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Editor's Note

Hello, Ennis!

Independence Day comes on the fourth of July, but freedom in America is something we celebrate all year. As Adlai E. Stevenson is quoted as saying, "Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime."

Hopefully, each month of the year, these pages reflect our celebration of freedom in America. This month, we hear it in the joy a teacher expresses about passing on knowledge to the next generation. You will see it in our story of the pride and security of home ownership that a young couple feels as they find their place in our community, and the freedom to express one's values through music is shared here as well.

We celebrate with wholehearted gratitude to the military that carries the burden of protecting our freedom, and also with appreciation to each citizen around us who chooses to live freely and bravely every day.

Kelly Kovar

EnnisNOW Editor

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Where Patriotism Reigns

— By Danielle Parker

Members of Jack Lummus Post 1776 of the Veterans of Foreign Wars are passionate about caring for the needs of Veterans and the community.

For nearly three decades, Jack Lummus Post 7106 of the Veterans of Foreign Wars (VFW) has functioned as the hub for Ennis veterans and their spouses. Named after an Ellis County World War II veteran and Medal of Honor recipient who died during the Battle of Iwo Jima, Post 7106 is one of 8,100 posts worldwide committed to the VFW's motto of "honoring the dead by helping the living." "The VFW provides emotional support for veterans once they return from overseas," Post Commander

Gilbert Wulff said. "Our mission is serving the veterans, their widows and their orphans."

As a child, Gilbert saw firsthand the many benefits the VFW provided for those who served overseas. "My dad was a Marine in World War II, so growing up I had always been a part of VFW and always had a sense of appreciation for the military." Being reared around the influence of the armed forces, Gilbert naturally enlisted during the Vietnam Conflict.

"When I got out of the Navy in 1974, however, Vietnam vets were not getting involved like vets in the past, and neither did I," Gilbert said.

Yet as time passed, Gilbert got an understanding of what the VFW meant to his father and what it could mean for him. "After my dad died, I felt the need to get active in the VFW," he said. "I began coming here about four years ago. It was a small group, so I was immediately shoved in as a junior officer."

Over the years, Gilbert advanced from junior to senior

officer and eventually to commander. With all the events, activities and community initiatives the VFW carries out, his part in the organization is no small task. "Being commander is nearly a full-time job," Gilbert said. "It's hard to meet all the obligations. Without our members and officers, I honestly would not be able to keep up with all of my responsibilities."

Of those members and officers, the Ladies Auxiliary (L.A.) plays as substantial a role as the post does, according to Gilbert.

"L.A. is literally the backbone of the organization," he said. "We would not be able to do half of the work we have done without it." From making hamburgers during Friday-night bingo to gathering donations for military assistance and relief funds, as well community service projects, the ladies of the VFW are constantly working toward the success of the organization. "I love all that I do within the VFW," L.A. President Pauline Novy said. "I joined the auxiliary in 1983, and have been an active member ever since. I love

to be involved in all of the programs; it is my pride and joy."

All programs through Post 7106 honor the VFW's heritage of educating the community on the rich history of the nation and its armed forces. "We really push patriotism among the community," Gilbert said. "We especially try to get kids involved in patriotism and community service. Since World War II, it seems patriotism has declined among our citizens. But when we sit down with people and they think about what our troops and our country are all about, they open up



Outgoing Post Commander Gilbert Wulff poses with Pauline Novy, president of the Ladies Auxiliary.



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and get a new understanding of it all."

Above all, the VFW's goal is to cater to the men and women who have fought to defend U.S. citizens, so they can rest assured that someone will defend them and their family in their times of need. "If a vet is killed in action or wounded, there has got to be someone to step in," Gilbert said. "We take pride in our country and in our troops. The war may be unpopular, but we cannot weigh on that. We want to support the troops. That's the whole story behind the VFW; that is our main objective."

The VFW not only strives to care for recent soldiers, but also those who



have served the country in wars past. Recently, Post 7106 joined other community-led organizations to fly local World War II veterans to Washington, D.C., to visit their respective memorial through the Honor Flight. "It was a chance of a lifetime," Gilbert said. "Chances are, most of them would never have been able to go on their own, but the Honor Flight was totally free for them."

WWII veteran Wayne Gaddis, who takes over as commander this month, had the privilege of traveling to Washington, D.C., for a journey he said he could never forget. "It meant a lot that the community you live in thinks enough of what you do to send you to see such a memorial," he said. "We still have a lot of patriotic people here."

In keeping with the tradition of the VFW, members were quick to repay the generosity the community had bestowed upon its veterans. "The junior high students worked hard to send our veterans, so we in turn wanted to help



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them,” long-time member and past L.A. President Ann Juricek said. “So when it came time for them to travel to our nation’s capital, we helped them raise money for the trip they are taking this summer.”

Along with the veterans it aids, Post 7106 has set up programs to support Boy and Girl Scouts, Cancer Aid Research, Voice of Democracy, the Ennis police and fire departments, and many other local and national organizations. However, in order to continue its endeavors, Gilbert said the VFW is in need of new recruits. “There is so much more community service we’d like to be doing, that we should be doing,” he

“There is a fellowship here among the vets that needs to continue.”

said. “We have about 100 members, inactive and active, and of those, 83 percent are 55 and older, and 51 percent of that group is 70 and older. We are slowly disappearing. Our main focus right now is getting more members.”

Gilbert, along with his fellow officers and active members, are working to get the word out and let veterans know of the financial, medical and emotional support that is available to them. “There is a fellowship here among the vets that needs to continue,” past Post Commander Fred Ludwig and WWII veteran said. “We don’t want to let it die. It’s a good feeling to be in an organization that is ever mindful of what we have done.”

With that in mind, post members continue to keep the heart of the VFW alive, serving veterans, their families and their communities in any way they can. “This post is a never-ending story of what good feelings you have when you help someone out,” Wayne said. “We work as a family that takes care of one another. That’s what we have always done and what we will continue to do.” **ENNISNOW**

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Making an Impact

— By Kelly Kovar

David and Holly Anderson come home from their busy days to the restfully decorated haven which Holly has created. The spacious, red brick house, with its stone entryway and rustic barn-wood shutters has been home for them since they moved here a little over a year ago when Dave became the CEO at Ennis Regional Medical Center. “We were in a big city before, a suburb of Atlanta, and were used to being right next to our neighbors,” Holly said. Their new backyard, surrounded by a wrought-iron fence, looks out on farmland. “We really like having the cows and the donkeys come up. So, we feel like we are in the country, even though we are not.”

Although their last house was smaller, Holly found that their furniture

At Home With

*David and Holly
Anderson*





translated very well to the new place. "The only thing that was new for this house is our bedroom furniture," Holly said. "I pretty much had it decorated the same way. It is amazing how it all worked in this house."

Dave has complete faith in Holly's decorating abilities. "Decorating should be much more difficult than she made it seem," he said with a laugh. "In our last house, she would go methodically area-by-area and bring the look together. I really came



to rely on her design sense. The two houses were completely different, in terms of layout, but we had a similar color on the wall. We really like a warmer look. We like the burgundies and the greens and the gold color."

Dave was here in Ennis for four months before Holly and their two sons, Fletcher, now 5 and Wade, age 3, were able to move here. "At first I thought I would have every room painted a different color and just have fun," Holly recalled. "But, then I thought, *That is crazy*. I was doing all this long-distance. Dave was sending me pictures by computer." She decided

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on a neutral color, Sherwin Williams' Dormer Brown, for all of the downstairs except the nursery, which is green. The downstairs floors, except the carpeted bedrooms and tile kitchen, are wood and Holly especially likes the finish. "It doesn't have a shine to it, and you don't see anything on it." With two very active preschoolers, that seemed a good idea.

Another concession to decorating around the needs of the boys is the living room coffee table. The large piece is a dark, distressed wood, very attractive, but always bare of decorations. "I can't keep anything on my coffee table," Holly explained. "The boys like to bring stuff

out and play on it. This is their little table." The rest of the room's decor more than compensates, however, as Holly's decorating abilities really shine in the living space. With shades of brown, cocoa and mocha, no detail is left undone. The hobnailed, overstuffed couch and matching "chair-and-a-half" make the comfortable, elegant centerpiece of the room's furnishings. Holly's eye for detail has populated the room with just the right touches — on the mantel of the stone fireplace is a contemporary candelabra with cranberry and moss green candles, cool glassware and unusual pots. Three adjacent windows, draped in beige mesh with a

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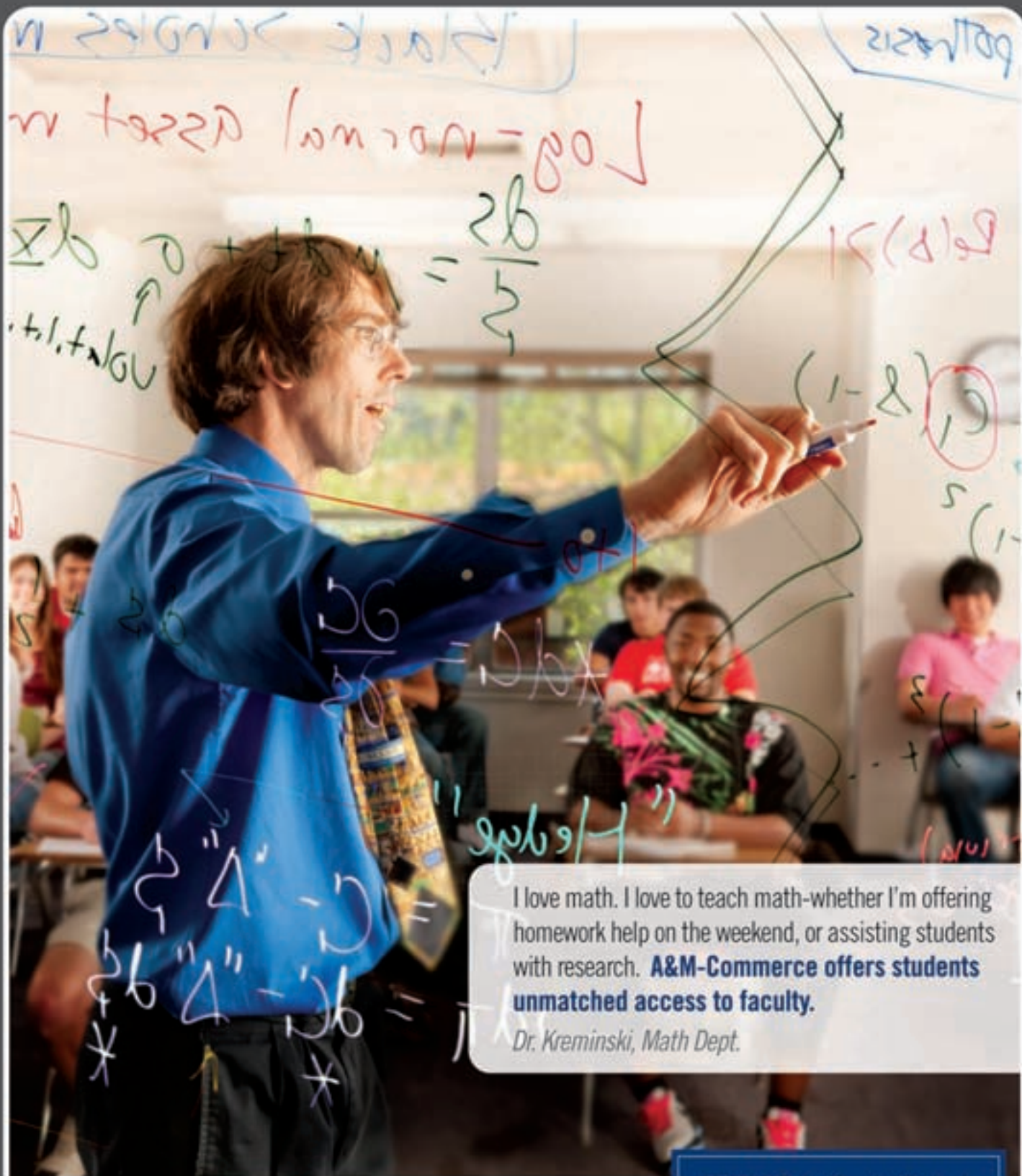
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valance in cinnamon and beige, frame a view of the flagstone patio and gently curving pool. The pool is set off on the back side by a rock border with multiple mini waterfalls that splash into the pool. "We hang out here most of the time in the summer; this is where we live," Holly said of the backyard.


Throughout the downstairs, attractive artwork in a variety of mediums carries out the color themes. From the tile mosaic set into the entry floor to the paintings selected at ZGallery, each room has its own focal point. The dining room has two landscapes done in reds, yellows and greens and the colors in the paintings



are reflected in the hutch's rooster plates and fruit and ivy arrangements. Ornate decorative vinaigrette bottles add a charming personalization to the room.

Like most busy families, Dave and Holly make good use of their kitchen and breakfast area. The center island and the black marble countertops give ample workspace. Dark cabinetry and a stone backsplash are accented by an oversized clock on the wall and an Old World-style chandelier. Fletcher and Wade are ready to climb into the comfortable, wooden chairs set around the distressed-wood breakfast room table when mealtime beckons. On one day a week, they are equally glad to be treated to kid's meals while they

drive with Holly to deliver her Meals-on-Wheels route. "The kids roll down their windows and wave to the people



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as I go up to the door," Holly said. "They know all their names."

Being involved in their church, First United Methodist, and their community is important to Dave and Holly.

"Because caring for the health of Ennis is a priority for me with my work at the hospital, the community activities that I get excited about are also things which help improve the health of the community," Dave said. He serves as chairman of the board of Impact Ennis, a community coalition which works to prevent drug and alcohol abuse by minors. "If we can keep a child from making a bad decision because of a lack

of alternatives or because of a lack of enough education about what is at risk, then we can make a difference. I think that is certainly worthwhile.

"I think we need to be acutely aware of the dangers and be on our guard against [drug use] in our high school. We have been desensitized to it because it is in the mainstream now. Kids just don't know how impactful on their health drug use can be. That is why I feel passionately about being involved with Impact Ennis."

In August, Holly will be taking some time off from her position as a cardiac nurse at Medical City in Dallas

because the Andersons are expecting a new addition to their family. "We won't know until the delivery if it is a boy or a girl," Dave said, "because we always like to be surprised." Fletcher and Wade will begin sharing a Star Wars-themed bedroom, and the nursery will be ready to welcome a younger sibling. Dave was born in Austin and grew up in Kansas, while Holly is from Florida. They met while working at a hospital in South Carolina. Now, they have found that Ennis is just the right place to call home. "We love it. We hope to be here for many years," Dave said. **NOW**

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Dance and Shout

— By Kelly Kovar



Markus Sallie is a young man, just 20 this July. He has a love, however, for old hymns. “Anybody will tell you I am an old man trapped in a young man’s body,” he explained. ‘There is nothing like what we call the ‘old Negro spirituals.’ ‘Oh Mary Don’t You Weep, Tell Martha Not to Moan’; ‘Wade in the Water, God is going to Trouble the Waters’; ‘Leaning on the Everlasting Arms’ — these hymns have never lost their power. The praise songs don’t tell ‘the story,’ like the hymns.”

Markus is the minister of music at Independent Baptist Church, and he sees a place for all kinds of music in today’s church. “There are different songs for different things. Praise and worship songs are supposed to take you into the presence of the Lord. But, with the hymn books, there is an intimacy with God.” At his church, he plays the organ and leads the congregation in all kinds of music. “We do old hymns. We sing the contemporary praise songs. We have one church service, so we have to get the old folks, the young folks and the middle-aged folks. At first, some thought it was too loud and too noisy. But with time, we are coming together. The church is growing like wildfire. People want to go somewhere that is real and where they can feel, not a place where they have to fight falling asleep. Music is very important in the African-American worship service.”

A love of music, and playing musical instruments, was a gift Markus attributes to his family. “My grandmother bought me a keyboard when I was 6. I guess she saw something I couldn’t see.” His mother, Sherry Griffin, took care of his

grandmother when she got sick, and after his grandmother passed away when he was 9, Markus said he really got serious about playing the keyboard. He had a little formal training, and studied with a music teacher, but primarily Markus plays by ear. “My dad, Charles Sallie, who is a crossing guard at the Ennis Sixth Grade Center, would always buy us all kinds of musical instruments while we were growing up. At home,

I would play the drums, and my brother, Quinton Sallie, would play the bass guitar, and then we would switch. I’m kind of versatile. I like the piano and the keyboard, but my favorite instrument to play is the organ.”

From 2005 to 2007, Markus led the musical group, Crunk for Christ, which combined a band and 45 singers. “‘Crunk’ means excited, getting wild. We traveled in the metroplex, Lewisville, Corsicana and Garland. We sang at schools, churches; we sang for some Martin Luther King events and the Ennis Battle of the Bands.

“God blessed me with musical talent, and I told Him I would play for Him,” Markus said. “I like gospel music, and also every now and then I play secular music at weddings. I play some funk and blues every once in a while. I like Aretha Franklin and Johnny

Taylor.” Markus has been leading praise and worship services since he was 13. In addition to serving at Independent Baptist Church in Ennis, he has led the music at Mount Olive Baptist Church in Ennis and at Friendship Baptist Church in Dallas.

As well as playing for funerals and weddings, Markus does music workshops. His home church keeps him very busy though, with Sunday and Wednesday services, and choir



rehearsals. "The choir is growing. Right now we have between 25 and 30 in the choir. We have different choirs. There is the sanctuary choir, which sings the older gospel hymns. We have the mass choir, with younger adults. We have a male chorus with seven to 12 members, the youth choir, and we have our praise and worship team." Markus rehearses with each group separately.

Regardless of which choir is performing, Markus said it is lively. "We are Baptists, but we say we are 'Bapticostals,' a mixture between Baptists and Pentecostals," Markus

"We are Baptists, but we say we are 'Bapticostals.'"

joked, "because we praise God, we dance and we shout. Ain't no sleeping in our church! We have a very lively sermon. It is an experience. My pastor is Pastor Massey. I love him. He is a good pastor."

Markus also works with the youth choir of the Progressive Ministerial Alliance (PMA), which is composed of 13 African-American churches around the community. "There are between 15 and 20 black churches in Ennis, but there are only four or five ministers of music, so I am like the minister of music when we come together to have a citywide revival. ... That is how I kind of got adopted to be the minister of music for the PMA.

"I had the youth choir from the PMA with me performing at the youth rally, 'Got Game,' at Ennis High School. Got Game was awesome. We need to do more things like that with young people in Ennis. They are looking for love. We need to reach out to them. There is still murder, drugs, suicide and sexual abuse, and we need to come against that and we can if we ... get away from tradition and have an open heart for children." **ARTS NOW**

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A Need for Speed

— By Danielle Parker

Ennis resident, Roger Archer, has always been a thrill seeker. If it was on wheels, he would race it and, for more than two decades, auto racing was the name of the game. “I just like racing,” he said. “When I was a boy, I raced bicycles. Anything that could go fast, I tried it. I started racing sprint cars when I was 26, and I’ve loved it ever since.”

His kids, who are now adults, can vouch that their father has been a racing fanatic almost all of their lives. “My dad has been doing this since I was about 2 weeks old,” Roger’s daughter, Tila Slovacek said. “First race I ever went to was before I could even walk. He has been racing for as long as I can remember.”

Roger was born and reared around cars, so naturally he became a master at the tools of the trade. “I have always been mechanically inclined,” he said. “I started working on my dad’s car when I was only 10 years old and owned my own garage for 45 years. Racing just seemed to fall in line with what I already did.”

Roger admitted he did not have much at the time, but he took the little money he earned and the skills he had learned to pursue a career in professional racing. “These days, everyone buys all their parts, but when I was racing, I built and maintained everything,” he said. “I would just grab a welding gun and torch and make it myself.”

Roger was his own boss, and every week from Albuquerque to Knoxville to Shreveport, he would go wherever engines were revving and rubber was burning. “I was my crew because I never drove for anyone else,” he said. “I tried it for a while, but eventually would go back to doing my own



thing. I would race at the Devil’s Bowl in Mesquite and then head to a state up north on Saturday and then another place on Sunday. I made sure I was traveling somewhere at least once a month.”

Racing may be in the Archer blood, as Roger’s dad enjoyed the sport, and so did all three of his children. “My dad built cars, so I just naturally got into it,” he said. “He took me to my first race when I was 9 years old, and it was noisy, dirty and lots of fun. Then I ended up having two boys who were into racing, too. My oldest son raced cars and the youngest did motocross.”

Roger’s world was turned upside down after his son, Dale Archer, died in a tragic car accident. After 22 years of racing, Roger hung up the gear and decided to call it quits, but he was not done with the sport entirely. He bought a track in Waco and held races there each weekend. “For the first three years, we lived in an 8-foot by 8-foot room. My wife was a schoolteacher in Dallas, and she would drive back and forth on the weekends. It was difficult, but these were the sacrifices we had to make.”

After 10 years of owning that track, he moved out to Ennis and purchased 85 Speedway. For more than two decades, racing has been more than just Roger’s personal interest. It has been a means of bringing the Archers together. “The fun of doing this is having your family here,” Roger added.



Tila agreed that her father's passion seemed to be contagious, passing to his children and his children's children. "The races were something he brought us kids to, and we knew we could bring our kids to," Tila said. "It's become a family thing. I have enjoyed it because it's something he loves to do. It's become a legacy, a part of our family history."

Although the racing days are well behind him, Roger reminisces on that period of his life, the memories made and adventures taken. "I miss the thrill of the race," Roger said. "I had the opportunity to do something new every weekend; to do something different each weekend that makes you get better."



"I enjoyed meeting different people," he said. "I was featured twice in *Circle Track Magazine* and lots of people in the industry actually knew my name. If it weren't for that opportunity, I don't think I would have been able to do all of the things I've done."

With all the curves and bumps life has thrown at Roger, the checkered flag has not been waved just yet. He said he has loved every part of racing and admitted, if given the opportunity, he would go for another spin. "I like doing what I did. The only thing I regret is stopping as early as I did," Roger said. "Every once in a while, I get in with one of the drivers and go around the track for old time's sake. Maybe one day I'll own a Friday-night track, so I can race on Saturdays. If I had the chance, I would be racing again." **NOW**

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Taking Care of My Neighbors

— By Kelly Kovar

Kevin A. Williams, M.D. practices orthopedic surgery and sports medicine. He attended Columbia University Medical School in New York, and did his surgical training at St. Luke's Roosevelt in Manhattan. "Ennis has been great," Dr. Williams said. "I love the small-town atmosphere. People in town are very friendly and welcoming. I like working with people; I take care of my neighbors." He began serving as Ennis Regional Medical Center chief of staff in May. "As chief of staff, my main role is to serve as a liaison between the community and the medical staff, to bring physicians' concerns to the hospital board, and to watch over quality control" he said.

As a general orthopedist, Williams' practice focuses on broken bones and knee and shoulder injuries. He does knee replacements, knee scopes and fixes rotator cuffs. "I call it human carpentry," Williams explained. "People come in; I fix them; and they go on with their lives. I like getting people back on their feet."

In March, Dr. Williams partnered with several other Ennis physicians — Dr. John M. Sullivan, a general surgeon and the medical director of the Southwestern Surgery Center; Dr. David Gardner, a podiatrist; Dr. Francis Nwafor, urologist; and Dr. John Abdullian, a gastroenterologist — to open the Southwestern Surgery Center, a 10,000-square-foot facility housed in the Bluebonnet Medical Plaza. The facility offers



three operating rooms and two procedure rooms for outpatient surgery. "We have six MD anesthesiologists who come up on a rotational basis," Dr. Sullivan said.

"Insurance companies are really directing doctors to use outpatient facilities more because they are on a lower fee schedule," Williams mentioned. Medicare has a set rate for hospitals, and they pay outpatient surgery centers 65 percent of what the hospital rate is. Insurance companies follow suit. "If you need to have an outpatient procedure, an outpatient surgery center is geared to just that. In the long run, we are complementary to the hospital. Patients come in, and they are home in a couple of hours."

"A patient with a higher risk for complication, depending on the procedure and depending on the patient, should be operated on in a hospital setting," Sullivan pointed out, "but, the evolution of medical care has made procedures less and less invasive, so recovery is shorter, and there is no need to have some scheduled procedures done in a hospital. Contaminated procedures are not done as outpatient operations, so the cross-contamination rate is lower, especially for resistant organisms." They also do not perform emergency surgery, which can affect the operating room schedule in a hospital. "In an outpatient facility, you have a scheduled time. No one is getting bumped; no one is getting pushed around on the schedule

because of someone needing the operating room."

"The surgery center, besides being efficient and cost-effective for the patients, is our way of showing that we are investing in the community," Dr. Williams said. "We are going to be here for a while. It is 100 percent locally-owned by physicians. All of these physicians are committed to staying and practicing here for a good while. We are bringing new services to Ennis that wouldn't have been here otherwise. We are looking at pain management,

As a general orthopedist, Williams' practice focuses on broken bones and knee and shoulder injuries.



ophthalmology and plastic surgery." The Southwestern Surgery Center is certified by JCAHO (Joint Commission on Accreditation of Healthcare Organizations) the same organization that certifies hospitals. They accept all insurances as well as uninsured patients.

Contact Dr. Williams for an appointment at the Ennis Doctors Center located at 802 W. Lampasas. He accepts most major insurances, Medicare and Medicaid Workers Comp. He has daily office hours and his office phone is (972) 875-4700. **NOW**

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Leader of the Band

— By Kelly Kovar

When Gary Goodwin came to Ennis High School (EHS) in 1994 to become director of bands, he was not just returning to his own alma mater, he was also filling some very daunting shoes. His mother, Judie Goodwin, was formerly one of the band directors here for many years and, before her, Gary's dad Ivan Goodwin was the director of bands for 22 years. "Both of them have been very helpful to me over the years," Gary said.

When the EHS job came open, David Cochran, the superintendent at the time, offered him the job three times before Gary decided to take on the position. Gary had a music education degree from Stephen F. Austin State University and several years of experience in the Cedar Hill and Duncanville band programs. He had married Sandi, another music major whom he had met in college. "Sandi was a very fine flute player in college; she has been an elementary teacher at Travis since moving to Ennis."

Gary admitted he was nervous at

first about making the right decisions as band director. "My mom told me my dad used to always look for a lucky penny with the phrase, 'in God we trust' heads up, if he was going through a stressful time with the band. My band played at his memorial service, and now my band kids bring heads-up pennies to me, because they know that is what my dad did." Over the years, Gary has become more at home in his job. "I am more comfortable now, because the things we have done have been conducive to the success of the band program."

With 150 in the EHS marching band, Gary stated, "During marching season, it is like moving a battalion, but we do it every ballgame." Equipment, instruments, uniforms, food and water must all be transported. "We have 15 or 20 squad leaders — more experienced students, who help teach marching fundamentals. It helps those kids learn to take responsibility and learn to work with people.

"Publicly, we are seen the most during football season, but the band does other things, which require just as much commitment and dedication from the kids," Gary explained. During concert season, beginning in November, there are two performing bands: Symphonic I and Symphonic II, with about 60 in each band. In May, both performing



bands won "Outstanding in Class" at a competition in Harlingen.

During the school year, students also perform in ensembles and do instrument solos with piano accompaniment for UIL events. "In 2008, two kids were awarded as UIL State Champion Soloists: Taylor Goodwin on French horn and Emily Pool on flute."

Band students also participate in competitions for another governing body called Texas Music Educators Association (TMEA). Those with the highest rankings can advance to all-area or even all-state. "My two all-staters last year (2007-2008) were Laura Seale, a clarinet player, and Taylor Goodwin, who made first chair in the whole state of Texas in French horn. This year (2008-2009) Taylor, John Phillips and Bailey Betik made it to all-area. Laura made it again to all-state as fifth chair and Jennifer Lane, my bassoon player, made first chair all-state." Those who make all-state band perform at the TMEA annual February conference in San Antonio, the largest music educator's conference in the world, with 25,000 people in attendance.

"Band is a seven-year program, sixth through 12th, and the most successful kids we have [are those who] do the whole program," Gary said. Every



year, he has some outstanding students. One former student from Cedar Hill, Jeff Grogan, is now the associate director for the New Jersey Symphony. "One of my students, Emily Pool, played in the Greater Dallas Youth Orchestra Philharmonic. Taylor Goodwin is in the Greater Dallas Youth Orchestra Wind Symphony."

Gary is also proud of all those kids who go on to pursue music in college, including both his own daughters. "You have to be talented enough musically to be accepted," he mentioned. "My youngest daughter, Taylor, is being pursued by colleges and will major in music next year. My older daughter, Meredith, just graduated from Stephen F. Austin State University with a degree in music education." Gary encourages students to major in music education, a five- or six-year program, rather than music performance, because it affords additional career options. "Symphony players can make a good living, but there are hundreds of people competing for each symphony chair."

"You have to be talented enough musically to be accepted."

Historically and currently, the EHS band program has been and is a very successful program. In 2008-2009, the marching band won a UIL sweepstakes trophy and a UIL first division trophy. "The EHS band has won in first division 53 out of the last 54 years, and 33 years in a row," Gary said. "We have a lot of talented, smart kids in the band program. As a whole, they have a bond. Having a place to belong makes them more confident, as well as making them better students. They learn self-discipline, self-motivation; they learn how to commit themselves to something that is important and they learn to work toward long-term goals. The kids who are willing to do that, I think, are really special kids." **NOW**

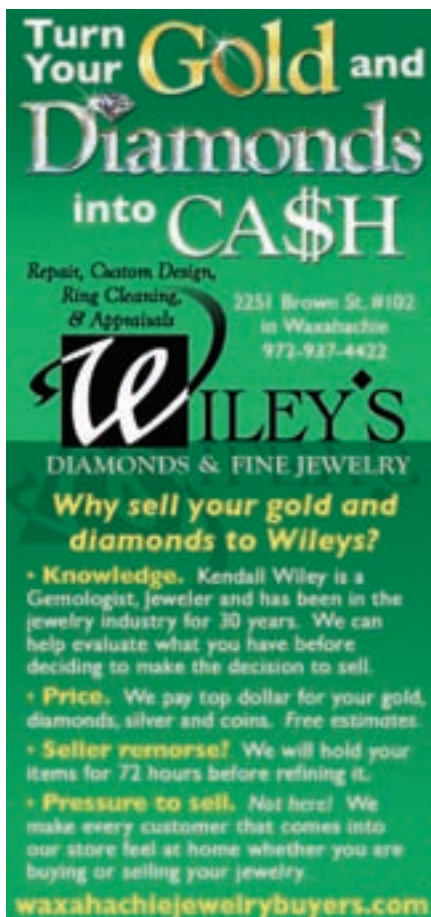


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• Nash and NaLee Nichols, top left, posed in the bluebonnets after flying a kite with their dad, Nathan. • The Princesses blastball team, sponsored by Wally's Party Factory, top right, smiled for the camera. • Abby Rose, bottom left, recently graduated from the Early Childhood Center. • Dr. Larry Jinks, second row right, enjoyed participating in the annual Polka Festival Parade. • It was a family event as Louise Slovak, bottom right, viewed the parade with her children and grandchildren.



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Look Who's Cooking

— By Faith Browning

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- 1 8-oz. pkg. cream cheese
- 1 green onion, chopped
- 1-2 tsp. Accent seasoning
- 1 Tbsp. Lea and Perrins Worcestershire Sauce

Mix together; chill. Serve with crackers or chips.

PRIZE-WINNING POUND CAKE

- 3 sticks butter
- 8 oz. cream cheese
- 3 cups sugar
- 6 eggs
- 2 Tbsp. coconut flavoring
- 1 tsp. pineapple flavoring
- 3 cups flour
- 1 Tbsp. baking powder

GLAZE:

- 1 cup powdered sugar
- 1-2 Tbsp. milk

Beat together first three ingredients. Add eggs one at a time, beating well after each egg. Add flavorings. Combine flour and baking powder; combine with butter mixture. Place batter in a tube pan coated with spray cooking oil. Bake for 1 hour and 15 minutes at 350 F. Cool for 10 minutes; invert to cake plate. Prepare glaze by mixing sugar with enough milk for a thin glaze. Spoon glaze over cake. Enjoy!

SPECIAL PRALINES

- 2 cups plus 2 Tbsp. sugar
- 5 Tbsp. white corn syrup
- 1 5-oz. can evaporated milk
- 1/2 stick butter or margarine
- 12 large marshmallows
- 1/2 Tbsp. vanilla
- 1 1/2 cups pecans, coarsely chopped

Mix 2 cups sugar, syrup and milk in a medium saucepan. Over low heat, slowly cook until mixture comes to a boil. Meanwhile, in a

small skillet over medium heat cook 2 Tbsp. sugar until it turns golden brown (caramelized). When milk mixture comes to a boil, add caramelized sugar; stir well. Cook until a bead forms when you drop in cold water; remove from heat. Add marshmallows and vanilla; beat until melted and creamy. Add pecans and mix well. Quickly drop spoonfuls onto greased wax paper before mixture hardens. Let cool.

MEAL IN ONE

- 1 1/2 lbs. ground beef
- 1 large onion, chopped
- 1 large bell pepper, chopped
- salt and pepper, to taste
- 1 pkg. macaroni noodles, prepared
- 1 3-oz. can V-8 juice
- 5 oz. cheese, sliced

Sauté beef, onion, bell pepper, salt and pepper. Add macaroni and juice. Simmer 30 minutes. Add cheese; simmer 2-3 more minutes.

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Who's Cooking **NOW**

EGG CUSTARD PIE

3 eggs
1 1/2 cups sugar
2 cups milk
pinch of salt
1 Tbsp. vanilla
8-inch pie shell
1/2 cup butter
cinnamon, to taste

Mix first five ingredients; place in pie shell.
Dot top with butter; sprinkle with cinnamon.
Bake at 350 F for 1 1/2 hours.

AMAZING COCONUT PIE

2 cups milk
3/4 cup sugar
1/2 cup biscuit mix
4 eggs
1/4 cup butter
1 1/2 Tbsp. vanilla
1 cup angel flake coconut

Combine first six ingredients in an electric blender; cover and blend for 3 minutes. Pour batter into a greased 9-inch pie pan; let stand for 5 minutes. Sprinkle with coconut. Bake at 350 F for 40 minutes.



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Life Insurance Through Life Stages

— Provided by Gary Hayden

You have taken the first step, and have selected a life insurance policy that meets your coverage goals. Before you put that policy in a drawer to gather dust you must remember that life insurance needs change when you reach life's various milestones. In order to ensure your coverage continues to meet your needs and stays current, you must review your policy throughout the years on a regular basis.

Clearly, you recognize the importance of life insurance and the role it can play in protecting the financial security of your loved ones. And yet, are you reviewing your policy on an annual basis? Doing so becomes particularly important whenever you reach any of life's milestones. New additions in your life such as a spouse, homeownership, or a child make reviewing your policy a necessary component of planning your financial future. You may need to give your policy extra consideration in the event of:

Marriage. In addition to determining whether or not your coverage amount is still appropriate, you may also consider insurance for your spouse. Updating your beneficiary list to include your new spouse, as well as correcting your policy to reflect a name change, if applicable, are important aspects of your plan.

Children. With added responsibilities comes the need for additional coverage. Keep in mind that the skills of a child's primary caretaker are not easily replaced, and childcare can be expensive. As your family grows, be sure to update your beneficiary list.

New Home or Refinancing. Owning your own home is an unbeatable feeling, but extra coverage may be necessary

to help ensure that mortgage requirements continue to be met.

Start a College/Retirement Savings Plan. Review coverage amounts to supplement a potential loss incurred before your financial goals are met. Know the coverage periods of your policy to ensure you are covered for a length of time that meets your current needs and future objectives.

Starting Your Own Business. If you leave your old job to start your own business, make sure that you do not sustain a significant loss in coverage when you leave your employer's benefit plan. You should again review your policy objectives and consider the ways in which life insurance can be a useful business tool. For example, for business continuation purposes, you may now be interested in obtaining coverage for financing a buy-sell agreement. In certain circumstances, you may consider placing business partners on your beneficiary list.

New Job. If you change jobs, pay attention to the benefits. Coverage amounts will often vary greatly from employer to employer, and this must be factored in to your personal policy.

Perhaps one of the most secure feelings in life is knowing that you have covered your bases and are prepared for whatever may happen. Through annual checkups you can plan for coverage that will provide for your loved ones, and help ensure that financial goals and obligations will be met. As you approach each one of life's many milestones, you will find that additional consideration and planning are well worth the effort. **NOW**

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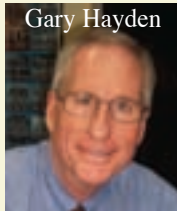
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Tips on Maintaining Energy

— By Dr. Fredric C. Puckett

Everyone is familiar with all-out energy drain — that exhausted day (or night) when no matter how enticing that new movie, fabulous shoe sale or friendly barbeque, we just can't psych ourselves up to go. What can be harder to recognize is a low-grade energy drain. In this case, you may not necessarily feel the classic signs of exhaustion — like achy muscles or that all-over tired feeling. What you do experience is an increasing lack of get-up-and-go for many of the activities you used to love.

If this is starting to sound familiar, take heart. Energy zappers are all around us, some obvious, some hidden. The good news: There is a way around almost all of them.

Nine Energy Boosters:

1. Increase your magnesium intake.

This mineral is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy. The recommended daily intake of magnesium is around 300 milligrams. To make sure you're getting enough: add a handful of almonds, hazelnuts or cashews to your daily diet.

2. Walk around the block.

3. Take a power nap.

Research has shown that both information overload and pushing our brains too hard can zap energy. A 60-minute "power nap" can not only reverse the mind-numbing effects of information overload, it may also help us to better retain what we have learned.

4. Don't skip breakfast — or any other meal.

5. Reduce stress and deal with anger.

6. Drink more water and less alcohol.

You may already know that it's easy to confuse signals of hunger with thirst, but did you know that thirst can also masquerade as fatigue? The solution is simple: a tall, cool glass of water. Conversely, if you find yourself frequently fatigued, even after a good night's sleep, try cutting down on alcohol during the evening hours.

7. Eat more whole grains and less sugar.

The key here is keeping blood sugar balanced so energy is constant. When you're eating a sweet food, you get a spike in blood sugar, which gives you an initial burst of energy, but that's followed by a rapid drop in blood sugar, which in turn can leave you feeling very wiped out. But, if you eat a lot of whole grains, your energy will be consistent and balanced, so by day's end you'll feel less tired.

8. Have a power snack.

Power snacking is more than just eating between meals. Try peanut butter on a whole-wheat cracker, or some yogurt with a handful of nuts.

9. Check your thyroid function and complete blood cell count.

It certainly won't provide an instant boost, but if you're constantly low on energy — especially if you feel sluggish even after a good night's rest — you should talk to your doctor about a blood test for thyroid dysfunction as well as anemia. Thyroid can be a particular problem for women — it often develops after childbirth and frequently during the perimenopause — but a simple blood test can verify if this is your problem. If you're diagnosed with low thyroid function, medication can bring your body back up to speed. **NOW**

Dr. Fredric C. Puckett

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July 2009

Community Calendar

Through July 22

Ennis Public Library's Summer Reading Program. Grades K-6 (through July 16): Tuesdays: 10:00 a.m.-2:00 p.m. Thursdays: 2:00 p.m.-6:00 p.m. Pre-K (through July 22): Wednesdays: 10:00 a.m. (972) 875-5360.

Teen Summer Read for grades 7-12. www.ennisteenread.wordpress.com.

July 3

H-E-B fireworks display and tailgate party: 6:00 p.m., parking lot of Lumpkins Stadium, Waxahachie. Bring lawn chairs and BBQ grills for cook out. The Cannons concert: 7:00 p.m. Fireworks: 9:00 p.m. (972) 937-2390.

July 4

O'Reilly Bracket Series #7: Texas Motorplex. No fireworks. (972) 878-2641. www.texasmotorplex.com.

Downtown Waxahachie July 4 Parade: 10:00 a.m. Starts on College St. by C.A. Wilson Co., south on Main St., left on Grand to Getzendaner Park. (972) 937-2390.

July 7

Navarro College SBDC How to Start a Small Business seminar: 10:00 a.m.-noon, Waxahachie Chamber of Commerce, 102 YMCA Dr. To register, contact (972) 923-6425 or sbdc@navarrocollege.edu.

July 7, 14

Ennis Cancer Support Group: 7:00 p.m., Ennis Regional Medical Center. Call Kathy at (972) 878-6927. www.enniscancersupport.com.

July 11, 12

Trade Days of Waxahachie: 9:00 a.m.-5:00 p.m. Arts, crafts, commercial items, produce and more. (972) 617-8156. tradedaywaxahachie@sbcglobal.net.

July 14

Navarro College SBDC Creating an Employee Handbook seminar: 2:00-4:00 p.m., Waxahachie Chamber of Commerce, 102 YMCA Dr. To register, contact (972) 923-6425 or sbdc@navarrocollege.edu.

July 15

Ellis County Christian Women's Connection luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. \$13. Nursery available. Walk-ins welcome. For reservations, contact Kay at (972) 937-2807 or windchime423@yahoo.com or Mary at (972) 937-9984.

July 17

Fast Friday Test and Tune: Texas Motorplex. (972) 878-2641. www.texasmotorplex.com.

July 18

O'Reilly Bracket Series #8: Texas Motorplex. (972) 878-2641. www.texasmotorplex.com.

July 20

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. Contact Cheryl Bell at (972) 723-0341 or rb4cj@sbcglobal.net.

July 21

Navarro College SBDC Writing a Winning Business Plan seminar: 10:00 a.m.-noon, Waxahachie Chamber of Commerce, 102 YMCA Dr. To register, contact (972) 923-6425 or sbdc@navarrocollege.edu.

July 25

Bristol Opry Country Music Show: 7:00 p.m., Old Bristol Schoolhouse, 100 Church St., Bristol. Free admission. Donations accepted. Contact Jim Gatlin at (972) 846-2211.

July 27-29

EHS Volleyball Camp: 3:00 p.m.-8:00 p.m., Ensign gyms. Contact Kim at kim.vemor@Ennis.K12.TX.US.

July 27-August 7

Summer Theatre Camp. For grades 2-8. For more information, contact Tonya at tonya.harper@Ennis.K12.TX.US.

July 30

Ennis A&M Club "Hamburger Cook" and swim party: 6:30 p.m., Sokol. Members, prospective members and A&M students welcome. Not a member, but want to attend? Call Bob Erisman at (972) 875-2723.



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