She became a member of the Dallas Native Plant Society and was certified as a Master Naturalist in 2014. This educational program, sponsored by the Texas AgriLife Extension and the Texas Parks and Wildlife Department, trains volunteers to help maintain the state's natural areas, participate in annual bird counts and volunteer in communities. Some Master Naturalists also participate in the CoCoRaHS (Community Collaborative Rain, Hail & Snow Network).

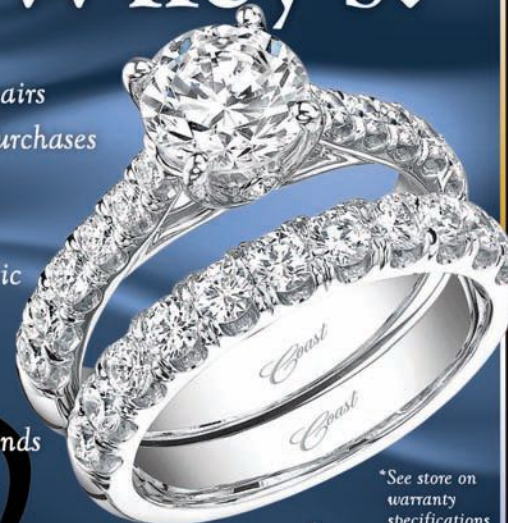
Gardens are on Linda's mind when she travels. Retired after 30 years spent as a medical professional, her favorite gardens include the Dallas Arboretum and Botanical Garden, the Japanese Garden at the Fort Worth Botanic Garden and the Butchart Gardens in British Columbia. She especially enjoys gardens filled with native plants.

"When I retired, everyone I knew was still working. I have built new relationships and enjoy the camaraderie, while sharing a love of nature. We are contributing to our community, so I have a sense of true accomplishment," Linda said. **NOW**

Editor's Note: For more information or to volunteer, visit www.txmn.org/indiantrail.

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From Retro to Revitalized

— By Callie Revell

Mike and Shelli French have a long history together. They met at Ennis High School and have been together ever since. Recently, they celebrated their 30th anniversary, and they have been blessed with four children and five grandchildren. Having so many memories in Ennis, it made sense for them to find a

At Home With Mike and Shelli





*home here where they could truly
put down roots.*

The home they found did not come wrapped in a pretty bow. When Mike and Shelli bought their house and the surrounding property in 2008, the 1960s tri-level needed a lot of work. "We primarily bought it because of the lot. Being close to the lake and having lots of trees made it impossible to resist,"

nd Shelli French



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Mike said. Mike saw past the run-down, neglected appearance and visualized a future home for his family. "Even as a kid, I would pass by the house and see potential. When we had the opportunity to buy it, I was pretty excited."

Shelli wasn't so sure about the house, at first. "My thought was, *No!*" Shelli laughed. She appreciated the country atmosphere and its proximity to town, but the actual house did not appeal to her much, and she needed convincing from

her husband. "He saw a lot of potential, and he said, 'You just have to trust me.' I'm so glad I did. I absolutely *love* it now," she added. These days, you would never guess the house is 50 years old.

Getting the home to where it is today took years of serious renovations. "Everybody told us to tear it down and start over," Mike said. "Instead, we gutted it and took everything down to the studs. We redesigned the original layout and added on to it." In the

process, they converted the tri-level into a four-level home by constructing a second story above the spacious living room and adding a second living room on to the back.

Originally, the house had a cramped floor plan and a maze of dark hallways. Mike thinks hallways are a waste of space, so they focused on removing almost all of them from the home. To do this, they opened up their galley kitchen and split the ground floor staircase into



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two separate staircases for different areas of the house. This allowed them to convert their old laundry room into a cellar pantry. The rooms in the pantry are lined with red brick and salvaged wood paneling. "All this wood came out of old downtown buildings, one in Ennis and one in Corsicana," Mike said.

Almost every room in the house focuses on the amazing views the property has to offer. They added French doors to the master bedroom to provide views of the backyard and the lake. Upstairs, they installed a wraparound balcony. "When we started the renovations, we didn't even have this finished," Mike said. "You could open the door and walk out to nothing." Now that it's complete, the balcony covers the back and side of the house that faces the lake.

"We really love the views," Shelli said. "We've tried to make the outside part of the inside." Although they don't own the land behind the house, they still get to enjoy the open green pasture with animals and a picturesque fence.

Shelli enjoys sitting in her office in front of the bay window with the straight line of sight all the way to the backyard and beyond. "My office is my favorite room," she said. "This is where I spend most of my time during the day." The bay window with the custom wood shutters is original to the house and offers plenty of natural light in the room. Since Shelli works from home, it was important to have a functional office that could also serve as a playroom for their grandchildren when they visit. Besides the bay window and its shutters, some of the only remaining pieces of the original house are the three back doors, which were converted into windows and used in the back wall of the added-on living room. The doors open up the house to the backyard and pool area.

According to Shelli, their home is always a work in progress, and the renovations might never be finished. "He's in construction, so we're always



looking at new things,” she said. “You get ideas, and you just constantly want to try them out.” They just installed their pool last year, and they recently put the finishing touches on their stylish living room fireplace. Their next projects will focus on adding an outdoor kitchen and bathroom to their backyard. They used to have a rustic theme with darker tones, but they have gone through and lightened everything up over the past two years with new paint. “I don’t have a certain style,” Shelli said. “If I like it, I like it.”

Mike and Shelli love entertaining, and their house suits their needs well. “It’s not necessarily the *things* in it but the *people* in it,” Mike said. “People love to come here and just enjoy the space.” They have hosted church functions, wedding receptions, showers, birthday parties and engagement parties in their home over the years. “It’s got a country setting, so you can do a lot of things here. It’s very peaceful, even though it’s right next to the road. You can fish in the lake, do water activities, swim, and you can play. All those things are what we love to do — this is a great place where our family can have fun.”

They don’t have many sentimental heirlooms or pieces of furniture. Instead, they focus on making their home comfortable for themselves and their guests. “I just bought that new chair to rock my new grandbaby,” Shelli said, as an example. “It’s all about function. We just love everyone coming over and having a good time. That’s what makes this place our home.”

Compared to what it once was, Mike and Shelli’s home is nearly unrecognizable. “I think a lot of people knew this house before we bought it, and everyone liked it because of the location,” Mike said. “People who knew the house before can appreciate what we’ve done.” Mike and Shelli have breathed new life into a dying house and turned it into a home they can enjoy for years to come. **NOW**

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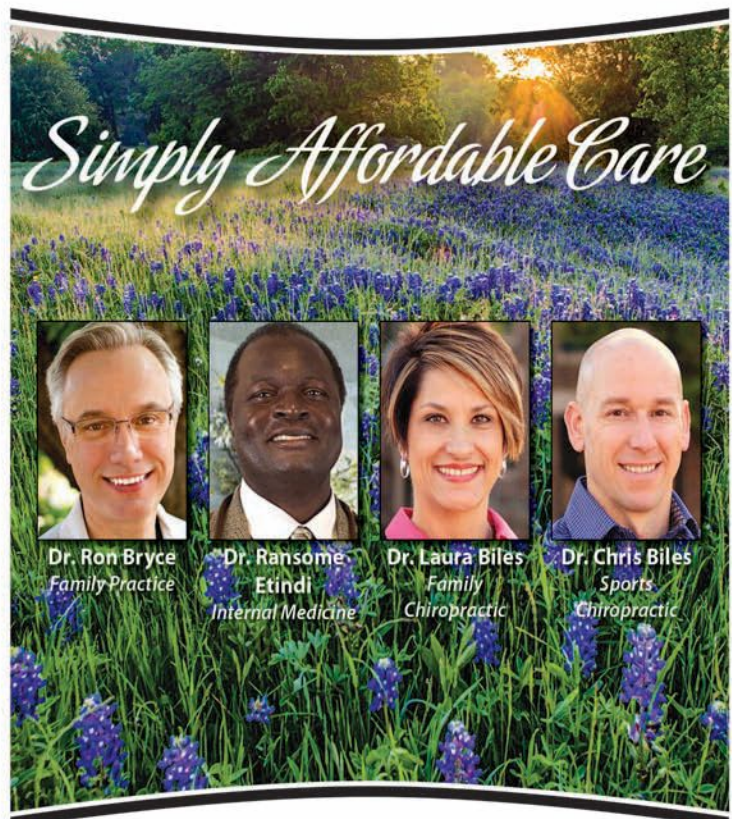


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Seven Generations of Ministry

— By Virginia Riddle

Seeking a new home, the Rev. Dr. J. David Ford and his wife, Rose, came to Ennis to look at a house that had caught their interest. “We had been searching for the right town to locate our More Than Conquerors School of Theology campus,” David said. “We wanted to find a location near but not in the DFW Metroplex, so we were looking at smaller communities around Dallas. Ennis appeared to have exactly what we were looking for. It seemed like a very friendly city, so we purchased the home and then began to look for the right facility for our campus.”

This new school of theology focuses on two different types of students. The school is offering intensive 21-day conferences to international students who come to the campus to live. To be able to offer residential studies at a brick-and-mortar campus, David bought the former Claystone Healthcare Center facility in Ennis located at 1107 S. Clay St. It had about 21,000 square feet configured into 70-plus rooms, a commercial kitchen and a dining area that could serve as the main classroom. “We have relocated our five international ministries to our campus in Ennis,” David said.

Laborers for the Harvest Conferences are delivered in English and Spanish, since many of the students are from Central America. Evangelistic Messengers’ Association, a ministry established in 1933 by David’s father, the Rev. O.L. Ford, established New Hope Children’s Foundation in 2003 in Nicaragua. The foundation, through donors, supports a free elementary and high school for 330 children, 30 feeding centers and a 175-acre project for Miskito Indians who live in the rain forests of Nicaragua.



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"Seventy pastors from Nicaragua have enrolled in MTC for our next training session," David explained. "When these pastors return home, they will establish extensions of MTC. This will enable them to raise up laborers in their country to gather in the spiritual harvest. Rather than train, send and support American missionaries for foreign mission work, our Inside-Out Mission Program seeks to bring pastors to Ennis for a time of intensive training. We have over 2,000 ministers in 40-plus countries that are involved in reaching their own nations for Christ. This is the heartbeat of E.M.A. Conference attendees pay for their transportation, but after arriving on campus, all costs are taken care of for each student," David explained.

The school offers an extensive number of Bible courses for students living in the U.S. who wish to expand their education to better serve the Lord and prepare for Christian-related ministries within

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1. The average age of adult diagnosis is 36.
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4. Only 25% of people with ADHD have visible hyperactivity.
5. 93% of Adult Psychiatry programs for physicians do not mention ADHD in their 4 years of training.
6. Medication treatment for ADHD is almost always life-changing.

What these facts mean:

Adult ADHD is VERY often misdiagnosed as something else such as a mood disorder, impulse control problems, anger issues, or anxiety/depression. Although a lot of people with ADHD can also have other disorders, their ADHD is often overlooked and therefore not treated properly.

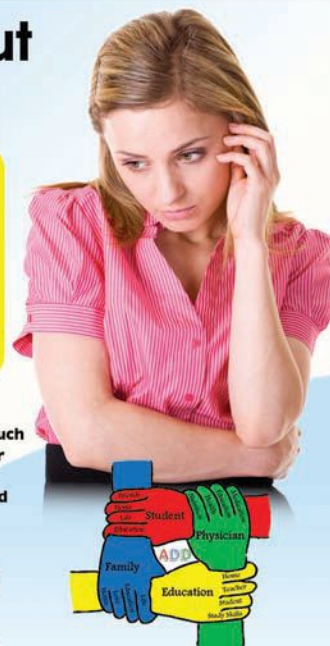
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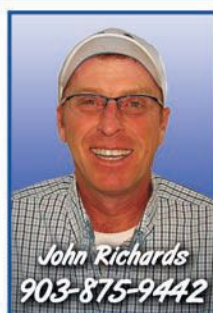
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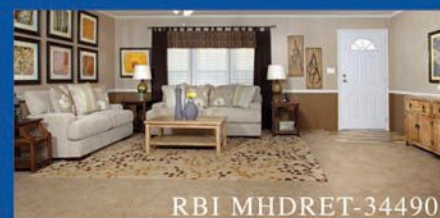
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any denomination. Enrollees can take advantage of MTC's distance learning program and study at their own pace. Traditional face-to-face classes will be offered in the future at various times to anyone who is within a reasonable distance to drive. There are full scholarships for study toward degrees, from earning a Certificate in Theology, Associate of Theology, Bachelor of Ministry, Bachelor of Theology, Master of Ministry, Doctor of Divinity or Doctor of Ministry. Graduating students who are not ordained are offered ordination through the E.M.A. with both graduation and ordination ceremonies being held at the MTC campus.

When a student enrolls, he or she completes an academic prescription form. That information will guide their course of study toward a degree. MTC is also able to convert ministry experience into credits that can quicken the obtaining of the required number of course hours to complete the desired degree. MTC is accredited through Accrediting Commission International (ACI), the world's largest non-governmental accrediting body. Credits earned through MTC are transferable to over 239 Bible schools, colleges, universities and seminaries in 32 states and eight countries.

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This past November, MTC established KWAH radio in Ennis. KWAH can be heard in Ennis at 95.5 FM and around the world via the Internet at kwahradio.org. "This Christian station is different," David explained. "A new listener doesn't need to listen long to realize the difference. In the future, we are looking forward to our students becoming involved in broadcasting through KWAH."

David is a seventh-generation minister in the Ford family. His fifth great-grandfathers helped establish the Dover Baptist Association in Ashland, Virginia, in the late 1700s. The organization was later moved to Richland, Virginia. "Both of these ministers, William Webber and Reuben Ford, worked with George Washington in seeing that religious freedom became part of the Bill of Rights," David remarked. David received his Bachelor of Theology from Christian Bible College and his master's and doctorate degrees in theology from the Andersonville Baptist Seminary.

Joining David as faculty members at MTC are Paul Elliott, Chris Kennedy and Dr. Iona Halsey from Ennis; the Rev. Kenneth Fletcher from Corsicana; the Rev. Ben Chesebro from Waxahachie; the Rev. Randy Jones from Red Oak; and Dr. David Poeana from Garland. "We are all volunteers, so we are able to offer much to students at a reasonable price. Speaking of volunteers, we are always in need of additional volunteer help from people living in Ennis and nearby communities. We need help in the kitchen preparing food, as well as many other areas, including our office and maintenance of our facility and grounds. We invite local pastors to consider joining our teaching staff," David said.

Married for 47 years, David and Rose have three children. "We were childhood

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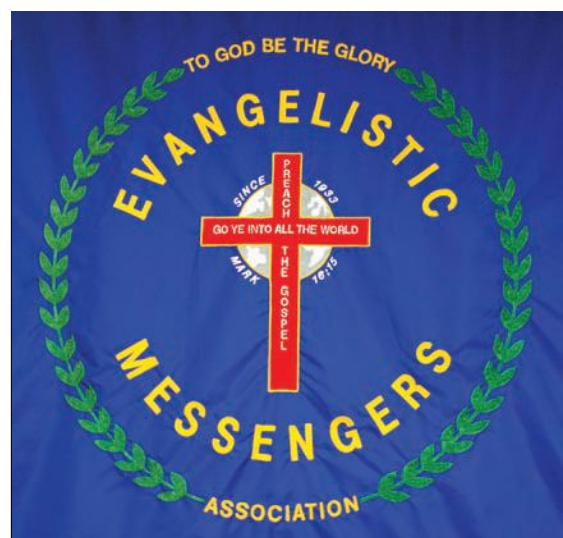
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sweethearts,” David said. Their oldest child, Charity, age 31, lives in Nicaragua where she directs the ministry of New Hope. Faith, age 28, lives in Allen, Texas, and is pursuing a master’s degree in counseling at the University of North Texas at Dallas, and son, Joshua, age 26, lives in Bedford, Texas. “We have also been blessed with six grandchildren,” David said. “All of our children’s lives we have been involved in mission work. Our trips have taken us across Europe and Central America. Our passion has been to share Christ’s love with as many people as possible,” he added.

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MTC will soon have a very real presence in Ennis since David is building the program to host Laborers for the Harvest Conferences every other month. As these newly trained pastors return home to lead their congregations, they will also hold many impressions of Texas friendliness from the volunteers helping at the seminary and the folks of Ennis. “Not only did Ennis provide us with a great place to establish MTC, it has given us a wonderful place to live,” David admitted. “We are thankful that we made the right decision concerning our relocation from Tennessee to Texas.” **NOW**

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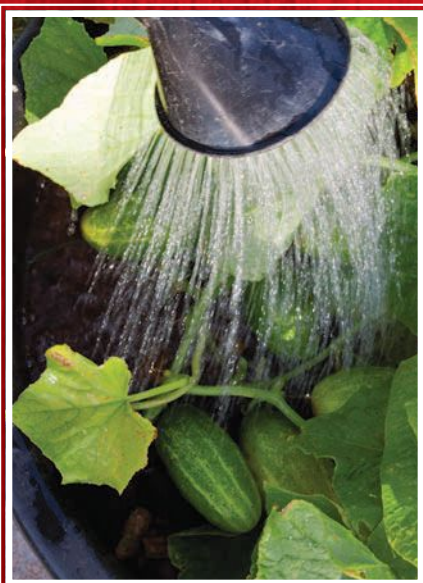
— By Virginia Riddle



By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.


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Summer high temperatures for our Blackland Prairie Region average around 95 F, with the possibility of 100-plus F successive days. Nights rarely cool below 75 F, and typically, the prairie gets about 30-35 inches of moisture a year, mostly in the spring and fall seasons. Additionally, the soils are generally shallow. We love our cold drinks, and our plants need to drink also. Compare a tomato that is about 95-percent water to a human body that is about 75-percent water, and you will appreciate your plants' summer watering needs.



Some helpful watering hints include:

1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.
2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.
3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.
4. Keep your garden weeded since weeds drink precious and expensive



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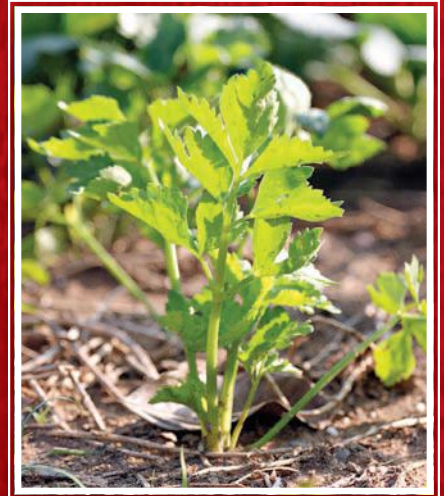
water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!



Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can be laid on the ground for about 10-15

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feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant food or high nitrogen fertilizer that is



the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic garbage can. Let the tea brew for at least four days, agitating it once a day. Apply at plant roots with a spray bottle used only for this tea, then water thoroughly.



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Pot-bound Container Grown Vegetables

If your tomato potted plants have branched out and are looking a little ragged, transplant them to larger pots, after trimming their roots slightly. If the pots have been used previously, be sure to clean them with a 10-percent solution of laundry bleach to kill any organisms or insect eggs before you refill the pot with new potting soil.

Harvesting

Pick your mature vegetables during mid-morning hours, just after dew has dried but before the sun causes the wilting of leaves or saps the flavors. Harvest herbs before the plants have gone to seed.



Plan Your Fall Garden

Our first freeze is normally about November 15. Count back the days from that date to establish a second summer planting early enough for the crops to mature before the first freeze. Favorite fall starters that go into the winter months include: lettuces, spinach, leeks, kale and collards. Start these from seeds and plant them in the garden or containers in October. **NOW**

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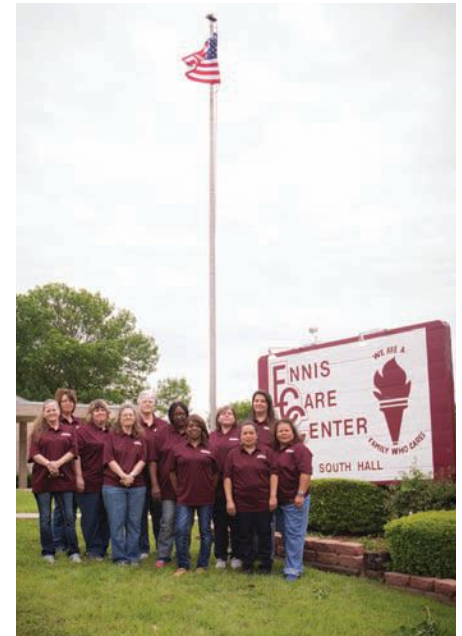


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www.enniscarecenter.com
Facebook: Ennis Care Center

Hours:

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Ennis Care Center employees create a joy of living atmosphere while administering specialized care to all their residents.

FAMILY IS FOREVER

Ennis Care Center celebrates a half century of caring for Ellis County area residents.

— By Virginia Riddle

Family is everything at Ennis Care Center. This is evident from the first time visitors are warmly greeted by friendly, helpful staff members and continues through some of the most stressful, trying times of their lives. “We are definitely a family. When residents move into our home, they and their family members become part of our ever-expanding family,” Angela Gentry, marketing director, stated.

Established in 1964, by Dan and Elise Pompykal, and currently managed by Preferred Care Partners Management Group, LP, Ennis Care Center, a long-term care facility, serves residents who need full-time nursing and rehabilitation care. “Oftentimes, our residents come to us directly from an area hospital and need to have supervised rehabilitation for a period of time and then go home. Other times, residents may be with us for years. We create a joy of living atmosphere,” Sharon Wolfe, director of nursing, said. Sharon began working for the

center in the 1970s and then left to pursue other avenues in nursing, only to return in the 1990s.

Angela and Sharon cite staffing as one of the most important components to Ennis Care Center’s success. “We have 116 staff members, 11 who have served 15-plus years, 31 have been on staff for 10-plus years. This is unheard of in our industry! We are very proud of our staff and their commitment to the ECC family,” Angela related.

A complete listing of all services offered by Ennis Care Center may be found on its up-to-date website. “We are able to handle a variety of health issues at ECC. Patients who are on ventilators are the only exception,” Angela said.

Sharon welcomes calls 24/7. “Since we treat the residents as our own family members, everyone has my cell phone number and can call me at any time.”

Potential residents and their families are welcome to tour the

facility. A rock fireplace and stained glass window are focal points in the dining room, which has an adjacent porch called Moser's Place, so named for a resident who funded this smoking area. There is a covered patio with rocking chairs and a garden area with a reading nook called Bobalik's Garden, also funded by a former resident's family. The rehab gym and rehab rooms recently underwent an extensive renovation and now ECC offers the only all-private room rehabilitation wing in Ellis County. "Family members are welcome to stay at night on the rehab wing, if they would like," Angela said.

The center's physical and occupational therapists also take residents through their actual everyday activities off-site. "We deal with major life changes by having lots of things to do and people to talk to," Sharon said.

The longest running 5-Star rated CMS Facility in Ellis County and recognition in 2013 and 2014 in *U.S. News & World*

**"WHEN RESIDENTS
MOVE INTO OUR
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THEIR FAMILY MEMBERS
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Report's list of America's Top Nursing Homes are just a few of the center's awards. The facility is a member of Ennis Chamber of Commerce and American Health Care Association. Ongoing training is completed by all staff, so they stay abreast of the ever-changing health care and medical updates.

"We offer a wholeness of life to residents and peace of mind to their families," Sharon said. "We do the hard work, so each family can simply love their resident. This is not a paycheck kind of job. We are all committed and dedicated to care of our residents." **NOW**

Rehabilitation Patient Testimonials

My stay at Ennis Care Center was my first experience with short term rehabilitation. I was happy to see that the staff were all very cheerful and friendly. The facility and my room were always clean and the food looked and tasted quite good! I am happy to recommend ECC and I would return if I ever need rehab again.

- K. Ardoin, length of stay: 20 days

My husband recently completed rehabilitation at Ennis Care Center. When we arrived he could not walk but when we left he was walking very well. We are both very pleased with his progress and with the care he received. The employees are all very nice and helpful. If we asked for something they were always quick to respond. The building was always very clean and the food was really good. We made a lot of friends during our stay and would highly recommend ECC for short term rehab.

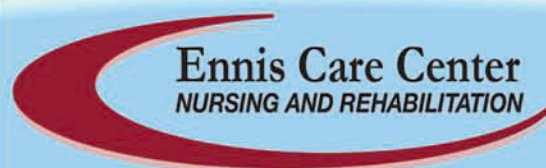
- M. Lennon, length of stay: 20 days

I have been to ECC before and I will only go to ECC when I need help. The wound care program is outstanding! I want to say a special thank you to Dolce and Jennifer A. in nursing, to Griff in therapy and to Tammy, Shellie and Angela. ECC gives good care!

- T. Rowden, length of stay: 50 days

This was my first time at Ennis Care Center for therapy but I will return if I ever need therapy again. The food was very good. I knew my stay would be long because I had no use of both arms when I arrived, but everything went really well. I had a really good stay with no regrets!

- D. Brock, length of stay: 100 days



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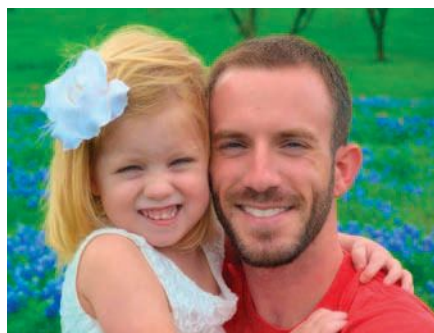
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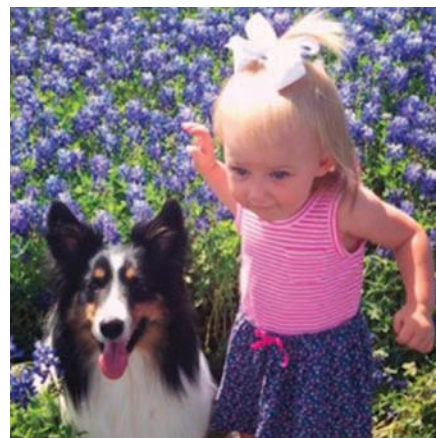
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Kylie and Casey Greer enjoy the Ennis bluebonnets.



Brynlee Vavra gets excited with her dog in the bluebonnets.



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Look Through This Lens When Making Social Security Decisions

Your Social Security benefits can be an important part of your retirement income strategy. But when should you start taking these payments?

You can begin accepting Social Security as early as 62, but your monthly checks will be much smaller than if you wait until your full retirement age, which will likely be between 66 or 67. And these monthly payments will get even bigger if you wait until age 70, at which point they max out. So, should you take your Social Security as early as possible and hope that the smaller monthly payments will be justified by the extra years of receiving them, or should you wait until you are older and hope that the bigger checks will be worth the delay?

In weighing this decision, consider the acronym LENS, which stands for Life expectancy, Employment, Need and Spouse. Let's look at each component:

Life expectancy — If your family has a history of longevity, and if you are in excellent health, it may make sense for you to take Social Security later, when your monthly benefits will be higher. You'll also want to consider your spouse's life expectancy.

Employment — If you want to keep working in your retirement years, be aware that your earnings could affect your Social Security payments. Specifically, if you take Social Security early — that is, before your full retirement age — your benefits will be withheld by \$1 for every \$2 in earned income above a certain amount (\$15,720 in 2015). During the year in which you reach your full retirement age, this withholding changes to \$1 for every \$3 in earnings over the annual limit (\$41,880 in 2015). The withheld amounts could also affect spousal benefits. However, beginning the month you attain your full retirement age, benefits will no longer be withheld

based on how much you earn. Also, Social Security will recalculate your benefits at full retirement age to account for the benefits that were withheld. In any case, if you do plan to continue working, and you think you could have significant income, you'll need to understand the effect that earnings will have on your annual benefits.

Need — In deciding when to take Social Security, here's a key question: Do you need the money? If you can support your lifestyle for several years with alternative sources of income (such as a pension) and modest withdrawals from your investments, you may be able to delay Social Security, thereby increasing the size of your monthly payments. Be careful, though, because relying too heavily on your investment portfolio can shorten its own life expectancy. It's essential that you maintain a reasonable withdrawal rate for your investments throughout your retirement.

Spouse — Your decision of when to take Social Security will affect your spouse's survivor benefit. Surviving spouses can receive their own benefit or 100 percent of their deceased spouse's benefit, whichever is greater. So, if you were to take your Social Security early, when the payments are smaller, your spouse's survivor benefits will also be permanently reduced. If you are older than your spouse, or otherwise expect your spouse to outlive you, it might be a good idea to delay taking Social Security to maximize the survivor benefits.

As you think about when to take Social Security, look at your decision through the LENS described above. It could help clarify your options. **NOW**

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

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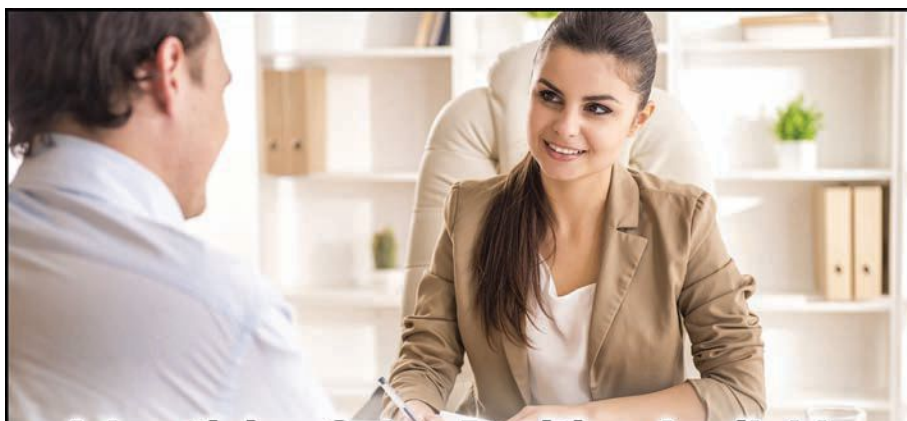
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Beyond the Sunscreen

Ah ... summer has arrived! Time to slap on the sunscreen and head outdoors to soak up some rays. Maybe a day out on the lake or a picnic at the park will fill the bill. But is sunscreen really enough? Should we be doing more to protect our baking skin?

Indeed we should! Skin is the largest organ of the body, and it is the most vulnerable to the effects of the harsh Texas sun and wind. Additionally, skin is susceptible to the drying effects of soaps and other cleansers. Failure to care properly for our skin leads to premature aging and loss of skin tone. Therefore, a few words about proper skin care are in order.

First is the need for adequate skin cleansing. While this is inherently intuitive, it is often glossed over in our hurry to get on with our day. Any standard soap will do as long as it is non-fragranced. Fragrances are alcohol-based and lead to further skin dryness. The skin simply has too many other sources of drying to add this one.

That leads to the second point, and that is a daily or, better yet, twice daily moisturizer on the face. Here again, the specific brand is not so important as long as it is non-fragranced for the same reason as specified above. More frequent applications are important if exposed to frequent water or wind.

The third point is very important and has to do with our observation that when living tissues are exposed to water and air they tend to degrade. Consider an apple that is cut into quarters and left on a table for two hours.

Quickly the cut apple becomes brown. This is due to a degrading process called oxidation. However, if we squeeze a lemon onto the surface of the exposed apple, it will not turn brown, because the vitamin C in the lemon juice is a very effective antioxidant.

Similarly, we use this to our advantage in select facial creams. A word of caution is advised here, however. Many of the commercially available skin creams have limited amounts of biologically active vitamin C. For more reliable results, a medical grade vitamin C preparation, as sold in medical spas or skin care professionals' offices, should be considered.

Finally, one of the exciting advancements in skin care products is the availability of growth factors. These factors have been developed as a concession to the fact that some damage can and will occur in the course of our daily journey. These products are believed to enhance the repair process, so healing can be facilitated. Several such products are available but only through your skin care professional.

That's a lot to consider for daily skin care, but the daily regimen is really quite simple. Further, it will help in maintaining a more youthful and healthy appearance. Partner with your skin care professional to outline a plan that's right for you. By the way, don't forget the sunscreen! **NOW**

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



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Children under 8: \$3. For more information,
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June 8

Teen Summer Kids Pizza Party: 3:00-4:00
p.m., Ennis Public Library.

June 9, 16, 23, 30

Summer Reading Programs: 10:00-11:30
a.m.; 2:00-3:30 p.m., Ennis Public Library.
Free for children in grades K through 6.

June 10, 17, 24

Performers for Preschool: 10:00-11:00 a.m.,
Ennis Public Library. Free for children birth
to pre-K. Performers change each week.

June 11, 18, 25

Summer Reading Programs: 2:00-2:30 p.m.;

6:00-7:30 p.m., Ennis Public Library. Free
for children grades K through 6.

June 12

Summer Moonlight Movies: *Big Hero 6*:
9:00 p.m., downtown Waxahachie.
Admission is free. Don't forget to
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Concession stand is available onsite. For
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June 12 — 14

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June 13

Unity One Music Fest: 9:00 a.m.-9:00 p.m.,
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visit www.visitennis.org or
www.unityonemusicfest.org.

June 20

The Longest Day: Alzheimer's Information

Event: 10:00 a.m.-5:00 p.m., Sims Library,
Waxahachie. **10:30**, Alzheimer's and Legal
Matters; **11:45**, Understanding the Disease;
1:00, Capturing Memories Before They Fade
Away; **3:00**, Taking Care of the Caregiver.
For more information, contact Holly
Browning at (972) 937-2671 or at adult@simlib.org.

July 3

Crape Myrtle Festival Concert and
Fireworks: gates open at 5:00 p.m.,
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*Submissions are welcome and published as
space allows. Send your current event details to
sandra.strong@nowmagazines.com.*



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In the Kitchen With Rosemarie Cameron

— By Sandra Strong

Rosemarie Cameron enjoys cooking, especially during the holidays. “Growing up, my mother and my aunts would get together and bake strudels and kolaches,” she remembered. “I guess I didn’t pay that much attention to what they were doing, because I haven’t attempted to bake any of my own. I have the recipes, so one day I hope to try my hand at making the desserts in my own kitchen.” But, when family members gather to bake for weddings, Rosemarie doesn’t hesitate to join in.

Some of the recipes Rosemarie enjoys making have been handed down from her mom, Angeline Hornik. Rosemarie and her daughter, Sarah Gullede, and her daughter-in-law, Haley Cameron, are carrying on the family tradition of cooking together during the holidays. **NOW**

Oven-ready Lasagna

- 2 15-oz. containers ricotta cheese or cottage cheese**
- 2 cups mozzarella cheese, shredded (divided use)**
- 1 cup Parmesan cheese or regular cheese, grated (divided use)**
- 2 eggs, slightly beaten**
- 1 26-oz. jar spaghetti sauce**
- 1 14.5-oz. can stewed tomatoes, chopped (do not drain)**
- 1 lb. ground beef, browned and drained**
- 1 cup water (for thinning, if needed)**
- 1 12-oz. pkg. oven-ready lasagna noodles**

1. Preheat oven to 425 F. In a medium bowl, combine ricotta or cottage cheese, 1

cup mozzarella cheese, 1/2 cup Parmesan cheese and eggs. Mix together well.

- 2.** In another bowl, combine sauce, tomatoes, meat and water, if needed.
- 3.** In a 9x13-inch pan, spread 1 1/2 cups of meat mixture. Layer 3 or 4 lasagna noodles over the sauce. Spread 1/2 of the cheese mixture over the noodles. Repeat layering. Sprinkle with remaining mozzarella and Parmesan cheese.
- 4.** Bake for 1 hour or until lasagna noodles are done.

Momma’s Peach Cobbler

- 1 stick butter**
- 1 cup sugar**
- 1 cup flour**
- 1 cup milk**

- 2 Tbsp. baking powder**
- 1 10-oz. can sliced peaches**

- 1.** Melt butter in a 9x13-inch pan. Mix together all other ingredients, except for the peaches. Pour mixture over melted butter. Do not stir.
- 2.** Add peaches on top of the mixture. Bake at 350 F until brown.

Holiday Wreath

- 1 10.5-oz. bag marshmallows**
- 1/2 cup butter**
- 1 tsp. vanilla**
- 2 tsp. green food color**
- 3 1/2 cups cornflakes**
- Red Hots, or candy of your choice, to taste**
- Red icing, to taste (optional)**

- 1.** Melt marshmallows, butter, vanilla and food coloring.
- 2.** After all is melted and mixed together well, gradually add cornflakes.
- 3.** Place mixture on a round serving plate. Shape into a round wreath.
- 4.** Place red candy randomly around the wreath for decoration. (You can use different candy for different holidays.)
- 5.** Use icing to make a bow at the top of the wreath, if desired.

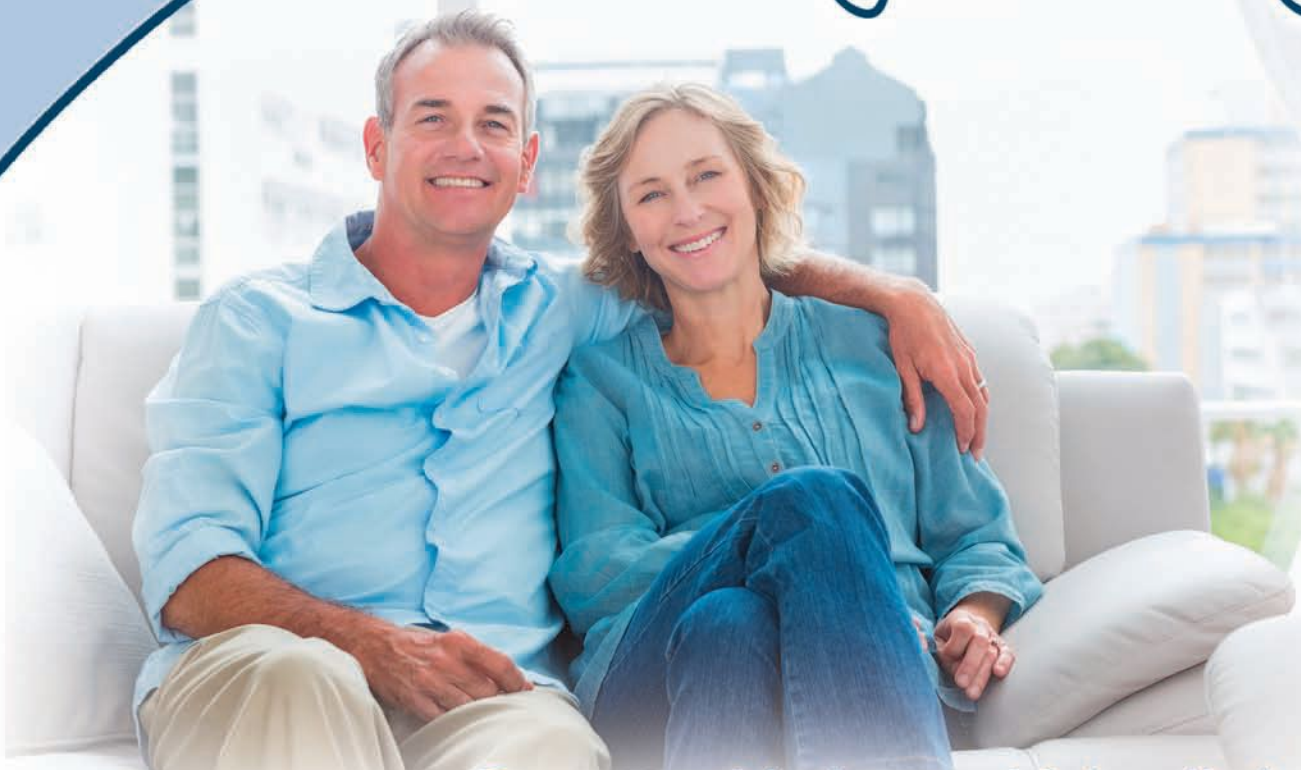
Chocolate Drop Cookies

- 2 cups sugar**
- 1 stick butter**
- 2 Tbsp. cocoa**
- 2/3 cup milk**
- 1/2 cup creamy peanut butter**
- 1 tsp. vanilla**
- 2 1/2 cups oats (more as needed)**

- 1.** Mix sugar, butter, cocoa and milk. Bring to a boil, stirring for 1 additional minute after the mixture begins to boil.
- 2.** Stir in peanut butter, vanilla and oats. Using a teaspoon, drop dough onto waxed paper. Let set.

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

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