

JUNE 2020

Seniors of 2020 Looking Forward

Superintendent Jay Tullos believes in the graduating class

In the Kitchen With Sheryl Rich Also inside:
Scavenger Hunt
Kids' Fun Page
Crossword/Sudoku
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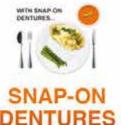




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SENIORS OF 2020 LOOKING **FORWARD**

> Ennis High graduates are planning their futures.

BUSINESSNOW City Real Estate En Español.

16 AROUND TOWNNOW

18 FINANCENOW

20 COOKINGNOW Sheryl Rich.



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ON THE COVER

2020 will be a year to remember for this class.

Photo by

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EDITOR'S NOTE

Happy Father's Day ...

Dad was of the Greatest Generation. He was an officer and a gentleman in World War II, flying missions from an airbase on a little island in the South Pacific named Morotai. He was a second lieutenant, bombardier-navigator, which made him gunnery officer. If any kid ever had a hero for a dad, I did.

He never talked about the war unless I pressed him, and even then, he would mostly tell the funny stories like being in a hospital bed because he had been in a Jeep wreck. There was an air raid, and when he tried to roll out of bed to take cover on the floor, his feet got tangled in the sheet, and his chest landed on the medicine table beside the bed. He said he was stuck on that table, flailing his arms trying to get to the ground until the all-clear sounded. Someone who could see him from across the room said he looked like he was practicing the breaststroke without water!

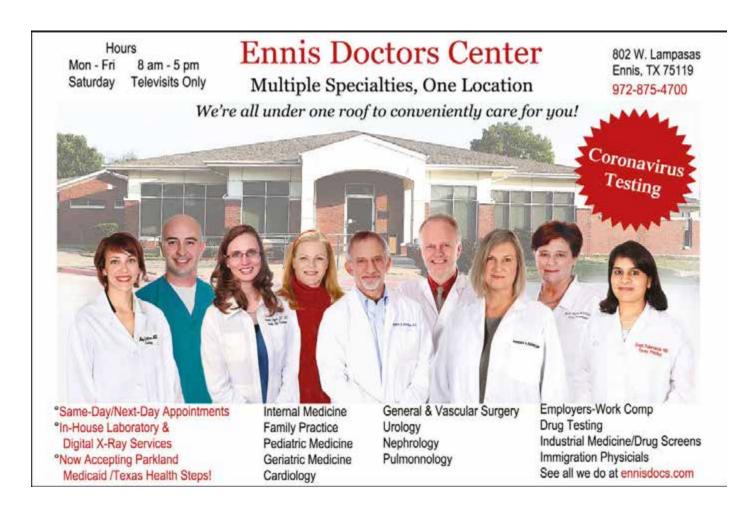
There were lots of funny stories, but there were the serious times also, like the time on a bombing run when they arrived at the target just as a storm cleared. They had not been able to communicate with other planes in the formation, and another of our bombers was flying directly over Dad's plane. He saw the bomb bay doors open and ordnance start to fall. Dad was out of his flak jacket and into his parachute, ready to jump into harm's way when the other plane finally peeled away.

Dad taught me lots of things, but he could not teach me to be an Army Air Corps officer. That was OK with him, because teaching me to be a gentleman was just as important.

Thanks, Dad.









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WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

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WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

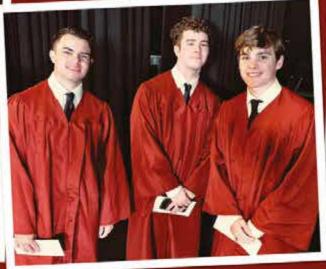
WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

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SENIORS





LOOKING FORWARD

– By Bill Smith









Everyone agrees the suspension of school necessitated by COVID-19 certainly was unprecedented. Many ideas have been offered about how to have the traditional celebrations that typically occur at the end of the students' 13 years of pursuing their high school diplomas.

Superintendent Jay Tullos is completing his first year in Ennis. During his 27-year career in education, he has served as a teacher, coach, principal and in two prior superintendent positions before coming here, yet he acknowledges that this has been a new bridge to cross. "No one could have prepared for this," he admitted. "It has been a good year. We have seen the community, churches and our staff come together to address these issues — things such as distance learning. The school board and staff have been meeting regularly to address these important things, not the least of which is graduation."

Some school districts have already announced plans for virtual graduation events. There have been parades and virtual proms. "I would encourage our seniors by saying one event does not define their whole school career. The ceremony is just that, just one step," Mr. Tullos said. "Our hope is that we can still have a live graduation ceremony. We have two dates we are considering in June and July, but there are many details to consider, and having a group of 6,000 or so people at the

football stadium and practicing social distancing probably will not work. However, we realize how important graduation is, not just for the students, but also for the parents, other relatives and friends who all have played a part in supporting the graduate over the years."

So, if the two possible dates for a full graduation ceremony are plans A and B, there has to be a plan C. "Plan C is still being formulated. High School Principal Wade Bishop is meeting with some senior members of the student council to get the students themselves involved in planning an alternative," Mr. Tullos added.

One of the seniors working with Mr. Bishop and Mr. Tullos is the student council president, Jacob Slovak. Like so many others, Jacob is hoping an in-person graduation ceremony will be a reality. "Regardless of what happens, we will get it done and move on," Jacob commented, emphasizing that the Class of 2020 is prepared for what lies ahead.

Mr. Tullos knows the first opportunity these students have to gather again, there will be some hugging taking place. "They had plans made prior to this bump in the road. Not having the closure and the activities, everything being cut short, is tough, but I would emphasize that all the preparation these students have been doing over the years was not just for this spring semester. Our students know how much their school means to them, and they are prepared academically and socially for the next step in their lives."

We are looking forward to seeing what the Class of 2020 does. God bless every one of these hardworking students.





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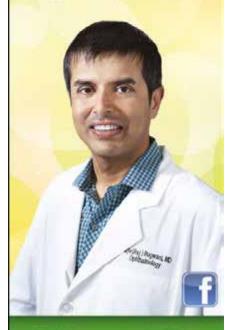


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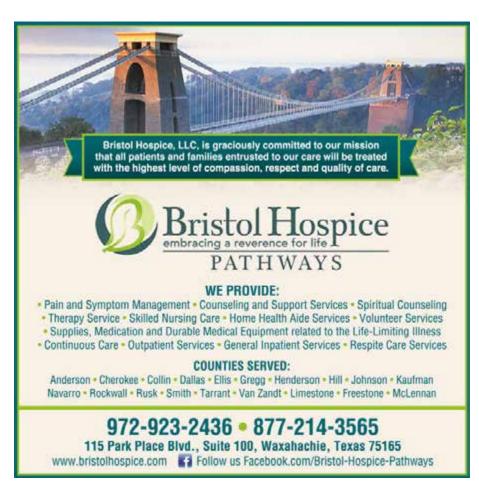
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— By Bill Smith

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Though City Real Estate En Español was just formed as a new branch office in 2019, the experience behind the office goes back many years, and the dream of the bilingual office

stems from a deep love of community. Amelia Valdez speaks often of her love for Ennis, as she has built her real estate career here.

"My beginning in real estate was working with my family in real estate development and construction. We took large parcels of property and made them into smaller parcels. This grew into constructing new homes on the parcels to be sold. However, in 2008, the market crashed, and all of that came to a screeching halt. I pursued becoming a real estate agent during a 'down market,' but I knew that I could reach clients who wanted to buy properties based on my bilingual capabilities."

Amelia is quick to point out other real estate agents who have helped her along the way. "Liz Taylor and Linda Rudd with City Real Estate helped me set up my game with guidance and advice that helped me grow into the agent I wanted to be. In 2019, I had a discussion with Wayne Norcross, the brokerowner at City Real Estate, about the evolving changes in the

real estate market. I decided to open a branch office and provide an opportunity for other aspiring Latino agents.

"City Real Estate En Español gives me the opportunity to assist clients in many ways, and extending services to whoever may need them also gives me a sense of community in our historic downtown. I have six agents working with me in my branch office, and I have two more currently working toward their real estate licenses. Jake Martinez has been with me since 2012. We have added several agents since then, including Cristina Klink, Jessica Correa, Amira Choi, Julissa Ortega and Estefanie Gutierrez. I have a scholarship program to help those aspiring to be real estate agents, and we currently have two gentlemen in that program."

Having been born and reared in Ennis, Amelia loves the city and has a dedicated referral clientele. She is committed to helping people make Ennis their forever home. "I have experience in most all real estate transactions, but I keep myself up to date in residential, lease management, farm and ranch, unimproved property and commercial properties." Her successful career seems to speak for itself. In 2011, she was recognized as one of the top 250 Latino agents in the United States, and she continued to be on that list for years. She has earned real estate designations including ABR, CRS and GRI, and she obtained her Real Estate Broker License in 2013.

"COVID-19 has not made much difference in the real estate community. People are still buying and selling houses, and we keep everyone's safety our top priority. We are completely digital for meetings, with the exception of showings, and we follow all social distancing guidelines to help stop the spread.

"My love of Ennis is not just about providing services. It is about the relationships. It is about the involvement with the clients. If you come to City Real Estate En Español you can be assured that you will be attended to by our experienced agents. We can communicate and translate the process of a real estate transaction and get all of your questions and concerns addressed and answered."





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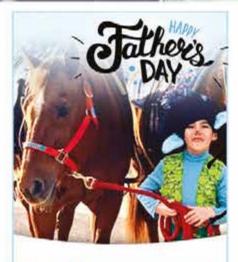
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The Boys & Girls Club of Ennis is a community-focused nonprofit offering recreational programs and services for all ages. 1211 S. Clay St., Ennis, TX 75119 (972) 875-8599



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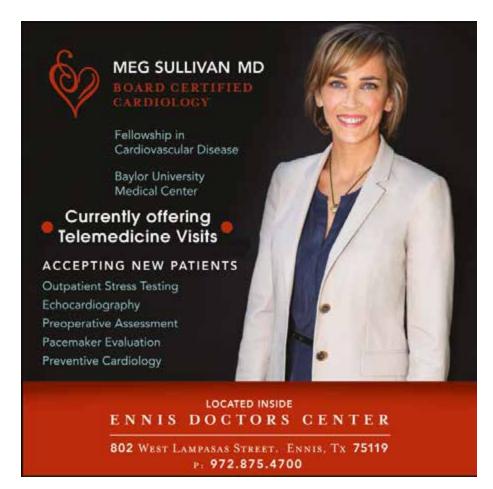
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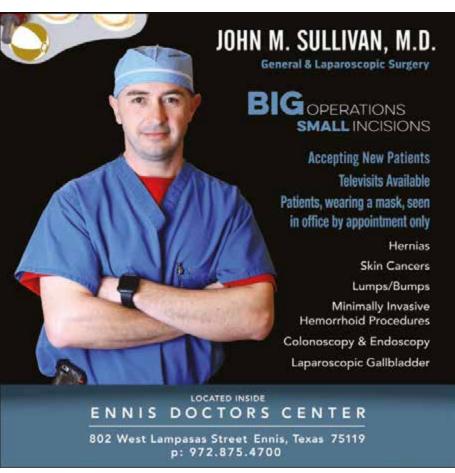
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Around Town

Anke Havelick removes her mask just long enough for a photo at Kolache Depot.



behind the new plexiglass shields at Doc's Beverage.





Rachel Lee works as an Interventional Radiology RN at Baylor Waxahachie.

Zoomed In: Tia Hensley

Tia Hensley is a high school English teacher and is going into her sixth year as director of the Ennis Lionettes. She acknowledges the COVID-19 pandemic has been challenging for the English class, as well as the Lionettes. "We can still deliver the material and teach remotely, but something is really lacking when the students are not present," she said

She indicated that, as the year drew to a close, she and Jennifer Howard had to move forward with tryouts for the new group of Lionettes for the 33rd line that will start performing in the fall. "We were able to make the selections with videos rather than in-person performances, and that worked out fine. However, there is a lack of closure for our seniors, as we missed the cruise that we had scheduled, and we also had to forego the annual spring show and banquet. We are able to rely on technology for a lot of things, but we miss the personal interaction."



Janét Gilbert keeps things running smoothly at Arden Insurance Agency.



By Bill Smith

Leo Duque takes advantage of a cool and overcast day to take his companion, Lucky, for a walk.



Kynlie and Kooper Kubin enjoying some time outdoors during the stay-at-home time.



Kristyn Glaspy studies at home for her college classes.



Helen Pechal loves the Mother's Day flowers at Garden Gate Florist.

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FinanceNOW Sticking to Budget Can Boost Your Emergency Fund

During the coronavirus pandemic, our health concerns — for ourselves and our loved ones — have been at the top of our minds. But financial worries have been there, too, both for people whose employment has been affected and for investors anxious about the volatile financial markets. And one aspect of every individual's total financial picture has become quite clear — the importance of an emergency fund.

In normal times, it's a good idea for you to keep three to six months' worth of living expenses in a liquid, low-risk account. Having an emergency fund available can help you cope with those large, unexpected costs, such as a major car repair or a costly medical bill.

Furthermore, if you have an adequate emergency fund, you won't have to dip into your long-term investments to pay for short-term needs. These investment vehicles, such as your IRA and 40I (k), are designed for your retirement, so the more you can leave them intact, the more assets you're likely to have when you retire. And because they are intended for your retirement, they typically come with disincentives, including taxes and penalties, if you do tap into them early. (However, as part of the economic stimulus legislation known as the CARES Act, individuals can now take up to \$100,000 from their 40I (k) plans and IRAs without paying the I0-percent penalty that typically applies to investors younger than 59 1/2. If you take

this type of withdrawal, you have up to three years to pay the taxes and, if you want, replace the funds, beyond the usual caps on annual contributions.

Of course, life is expensive, so it's not always easy to put away money in a fund that you aren't going to use for your normal cash flow. That's why it's so important to establish a budget and stick to it. When developing such a budget, you may find ways to cut down on your spending, freeing up money that could be used to build your emergency fund.

There are different ways to establish a budget, but they all typically involve identifying your income and expenses and separating your needs and wants. You can find various online budgeting tools to help you get started, but, ultimately, it's up to you to make your budget work. Nonetheless, you may be pleasantly surprised at how painless it is to follow a budget. For example, if you've budgeted a certain amount for food each month, you'll need to avoid going to the grocery store several times a week, just to pick up "a few things" — because it doesn't really take that many visits for those few things to add up to hundreds of dollars. You'll be much better off limiting your trips to the grocery, making a list of the items you'll need and adhering to these lists. After doing this for a few months, see how much you've saved. It may be much more than you'd expect. Besides using these savings to strengthen your emergency fund, you could also deploy them toward longer-term investments designed to help you reach other objectives, such as retirement.

Saving money is always a good idea, and when you use your savings to build an emergency fund, you can help yourself prepare for the unexpected and make progress toward your long-term goals.

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



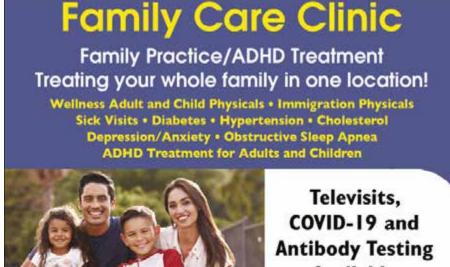


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Sheryl Rich has been cooking since she was a child, earning a cooking badge in Girl Scouts at age 12. She learned to make bread from a missionary she spent a week with after the missionary had a baby.

"I am always changing recipes, but when I make a new recipe, I like to follow the directions," she explained. "The next time I make the food, I change the recipe, so that it becomes my own.

"My mother and grandmother were great cooks in the community and church. Growing up, I had fond memories of making breads, cakes, cookies and jellies. We would make them for the holidays, and then give them away as gifts. I still do this today." Now

Spinach Fandango

- 1 lb. hamburger
- 1 lb. sausage
- I cup mushrooms, sliced
- 2 garlic cloves, crushed
- 1 tsp. oregano
- 2 10-oz. pkgs. spinach, thawed and drained
- 1 10.5-oz. can cream of mushroom soup
- 1 can Ro-Tel (mild)
- 1 pt. sour cream
- 1 tsp. salt
- 1/2 tsp. black pepper
- I pkg. pepper jack cheese, shredded
- I pkg. mozzarella cheese, shredded

- **1.** Brown the meat; drain.
- **2.** Mix in the mushrooms, garlic and oregano. Add spinach; cook 10 minutes more.
- **3.** Stir in the soup, Ro-Tel, sour cream, salt, pepper, pepper jack and half of the mozzarella.
- **4.** Pour the mixture into a baking dish. Sprinkle the rest of the mozzarella over the top.
- 5. Bake at 350 F for 30 minutes.

Banana Bread

1 cup sugar 1/2 cup shortening

2 eggs

- 2 bananas, mashed 2 cups all-purpose flour 1 tsp. baking soda 1/2 tsp. salt
- **I.** In a bowl, blend together the sugar and shortening.
- **2.** Add the remaining ingredients; pour into a greased loaf pan.
- 3. Bake at 350 F for 1 hour.

Dinner Rolls

Makes 24 rolls.

I pkg. active dry yeast

1 1/4 cups warm water (about 105 F)

3/4 cup Crisco shortening

1/2 cup granulated sugar

1 egg

I tsp. salt

4 to 4 1/2 cups flour

- **1.** Dissolve yeast in water; let sit for 5 minutes. Set aside.
- **2.** Cream shortening, sugar, egg and salt; add yeast mixture.
- **3.** Stir in 2 cups of the flour; beat well.
- **4.** Knead in the remainder of the flour until smooth, about 5-10 minutes.
- 5. Place dough in a greased bowl; turn the

dough over, so the greased side is up. Cover; let rise in a warm place until doubled in bulk, about $1 \ 1/2$ hours.

6. Shape the dough into little balls. Place two of the dough balls in each cup of a muffin tin; let rise again until double in size. Bake at 400 F for 15 minutes, or until golden brown.

Holiday Potatoes

11 potatoes, cooked and mashed 8 oz. cream cheese 1/2 cup butter, melted 1/2 cup sour cream 1 tsp. salt 1/2 cup milk 2 eggs 1/4 cup onion

- **I.** Mix all ingredients in a stand mixer.
- **2.** Put mixture into a baking dish; chill overnight, or you can freeze it.
- 3. Bake at 350 F for 45 minutes.

Neiman-Marcus Cake

I pkg. yellow cake mix

- 1 stick butter or margarine, softened
- 4 eggs (divided use)
- 1 8-oz. pkg. cream cheese, softened
- 2 cups powdered sugar, plus extra to sprinkle over cake
- 1 tsp. vanilla
- **I.** Mix cake mix, butter and 2 eggs; press in the bottom of a greased 9x13-inch pan.
- **2.** Mix cream cheese with remaining 2 eggs. Beat well; add powdered sugar and vanilla.
- **3.** Pour over top of the first mixture. Bake at 350 F for 35 minutes, or until brown.
- 4. Sprinkle with powdered sugar.

Dish Pan Cookies

2 cups brown sugar

2 cups sugar

4 eggs

2 cups oil

1/2 tsp. baking powder

1 tsp. salt

2 tsp. baking soda

4 cups all-purpose flour

1 cup nuts, chopped

1 1/2 cups oatmeal

1 cup coconut

1 cup bran flakes

1 6-oz. pkg. butterscotch chips

1. Mix all ingredients together in a dish pan.



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- **2.** Drop by teaspoonfuls onto cookie
- 3. Bake at 350 F for 10 to 15 minutes. Cool on a rack.

Peanut Butter Chocolate Krispies

I pkg. chocolate-flavored bark, or 1 pkg. almond-flavored bark I cup creamy peanut butter 2 cups miniature marshmallows 2 cups Rice Krispies cereal

- **I.** Melt the chocolate or almond bark in a microwavable bowl, about 1 minute; add peanut butter.
- 2. Heat again until smooth, about 1 minute.
- 3. Stir in marshmallows and Rice Krispies.
- **4.** Drop batter into paper cupcake liners or miniature paper candy cups.

Sweet Pickles

Enough cucumbers to fill a quart jar I tsp. salt (I use pickling salt.) 1 tsp. alum

3/4 tsp. pickling spices

1 cup vinegar 2 cups sugar

- **I.** Wash and clean the jar with soap and hot water. Rinse; keep the jar full of hot water until ready to fill with cucumbers.
- **2.** Immerse lids in boiling water until ready to use. Pour out the hot water just before washing cucumbers and packing them into the quart jar.
- **3.** Add salt, alum, pickling spice and vinegar.
- **4.** Finish filling the jar with cold water; cover with the lid and seal the jar.
- **5.** Let the jar sit for 3 weeks or longer in this brine. Pickles will keep this way for over a year. Do not refrigerate.
- **6.** About I week before you want to use the pickles, open the jar and pour off the brine. Wash the pickles in water (alum is bitter) and slice.
- **7.** Add the pickles to a container; add sugar. Do not add water; it will make its own syrup.
- **8.** Keep refrigerated after adding the sugar. This takes about 1 week. I stir or shake them daily.
- **9.** They are ready to serve after all the sugar dissolves. These pickles will hold in the sugar container for weeks.
- **10.** *Note:* If you want to use the same pickle sugar syrup for another batch, you can add another jar of washed pickles and only add 1 1/2 cups of sugar.









Crossword Puzzle

	1	2	3			4	5	6		
7		+	T	8		9	T	1	10	
11	1	+	t	+		12		\vdash	t	13
14	1	1	t	+	15			16	t	+
			17	t	t			18	t	t
19	20	21		\vdash	t	22	23		t	t
24	T	1			25	\vdash	\vdash			
26		1		27		\vdash	\vdash	28	29	30
31	T	T	32			33	T		T	t
	34		t	t		35	\vdash			T
	8	36	+	+			37	-	+	

Solutions on page 28

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Across

- 1 Plea at sea
- 4 Acquire
- 7 Units of electromotive force
- 9 "A Little Bitty Tear" singer Burl ---
- 11 The ---, Dutch seat of government
- 12 Essayist --- Waldo Emerson
- 14 Infinitely repeated geometric pattern
- 16 Narrative song
- 17 Senior army rank
- 18 Eccentric
- 19 Morning must-have, for many
- 24 Your choice
- 25 Belonging to us
- 26 Source of gas at the track
- 27 Meet expectations
- 31 --- Merman
- 33 Nimble
- 34 Up-and-down toy
- 35 Colossus
- 36 Beak
- 37 Society newcomer

Down

- 1 Rise higher
- 2 Bond girl --- Kurylenko
- 3 House finish
- 4 Vermeer's wore a pearl earring
- 5 "Desperate Housewives" actress ----Longoria
- 6 Spread the word about
- 7. From 30 to 300 MHz
- 8 Words before keys or wheels
- 10 Dashiell Hammett's gumshoe
- 13 Twinned with Jekyll
- 15 Aluminum producer
- 19 Sleeveless cloak
- 20 Togetherness
- 21 Squeezing snake
- 22 --- the elbows, or down-at-heel
- 23 lcy
- 27 No neatnik
- 28 Set of pages
- 29 Excess fat
- 30 Hankering
- 32 Inspect

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Sudoku Puzzle

Easy	sy										Medium							
					1	7					7				5	6		
		1			3					4					8		3	
	6	8				2	5		۱		5	1		3				
	1	6	5											7				1
				2	9	6				9								
	2	9				1	7					4		1				3
8				9						6		2		9		1	4	7
				3			2	7										
			8					9		7						8		2

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Solutions on page 28



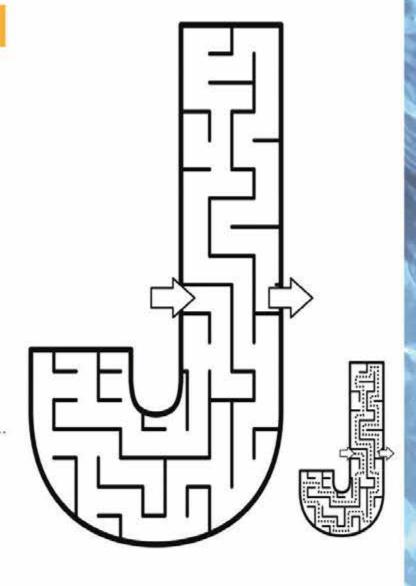
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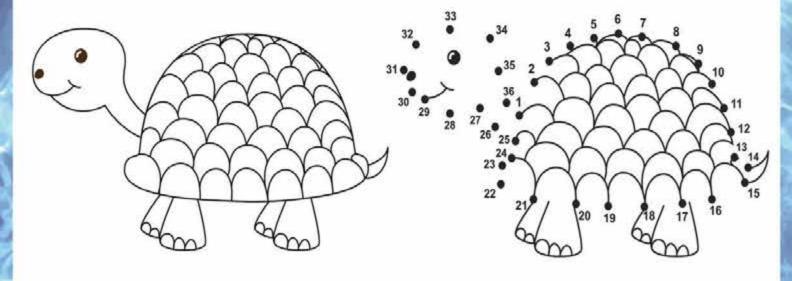
SPELL THE WORD

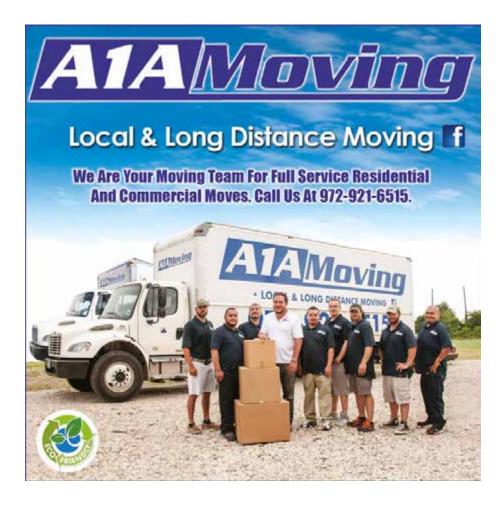


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Crossword Sudoku Solutions



Easy

9	5	4	2	8	1	7	6	3
2	7	1	6	5	3	9	8	4
3	6	8	9	4	7	2	5	1
4	1	6	5	7	8	3	9	2
7	8	3	1	2	9	6	4	5
5	2	9	3	6	4	1	7	8
8	3	2	7	9	5	4	1	6
1	9	5	4	3	6	8	2	7
6	4	7	8	1	2	5	3	9

Medium

2	7	3	9	4	5	6	1	8
4	9	6	1	2	8	7	3	5
8	5	1	7	3	6	9	2	4
3	2	8	6	7	4	5	9	1
9	1	7	3	5	2	4	8	6
5	6	4	8	1	9	2	7	3
6	8	2	5	9	3	1	4	7
1	4	5	2	8	7	3	6	9
7	3	9	4	6	1	8	5	2

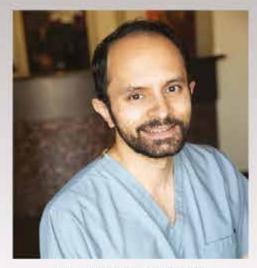




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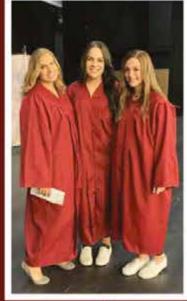
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