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M A G A Z I N E

August 2010

Walking By Faith

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Publisher, *Connie Poirier*

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Managing Editor, *Becky Walker*

Ennis Editor, *Sandra Strong*

Copy Editor, *Melissa Rawlins*

Contributing Writers,

Faith Browning . *Aleta Penfold*

Virginia Riddle . *Betty Tryon*

Jenny Vidrine

Contributing Editors/Proofreaders,

Beverly Shay . *Pat Anthony*

Teresa Maddison

Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter*

Allee Brand . *Cherie Chapman*

Marshall Hinsley . *Arlene Honza*

Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

Pamela Parisi . *Jennifer Wylie*

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Photographers, *Amy Ramirez*

Advertising

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On The Cover



Steve and Suzie Betik and Sam and Kathy Harrell are glad to be home from their recent trip to Panama.

Photo by Amy Ramirez.

Editor's Note

Back to school in Ennis!

Summer vacation is nearing its end. Teachers have been preparing their rooms and filling out lesson plans, while students have been shopping for all the necessary supplies they need to return to school on August 23.

This year will no doubt be the same as all the others: new backpacks, new tennis shoes and for most, an eagerness to return to the classrooms where they can continue their educations.

It is also the time when football fans begin anticipating the upcoming season. It will not matter if the weather is hot, cold or rainy, fans will still fill the Lions Stadium to cheer their team to victory. The chant "Go, Lions, Go," will be audible in the night air.

Since August is upon us, please start slowing down now in the school zones and try to attend at least one home football game. You never know, it might be a lot of fun!

Sandra Strong
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Dr. Williams is an orthopaedic surgeon and has practiced in Ennis since 2005. He graduated from Columbia University and did his residency at St. Luke's Roosevelt Hospital in New York City, NY. Dr. Williams specializes in knee and shoulder problems, carpal tunnel and sports injuries. Dr. Williams is taking new patients of all ages.

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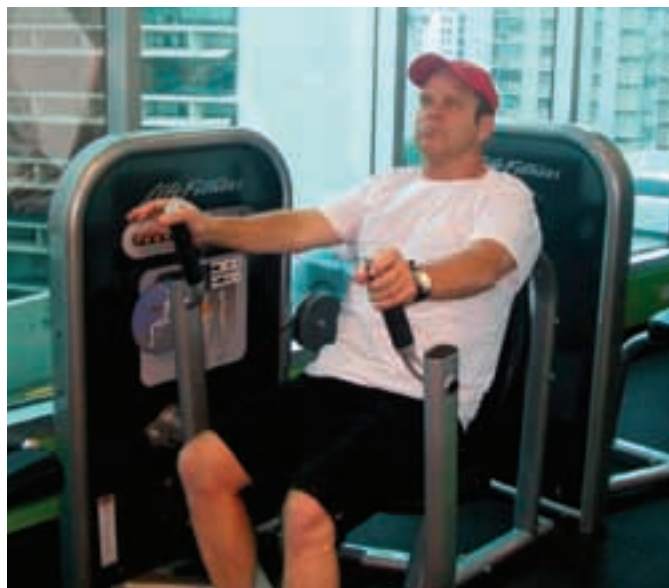
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Forrest Gump knew exactly what he was talking about when he said, "Life is like a box of chocolates; you never know what you're going to get." Steve Betik and Sam Harrell are experiencing firsthand what this quote means as they learn to live with the adverse effects of multiple sclerosis (MS).



To understand what they are dealing with, you must first understand that MS is more than wheelchair confinement. MS is a disease that affects the nerves of the brain and spinal cord, resulting in the loss of muscle control, vision, balance and sensation. Steve's symptoms started with the loss of control to the left side of his body back in 1983. Sam was diagnosed five years ago, when he began having vision problems. "I noticed eye sight loss whenever my body temperature and heart rate increased," Sam explained. "I thought I was just having eye problems." Obviously, that was not the case.

"I've been treating both of these men for a long time. I could never get them better with treatment; all I could do was give them a few days comfort in between visits."

As the MS began to rob them of their overall muscle strength, energy and balance, they began making adjustments to the way they did things — Steve with the help of a cane and Sam with the use of a golf cart. They also, along with their wives, Suzie and Kathy, began to research other available treatment options. They no longer wanted to merely slow the process down by taking their daily medications. Both were looking for a way to repair the damage and regain the quality of life they had known prior to their diagnoses. Before long, they came across the option of stem cell treatment. Once they decided to pursue this treatment, funds to make the trip to Panama became a necessity.

When asked why he felt it was necessary to oversee a fundraiser for the trip, Dr. William Davis emotionally answered, "I've been treating both of these men for a long time. I could never get them better with treatment; all I could do was give them a few days comfort in between visits. There was an outpouring of community prayer last year when my son had a serious accident. My wife and I were so touched by the prayers that we felt we needed to give something back." Dr. Davis and his wife, along with so many others, gave back in a huge way. The fundraiser brought

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in the necessary funds for Steve and Sam to both undergo the four-week stem cell treatment. "God led the whole fundraiser," Dr. Davis added.

Once Steve, Sam and their families arrived at Hospital Punta Pacifica, a John Hopkins affiliate, in Panama, the process quickly got underway. Family histories were the first order of business. The next thing on the list was to undergo mini liposuction. "They removed fat cells from around our stomach areas," Steve said, as Sam nodded in the affirmative. "Our own stem cells were separated from the fat tissue." These stem cells were then rejuvenated to be as clean as they could be before they were intravenously readmitted into Steve and Sam's bodies during the third week of the four-week treatment period.

Each man received eight umbilical cord stem cell injections, two per week. The injections are given in the spine between vertebrae. Steve took all eight of his injections in the same spot, while Sam's vertebrae allowed for multiple injection sites. As aforementioned, their own stem cells were returned during the third week. The number of IVs the two men received during treatment was based on the percentage of viable stem cells harvested. Steve received three; Sam just two.

Another major part of the treatment is diet and physical exercise. These areas were also extensively researched so each man could come home with a plan of action. "It's everything working together for overall better health," Suzie stated. "They were taught how to get into a routine. It was a package deal for overall success."

To fully comprehend what the next six to eight months mean to all those involved, you must understand what the new stem cells do in relation to the damaged areas in the brain and spine. The body's central nervous system is made up of nerves, which act as a messenger system for the body. Each nerve is covered by a fatty substance called myelin. Myelin insulates the nerves and helps in the transmission of nerve impulses between the brain and all other parts of the body. These nerve impulses control muscle movements which allow the body to walk and talk. Although the nerves can regain myelin, the process is not fast enough to outpace the



Left to right: Sam with staff members from the Stem Cell Institute; Steve with staff physician, Dr. Maribel Tribaldos; Sam stands between Dr. Herman Hernandez and staff physician, Dr. Maribel Tribaldos; Steve visits along the Panama Canal; and monkeying around at Monkey Island.



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deterioration that occurs with MS. "The protective covering has been attacked," Sam said, trying his best to explain the process in layman's terms. "MS causes many small cracks in the myelin. The stem cell treatment is supposed to repair the damaged areas."

Now that Steve and Sam are back home in Ennis, they can attest to the power of prayer. "It's what got us through the treatment in Panama," Steve said. And it will no doubt be what gets them through the next several months as they wait patiently to see if the new stem cells offer them the miracle they are hoping for.

"When we left the hospital," Kathy said, "the doctors told us not to look for immediate changes." But, positive changes are already being "felt" by both men. To some they may seem slight, but they are monumental for Steve and Sam.

"I was able to come home and attend my cousin's wedding for about 11 hours straight — you know how those Czech weddings go on and on," Steve said. "My first grandbaby is [due] in October, what more incentive do I need?"

Suzie has also seen a marked improvement in Steve's overall demeanor. "His attitude is much more positive," she confessed.

Sam's encouraging signs of improvement include regaining some of his balance and ability to walk without constant thought. "Six months before Panama, I'd have to think, *heel, toe, heel, toe* just to walk. It took all my concentration," he admitted. "Now I don't have to think about it."

Both families talked candidly about the community in which they live. They cannot thank everyone enough, especially Dr. Davis, for their donations, time, support and, most importantly, their prayers. "We love you all. None of this would have been possible without you," Suzie said, speaking for the entire group.

"We are so appreciative and grateful," Kathy added.

Sam may have said it best when he put his slides from Panama to music. When choosing "Walk by Faith" by Jeremy Camp, he testified to what he and Steve have been doing from the onset of their diagnoses. "We've been walking by faith," Sam said, "from the beginning." Most definitely theirs is a faith walk fueled by the prayers of an entire community. **ENNIS**

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Margie Duke has always loved living in the country. "My roots and upbringing are here," she reminisced. "I used to ride a tractor and pick cotton with my dad." Is it any wonder then that several years after she and her late husband, Joe, married, they would make their home in the country? And at age 81, it is no surprise that Margie still enjoys digging in the dirt. "My favorite thing to do is work in my potting shed," she admitted, "and tend to all my flowers."

— By Sandra Strong

Digging in the Dirt

At Home With Margie Duke



In 1961, Margie and Joe relocated from Dallas County to the outskirts of Ennis. "We moved here to help farm with my dad," she stated. "Joe loved farming as much as I loved the country way of life." Her parents had 525 acres of farm land; of which they gifted 128 acres to Margie and Joe. "I currently have three-and-a-half acres left," she explained. "The rest has remained in the family."

The farm house Margie lovingly still calls home used to boast of only two bedrooms. "My parents gave it to Joe and me while they built a new home right next door," she said. The structural changes the couple made were few.



Closing in the garage allowed for two additional bedrooms. "One of my aunts moved in with us when the kids were younger," she said. "We closed the garage in so she [the aunt] could take the boys' room. Joe and I and the boys moved to the new rooms."

Today, one bedroom serves as the home office and the other is vacant throughout the summer, until it is time for Margie to bring outdoor plants in for the winter. "It's lined with windows, so it makes a great hothouse," she smiled. When the colder weather comes, the room is filled to capacity with flowers, philodendras and ferns. She and Joe also remodeled the kitchen, bringing it up-to-date.

Before retiring, Margie was the "Home Interior" lady of Ellis County. For 30 consecutive years, she helped others

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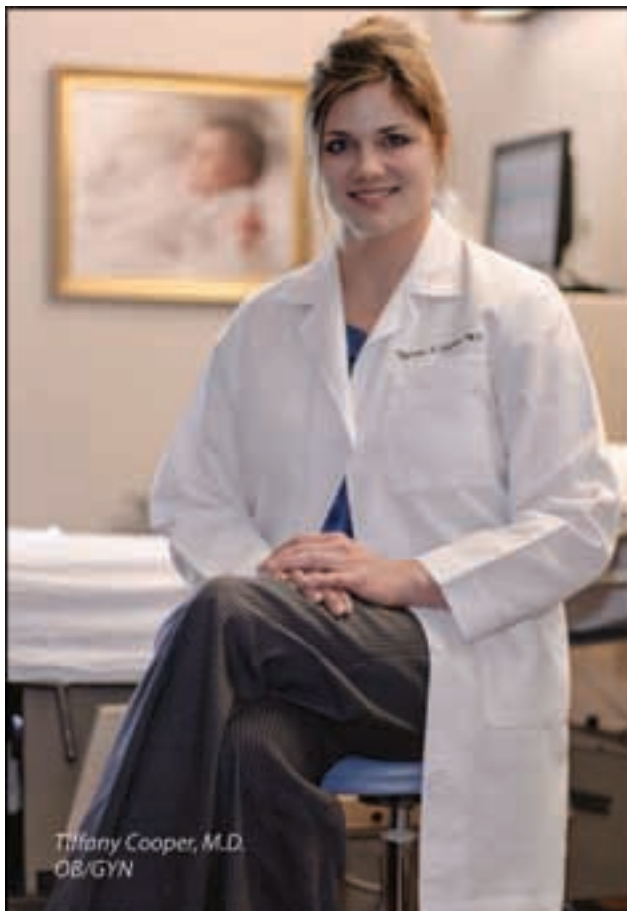


decorate their homes with beauty, so it is no wonder her home is just as quaint, comfortable and welcoming as the homes she has helped decorate over the years. The formal living room displays splashes of purple, Margie's favorite color. The buffet/dining table, which came from her mother's side of the family, is over 100 years old. "At one time, I also had a pie safe that matched the dining table that I used to display dolls in," she said. "I let another family member have it. I still can't believe I did that."

When forced to remain indoors, Margie's favorite rooms are the den and the kitchen because they are side-by-side. She is able to close off the rest of the house, thus keeping her cooling and heating bills to a minimum. "So many things in the

home are from the past," Margie said, as she began pointing at memorabilia, which evoked past memories of family. "That picture over the kitchen table is a watercolor of my mom in the garden. Above that is a panoramic view of her garden from years ago. We've always had family living with us; I'm rich in family."

Waking up in the master bedroom, also decorated in shades of purple, affords Margie a wonderful view of the beauty she has



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been able to create and maintain outdoors. "I love to see the world when the sun comes up," she said. An old Singer sewing machine displays several family photographs. "The mantle above the sewing machine once belonged to my aunts," she said. "They never married, so we called them the 'Old Maids.' That's the Old Maid's mantle," she laughed. An antique piano also displays more family photos, spanning the generations from Margie's great-grandfather to her five children, 11 grandchildren and six great-grandchildren. "Everything I have is nostalgic," she confessed. "It's all been passed down over the years."

Margie's greatest love is spending time outdoors. In fact, she made a deal with her children several years ago. "The kids told me that if I stayed home, they would build me a potting shed," she said. Larry Pechal, Cindy's husband, laid the foundation and



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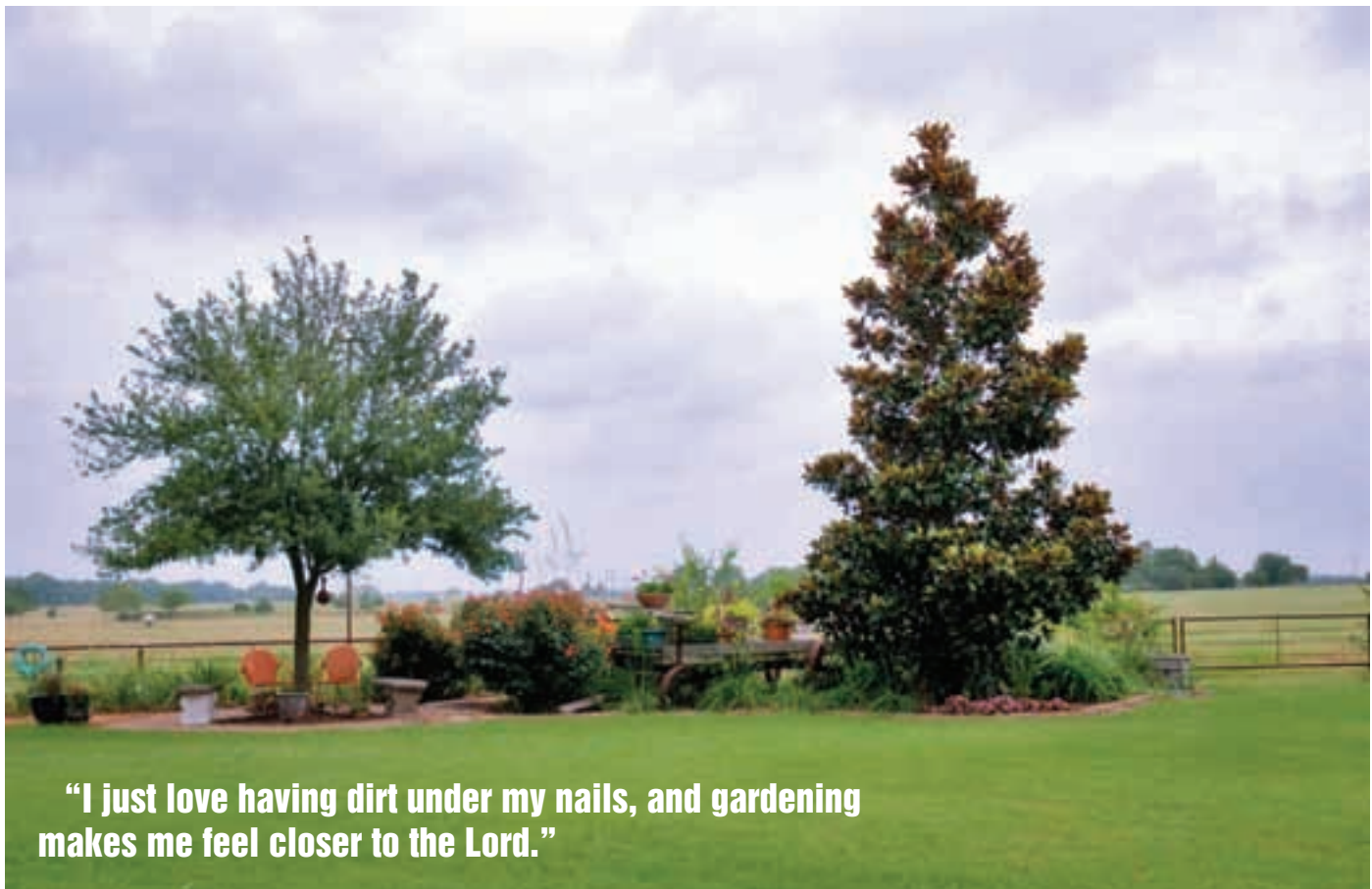
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the sidewalk. Mitzi and her husband, Richard Cook, drew up the plans. "It was Mitzi's idea," Margie explained, "but everyone worked on it." The rest of the children — Paul and Cozette Duke, Bart and Jerri Snell, and Robert and Nynke Duke — helped financially, as well as providing the manual labor necessary to raise the building where Margie has found endless hours of contentment. "I don't spend lots of time indoors," she reiterated. "We all have a passion for something. Mine just happens to be flowers."

The potting shed was built on memories, too. The front door, the windows, the kitchen sink and the countertop, where all the planting takes place, were all pieces that came from the homes of the "Old Maids."

"When they passed, I was told to come and get whatever I wanted," Margie remembered. "The three crepe myrtles I got must be over 60 years old. They bloomed the same summer they were replanted."

She smiles and begins to laugh as she recalls the many trips she has made to and from town over the past 50 years. "Every time I go to town," she said, "I bring another flower or plant home. Still today, I'll bring flowers and plants home." Looking around, one would only guess where the new purchases from her most recent trip are planted. No doubt, somewhere within one of the many vignettes Margie has masterfully created. Vignettes include perennials that bloom

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throughout the year; knockout roses by her daddy's old, antique wagon; the live oak planted by her grandchildren in memory of their grandfather; and potted plants in many varieties and colors that complement one another, while adding natural beauty to Margie's country surroundings.



A couple times each year, Margie hires someone to help her in the yard, but she does the majority of the gardening, planting and pruning herself. In the past, she maintained a large garden, but she no longer has the desire to can vegetables. "It's almost comical," she said. "I only have two tomato plants now. I love vegetables, but I'd rather buy them at the store."

Margie's passion for flowers came from her mom and her maternal aunt. "There's just something special about being outdoors and digging in the dirt," Margie said. "I just love having dirt under my nails, and gardening makes me feel closer to the Lord." **NOW**

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Madelynn De Los Santos celebrates her very first birthday with a hand (and mouth) full of cake.



John Navarro celebrates his 86th birthday at a Rangers game with his daughter, two grandchildren and three great-grandchildren.



The coach's assistants for the city of Ennis Tennis Summer Camp — Vanessa Almanza, Mollie Slovacek, Belle Nelson, Courtney Polson, Heather Doslich, John Marlin and Drew Montana — smile for the camera.



Members of the GAL-Elk Kaboom softball team have a pep talk before taking the field.



The GAF-Elk's baseball team takes a victory picture after winning the championship game.



Tristan Davis stops to pet Scooter, the therapy dog, at the Legend Oaks Healthcare open house.

Around Town **NOW**



Donna and Pete Monreal enjoy a Texas Rangers game.



Judy Kern gives a Mary Kay makeover to Regan Adams.



Cynthia Casey poses in front of SOS Fashions.



Jewel Duval poses with Bubba the alligator while camping in Florida.



Dr. Kelly Walker, podiatrist, celebrates the opening of her new practice with a ribbon cutting ceremony.



Sueanna Lewis, Ginny White, Kelsie Stokes and Hailey Patak gather at the rehearsal dinner for Ginny and Cory White held at the KJT.

ARTISTIC HEALING

— By Aleta Penfold

“We make out of the quarrel, rhetoric, but of the quarrels with ourselves, poetry,” (W.B. Yeats in *Per Amica Silentia Lunae*). This happens to be one of local author, Mindy Minor’s, favorite quotations. When signing her first published book of poetry, Mindy uses that quote, giving credit to Yeats, along with her name and best wishes to readers. “For me, writing poetry is a way of self-discovery,” Mindy admitted. “Writing answers questions I don’t know I’m asking. Writing brings out what is bothering me; what I’m thinking.”

Another favorite quote by author, Edith Södergran, “I don’t create poetry, I create myself, for me my poems are a way to me,” also speaks loudly to Mindy, who is very open in sharing the details of the loss of her newborn daughter, the addictions that followed and most recently, her divorce. “My book of poems, *Closer to the Sky*, is about the loss of my daughter and living through and beyond the addictions,” Mindy explained. “Writing has become a healthy tool for me since those terrible times.”

Her main goal in writing is to share her deep thoughts and feelings with others who may have experienced, or are currently experiencing, some of the same things. “I want



people to know that there doesn't need to be shame and guilt," she stated. "They don't need to feel all alone, as I did. My dream is to let people know that they aren't alone." For Mindy, publishing this book allowed her to get closer to fulfilling that dream.

Sitting at her kitchen table, Mindy talked about her precious, newborn daughter, Madison Marie Stilwell, who passed on only nine days after her birth in 2002. Mindy's pregnancy was normal and healthy. The birth was joyfully



anticipated by Mindy, her husband and many family members. Many of her poems speak of the pain felt following that great loss.

The grief that followed was intense, but both parents managed to support each other. Once after several days of crying, Mindy remembers her husband's words. "He said he didn't know how to fix it [the situation] or how to fix me," she said. "He wanted so bad to help me in spite of his own grief." She told him there was no way to fix the problem. "I just asked him to be there for me," she recalled. "And he was." Looking back now, Mindy feels that they handled their grief as best they could.

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Mindy and her ex-husband are still on friendly terms. In fact, Mindy dedicated her book, in part, to him. "I will always feel close to him and always be thankful for him." Her book of poetry opened up a means to an end — a way to find the healing Mindy yearned for in order to move forward; to start life over again.

Not that long ago, Mindy spent three months in a rehabilitation program. "It was the best thing I ever did for myself," she confessed. "I was dealing with grief and fighting addictions. Then when my marriage fell apart, my depression grew."

Mindy, who had always loved to read and write, was especially motivated to write poetry recently after a friend gave her the book, *A Rock Against The Wind: African-American Poems and Letters of Love and Passion*, by various authors. "Reading that book just opened a flood of words for me," she admitted, "and I haven't stopped."

Life for Mindy has changed. Obviously, some of her questions are being answered as she releases her emotions through writing. "Writing has given me an outlet to express how I feel, that I just can't express in any other way. If I can write it down, it gets it out of me." She added with a smile, "Writing has also given me a way to connect with people. Talking with people about my writing is a way for people to get to know me!"

Mindy was careful to say though, "Some of my writing is tough, but it's my story." Glancing over the two contents pages of her book, one will notice titles of poems such as, "A Drug of Choice," "It's Messy" and "Ninety Nine Bottles." These poems also allowed her broken heart to mend. They allowed her to heal.

Mindy, who has a degree in English but works in the oil and gas business, laughed, "I love my job, and it pays the bills, but I don't like the drive from Ennis to downtown Fort Worth every day! Hopefully, some day I'll get my teaching degree and teach in Ennis. I think teaching would be a perfect job, especially when I have a family with kids."

For now, this gutsy new author, who self-published this first book of poems, is already starting her second book of poetry. She has also started painting, finding yet another healthy outlet for her amazing talents. **ENNIS**

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Addicted to the RUSH

— By Sandra Strong

From his own admission, Terry Moore has an addiction. The rush of adrenaline he felt the first time he slalomed has not changed. “The addiction was immediate,” he smiled. “The pull of the rope; standing up behind the boat. It becomes something you just have to do.” For Terry, it has never been like eating only one Oreo® cookie.

Skiing on two skis was something Terry mastered as a teenager, but it was not until he met his wife, Teri, that he found the desire to learn to slalom. “When I was young, I never thought I’d ski on one ski,” he admitted. “As I grew older, I began to watch my wife slalom.” His wife not only inspired and encouraged him, she also lovingly pulled him behind the boat they gifted one another with on their fourth wedding anniversary. “Once you get the feeling, the adrenaline rush, of crossing the wake [the waves that are made behind the boat], you are hooked; or at least I was,” he said. “Going back and forth, crossing the wake, the pull of the boat; there’s just nothing quite like it.”

Has anything in life given Terry the same “rush” he feels when he is behind the boat? The only other activity that Terry could compare the adrenaline rush to are the years he spent behind the wheel of a sprint car, competitively racing at Devil’s Bowl in Mesquite, Texas. When racing, he competed against other racers and the elements. “When skiing, I compete against myself and the elements,” Terry explained. “The adrenaline rush I feel when riding the wake doesn’t compare to the rush I felt when racing. Nothing will ever fill the hole of not racing, but skiing sure helps fill the void.”

Most pro skiers are tall and thin because of “the reach” their body-type affords them. The longer arms and legs make getting up out of the water easier. Terry’s struggle early on had to do with his shorter, more compact body. Yet his overall body strength and desire to learn gave him the confidence he needed to pull himself out of the water. “It’s all a mindset. Seventy



percent of slaloming is 'the wanting' to get up on one ski," he stated with conviction. "Ability is a key factor, but if your mindset doesn't drive you, getting up out of the water on one ski will not come easy."

Terry will be the first to admit that, in the beginning, frustration played a part in his slaloming success. "I was

"Once you get the feeling, the adrenaline rush, of crossing the wake [the waves that are made behind the boat], you are hooked; or at least I was."



frustrated because I didn't pick it right up," he confessed. "The frustration sets in when others make it look so easy." So he turned his early difficulty into a personal challenge. He learned to tell himself, "Self, you can do this; you are *going* to do this."

So many things factor into water skiing. Terry believes you must have the proper mindset, overall body strength, good balance and a conscientious boat driver. After getting in the right mindset, the skier must have the upper and lower body strength to allow the boat to pull them out of the water. Hands must continue to grip tightly to the rope, while arms and legs work in unison, allowing the boat to pull them upright onto the



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ski. "If you pull yourself up too fast, you end up going face-first into the lake. If you wait too long, you will usually fall backwards," Terry said, able to laugh at his own early memories. "You also learn real quickly when to let go, otherwise you drink a lot of lake water."

Pivoting on legs that are positioned together in one line on one ski means you must have good balance. "Timing, strength and balance are key factors," Terry said, "but the boat driver's role is 70 percent to the skier's 30 percent. The driver plays a big part in a good run and the ease of getting up. The driver can turn a good ski pass into a great ski pass."

Skiing every other weekend was soon not enough for Terry. He needed his "adrenaline fix, his Oreos and his iced cold water" more often, so sneaking off during the week after work became commonplace with his wife and his skiing buddies, Brian Mahagan and Daveo Locklear. "Once you get the 'rush,' it quickly becomes an addiction," he reiterated. "You won't do your homework. You will take all your personal days at work. You will find yourself constantly watching the wind vane from early March to late November. You will do anything, because you know you just need to get to the lake."

Terry feels he is a self-taught slalom skier. He watched his wife, but he soon realized that you need to "feel it yourself" before you ever really "get it."

"The basics can be learned," he said, "but you never really learn until you do it yourself, through trial and error. It's all about what your body can endure." Like in any sport, the younger you are when you begin the better, but "you are never too old to slalom," Terry said. "It's all about your mindset and your desire." **NOW**

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From left:

Frank Musmar; inset photo: Shannon Greene,
Liza Nino, Alma Nino; the birthday party
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The Snip-its Adventure

Snip-its is revolutionizing the children's hair care industry, one lock of hair at a time. — By Sandra Strong

Seemingly the challenges associated with children's hair care have finally been untangled. What began as an idea with Joanna Meiseles in Massachusetts in 1991, has grown to encompass franchises in and around the nation. One woman's idea has turned a tedious chore into an amazing adventure, which will be remembered by children and their parents. Once children have traveled through the Snip-its adventure, they will no longer fight about coming to the salon for a needed haircut.

Snip-its of Ennis, owned and operated by Frank and Anna Musmar, opened its doors on February 26. Each cutting station is designed with the children, ages 12 and under, in mind. Safety and comfort are of the utmost importance. When mixed with great customer service, computer games, colorful surroundings and music geared for a younger clientele, going to the salon becomes a win-win situation for everyone involved. "It's very

much like a small Disneyland with the main focus being that of cutting hair," Frank said. "Each station has its own computer with a variety of things for the children to do. They can play games, watch a movie or get to know the Snip-its characters."

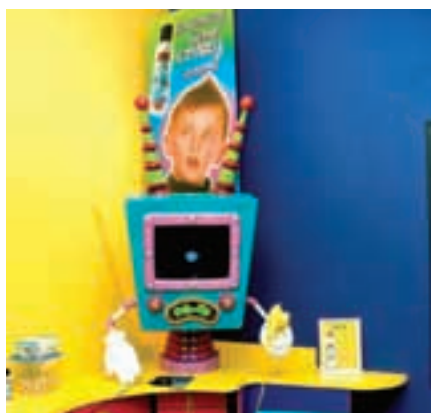
Snip-its offers a full line of hair care products designed specifically for children. "The Snip-its product line consists of shampoos, conditioners, detangling lotions, styling gels and mousse, and it's all natural," Anna said. Snip-its has also teamed up with Fairy Tales, another well-known product line for children to help say "good-bye" to lice. All first-time haircuts are \$9.99, but increase to \$12.99. Customers are encouraged to visit the Web site to take full advantage of the money saving coupons available.

The adventure starts as soon as the parent and child enter the shop. After mom or dad completes the purchase for services rendered, the child receives a prize for a job well-done. "They

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insert a Snip-its Adventure Club pass and a lock of hair into the Snip-its Magic Box,” Frank explained. “It’s a positive experience that leaves families eager to visit again and again.”

Stylists Alma Nino and Shannon Greene understand firsthand what a salon like Snip-its means when working with young children. Coming on board with a great deal of experience did not keep them from getting “Snip-ified” in



the Snip-its training course. The course focuses on safety, cutting techniques, communication skills and the Snip-its mission — to revolutionize the children’s hair care industry. “Children are constantly moving,” Alma stated. “They may come in upset about getting their hair cut for the first time, but once they see the age-appropriate things we offer, they soon settle down.”

Shannon agreed with her co-worker as she added, “Regular shops are not geared for children. Snip-its offers so many ways to keep the children entertained.”

Birthday party celebrations have become a popular item for girls and boys alike, and they come in a variety of options. For girls, Snip-its of Ennis offers Glamour Girls, Trip to Hollywood and Style a Doll. Rock Star is for both boys and girls. Each party comes with a special gift for the child celebrating their birthday, as well as those attending the party. “Parties are a magical time where the kids use their imaginations,” said Elizabeth Nino, party director.

No matter how you look at it, the Snip-its experience is simply lots of fun. Snip-its families are smiling, well-groomed and eager to come back for another visit. **NOW**

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Taking the Next Step

— By Virginia Riddle

New pencils, backpacks and clothes are what most students receive as they and their parents anxiously and joyfully prepare for the beginning of a new school year. However, this year the students, staff and parents of Jack Lummus Intermediate School will receive a new school facility. Many steps have already been taken to ensure that opening day and the ensuing year will be a great experience for the students. “We can create an environment where we bring everyone together and build cohesiveness and stability for the kids who will be here for three years,” Lummus’ new principal, Lori Redning, stated.

The school is named for Jack Lummus, an alumnus of Ennis High School and Baylor University, where he played football. Recruited by the National Football League New York Giants and following a winning season in 1941, he joined the United States Marine Corps

and led his men bravely at Iwo Jima, but died from wounds that he received in battle. Jack Lummus was awarded the Marine Corps Medal of Honor and a flagship is named for him.

The Ennis Independent School District (EISD) board incorporated the “footprint” they currently had in place for Miller Intermediate School, but Lori and Lummus’ teachers were consulted by S.H.W. Architects and Charter Builders concerning the changes they wanted to see. “I was surprised at how much involvement I had,” Lori explained. Colors were chosen and walls were moved. She also suggested using the same type of streamlined colored floor patterns used at Crockett’s Early Childhood Center. “We took what worked and made it work for us, too,” Lori said.

Moving days began last May as the building, teachers’ materials and new

furniture came together. “We have had tons of time to move in,” Lori said. The official open house is August 15, but she expects many community members will have been welcomed in the reception area prior to that date. The tall exterior clock tower along with the clock in the hallway help the students count the time. Windows everywhere allow for natural lighting and views of the beautiful landscaping.

Central to the entire building are the library and “The Hub,” which have a maroon color scheme. Moving out from the central “Hub” are the color coded hallways for each grade level: green for sixth grade, purple for fifth grade and yellow, “the Happy Hall,” for fourth grade. Students will step into the high-tech world in computer labs on each grade level hallway. The brightly lit gym features a practical composite floor and electrically operated stands and basketball goals, while the cafeteria features an ample stage for all those special performances and ceremonies. Motion detectors, video and light sensors and an exterior/interior public announcement system have been installed for safety. Even with a student enrollment of 600-700 children there will be no overcrowding. “We will have plenty of room,” Lori predicted. “The community has been so supportive in passing the bonds and putting a priority on educating our kids.”

Other areas of the school will support programs and extracurricular activities. The students who explore broadcast journalism will be able to get very creative in their newsroom complete with

Education **NOW**

storage. The student council will have a "spot" to call their own and the Learning Center will be available for students who need temporary removal from class. "I very seldom suspend a child. The best place for a student is in school," Lori stated firmly. Teachers are encouraged to add other programs now that space is available. "The faster you can get kids involved in extracurricular activities the more school will be important and valuable to them," Lori added, speaking from extensive experience.

Lori, an Ennis native, is supported by staff and family members who understand that her job is 24/7. Her mother, JoAnn Muirhead; sister, Kim Patak; and husband, Lonnie Redning, are Ennis ISD teachers/coaches. Her grandmother, Edith Muirhead, was also an Ennis teacher, and two of her children, Amanda and Jared Novy, have joined her as Ennis High School graduates while her daughter, Audrey, is a second-grader at Bowie Elementary. Beginning her career as an aide, Lori went to Navarro College, Dallas Baptist University, Texas A&M-Commerce and earned her superintendency certification through coursework at The University of Texas at Arlington.

Lori has also opened a new school before under the past principalship of Chip Currington, who stated, "She threw all of her heart and effort into making sure the fledgling campus was a success."

Other educators are equally enthused. "Mrs. Redning has been consistently focused on ensuring that all teachers and students had everything available they needed to be successful," Alison Beckham said.

"Mrs. Redning has worked hard with the teachers to get this campus ready," Dr. Skuza added.

Also helping students take those first steps will be, Alex Rendon, a first year assistant principal, who is "stepping" away from coaching into the role of administration. "I am very excited," he stated. Following in Jack Lummus' brave steps, students, educators, parents and the community will be taking many steps of their own to establish a long-lasting legacy of success and traditions for all who follow in the years to come. **NOW**

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(Olvida muy rapido lo que acaba de leer)
- **Can't sit still** *(No puede mantenerse quieto)*
- **Has a hard time completing tasks**
(Batalla para terminar lo que comienza)
- **Waits until the last minute to work on homework**
(Se espera hasta el ultimo minuto para hacer sus tareas/proyectos)
- **Forgetful** *(Se le olvidan las cosas facilmente)*

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Who's Cooking **NOW**

In The Kitchen With Josh Petty

— By Faith Browning

Growing up with both mother and grandmother being phenomenal cooks, Josh Petty picked up the gauntlet to become the same kind of inspirational cook to his four daughters, Indigo, Sya, Ari and Eva. "I also have had the opportunity to travel extensively," he said. "I have brought back to my kitchen as much as I can of the flavors and influences of the places I've visited."

When Josh is not working in the

software industry and helping his wife, Kara, keep up with their girls, he is working on the family ranch — raising lean beef with no hormones or antibiotics. "It is very important for me to produce a high-quality beef product, because you can really taste the difference," he explained. "I typically like recipes that can use our lean beef to make them a bit healthier." **NOW**



BARBECUE SAUCE

1 1/4 cups ketchup
1 1/2 Tbsp. yellow mustard
1/3 cup Worcestershire sauce
1/3 cup lemon juice
1/3 cup packed brown sugar
1 full can of beer (I use light beer.)
1 clove garlic, minced
1/2 stick butter

1. Mix together everything, but the butter and simmer about an hour.
2. Add the butter and cook another half hour. For a spicy version add 4-5 puréed jalapeño peppers.

BARBECUE RUB

Salt
Pepper
Paprika

Garlic powder
Yellow mustard

1. Mix equal parts salt, pepper, paprika and garlic powder. Mix up plenty so you can use it liberally.
2. Coat the meat with yellow mustard to help the rub stick to the meat.
3. Sprinkle the rub over the meat and rub it in. Then follow your favorite barbecue method. It works great in the smoker. This rub is great on pork, beef or poultry, but I use it primarily on brisket and baby back ribs.

EASY COOKIES – MY DAD'S RECIPE
Also known as No-bake Cookies.

2 Tbsp. cocoa
2 cups sugar
1 stick margarine
1/2 cup milk

3 cups oatmeal
1/2 cup peanut butter

1. Mix and heat everything except the oatmeal and peanut butter. When it boils, boil one minute only; then add oatmeal and peanut butter. Mix, and drop by spoonfuls onto wax paper.

SPICY SUMMER SQUASH

1 bell pepper, chopped
1/2 sweet onion, chopped
Olive oil
4-6 cups yellow squash and zucchini
1 can Ro*Tel® tomatoes with chilies
1 cup shredded cheese

1. Sauté the pepper and onion with a little olive oil.
2. Add the squash and sauté lightly.
3. Stir in the Ro*Tel® and cook about

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10 minutes.

4. Remove from heat and sprinkle the cheese over the top, allowing it to melt.

CREAMY BOURBON STEAK AND SAUCE

This is a variation of an Irish sauce for beef.

Steaks, your choice of cut

Olive oil

Salt and pepper, to taste

Garlic and onion powder, to taste

1/4 cup bourbon

1 1/4 cups heavy cream

1. Pan-fry steaks of your choice with a light coating of olive oil with salt, pepper, garlic and onion powder.

2. Move the steaks to a warm plate. Pour off the grease; pour in the bourbon. Reduce the bourbon slightly, then turn down the heat and stir in the cream.

3. Simmer and stir a few minutes until the sauce thickens a bit. Add salt and pepper to taste, then pour over your steaks and enjoy.

To view more of your neighbors' recipes, visit www.nowmagazines.com.

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Is a Rollover in Your Future?

— Provided by Jenny Vidrine

Have you recently left one employer to begin working for another? Were you covered by an employer-sponsored retirement plan, such as a 401(k)? If so, you may be wondering about the future of your account.

In the event of a job change, there are many options available to you regarding your employer-sponsored retirement account assets. The options you have will depend on the provisions of your former employer's plan. Sometimes your money can stay in the plan with your previous employer until you reach a specific age and you then can begin taking withdrawals without a tax penalty.

Remaining with your old plan may have drawbacks. Sometimes fees are charged to former employees to offset managing the account. A minimum asset balance may also be required. Other times you must take your money out when you terminate employment. You should contact the Human Resources department or benefits counselor of your former employer to determine your options. If you withdraw plan assets, you may need to find another funding vehicle.

Transferring the balance of the assets in your previous employer's tax-qualified account to a plan sponsored by your new employer may be an option. This can be

done without paying taxes if the money goes directly to the new account (known as a "direct rollover"). However, your new employer may not allow a rollover, thus you will need to look at further options.

One choice to consider is rolling the balance of your account to a Traditional



Individual Retirement Account (IRA). With this choice, you are able to control the investment options within the IRA. You can also avoid the need to make a further rollover if you change jobs again.

Rolling your 401(k) assets into a Traditional IRA can be costly if not done correctly. If you take a withdrawal, the trustee of your old plan must withhold 20 percent of the money for federal income tax purposes. You have 60 days to roll the distribution to a new qualified retirement vehicle if you do take a withdrawal. The 20-percent withholding

will count as a distribution if you do not roll over that amount to an IRA or other qualified plan. A 10-percent tax penalty will usually apply if you are under age 59 1/2 and you don't roll the entire amount into an IRA or other qualified plan.

In order to avoid the 20-percent federal income tax withholding, a direct rollover should be considered. The assets of your employer sponsored plan are transferred directly from your former employer's plan to a Traditional IRA or other qualified plan. You don't touch the money, and neither does the government. Your assets can grow tax-deferred until you begin withdrawals.

To complete a direct rollover, contact a State Farm agent to discuss your options. Once you determine where you want the money to go, the IRA custodian can request the money from your employer-sponsored plan in the form of a check or wire transfer.

Your current IRA contributions are not affected by a rollover. You may contribute the allowable limit to an IRA even after rolling a substantial amount from your previous plan.

With so many choices available, it may be in your best interests to discuss a Traditional IRA rollover with a financial professional. You have some options. Take advantage of one with which you are comfortable. **NOW**

Jenny Vidrine is a State Farm agent based in Ennis.

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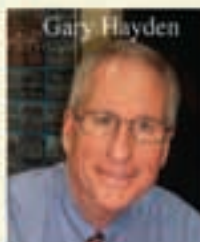
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SCOLIOSIS

— By Betty Tryon, R.N.

It could not happen at a worst time — a diagnosis of scoliosis right before puberty. Scoliosis is an abnormal sideways curvature of the spine. The progression of the atypical curvature happens most often during the growth spurt of the teenage years. Children commonly compare themselves to others and a condition that causes physical deformity such as scoliosis can severely impact the emotional well-being of a young person on the cusp of adulthood. At a time when they struggle with normal body-image issues, they must now

face the prospect of contending with a condition that will alter the physical shape of their body.

The most common type of scoliosis is Adolescent Idiopathic Scoliosis (AIS). Idiopathic means the cause is unknown although there is some evidence of hereditary factors contributing to this condition. Many children with AIS do not experience pain. It is when the spine curves beyond its normal range that the child and others will notice a problem. A beginning clue that something is wrong may be one leg seeming to become

longer than the other one, which would cause clothing not to fit properly. When bending over, the curvature of the spine is more noticeable as one shoulder is higher and protrudes more than the other one. There will be visible curving of the spine to either the right or the left. A serious case of scoliosis can alter the chest cavity and affect the person's breathing capacity. Left untreated, the deformity could become severe; however, with proper treatment there is a good possibility that progressive curvature can be stabilized as the child grows. A brace properly prescribed and worn will help the condition from worsening. The brace may have to be worn until skeletal maturity and the bones stop growing. In some cases, surgery is necessary to straighten and provide support for the spine.

As the spine curves and becomes more noticeable, the child's body image shifts also. Significant psychological distress may be noted. Some children complain of feeling isolated socially and not having many friends. A treatment plan for the physical condition should consider their emotional well-being as they often have low self-esteem. Providing a support group for pre-teens and teens would give them an outlet for their frustrations. In addition, speaking with other kids who have successfully undergone treatment and/or surgery could give them a great boost of confidence.

It is important for parents to understand all of the risks and benefits associated with any treatment plan. Understanding what is happening gives the family more options for an optimal outcome. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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GETTING YOUR TREES READY FOR WINTER

— By *Nancy Fenton*



Did you notice how many limbs some of the trees lost this year? Let's talk about what happens when trees are not pruned on a regular basis. The worst case scenario would be for a rather large branch to drop through your roof or on your car! The second worse incident would be for the falling limbs to take out electricity or close bridges and roads. We may not like it, but our local utility companies and counties have to pick up the slack when safety becomes an issue. Let's face the reality; tree trimming can be a costly procedure, and if we do not do it ourselves, someone has to.

The county and the utility companies do not cut the limbs over your roof, but they do protect the lines that power our homes as well as the roads on which we drive. They have a lot of territory to cover, and it is an economic reality that they will move through as quickly as possible. Each one of us could pick up the cost of having our trees trimmed the way we want it done — as long as the safety issues were addressed. All it takes is a plan and a phone call to the utility or the county. Hey, it saves them time and money, so they would be delighted to see the homeowner/landowner take care of it.

Most of the trees around our homes are the slow growing, beautiful ones like live oaks, maples, burr oaks and pecans. Hackberry trees, poplars and cedars are fast-growing and short-lived. Even though they may look awful when the utility or county workers are forced to cut them back, they will cover the road again in two years if not "whacked back" again. Of course, any landowner has the option to trim back any trees on their property. The county and utility companies only do it to keep us safe on our public roads. The pictures taken on our public county roads may look bad right after the trees are trimmed in the spring, but drive back by in the summer months, and you will see lush growth everywhere.

This is the month to start scheduling your own tree trimming if you do not do it yourself. The first freeze is usually around Thanksgiving, and you do not want to be cutting on your trees anytime after October 1. The trimming stimulates growth, and you do not want the freeze to really damage your trees. Call a licensed and insured tree service now to get on their schedule, and get ready to sit back and smile as others scurry to repair roofs, get electricity turned back on and even to get out of their driveways when the big storms come! **NOW**

Nancy Fenton is a Master Gardener.

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Every Thursday

Celebrate Recovery meeting: 7:00 p.m., 408 Water Street, Waxahachie. The purpose is to help people live free from addiction, compulsive or dysfunctional behavior. For more information, contact Brandon Jones at (214) 949-5725 or Brandon@thefrontiercommunity.org.

First and Third Tuesday

Ennis Cancer Support Group: 7:00 p.m., Ennis Regional Medical Center classroom. For more information, call Kathy at (972) 878-6927 or visit www.enniscancersupport.com.

First and Third Thursday

Mom's Connected: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Free fellowship for moms of all ages. For more information, contact ennismoms@sbcglobal.net.

Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit www.elliscountyyaggiemoms.org.

Third Tuesday

Ennis Cancer Discussion Group meeting: 7:00 p.m., Ennis Regional Medical Center classroom. Topic for August 17: "Medical Treatment." Contact Kathy at (972) 878-6926 for more information.

Skyblazers of Waxahachie R/C Club meeting: 7:30 p.m., Parks and Recreation Building, downtown Waxahachie.

Third Wednesday

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). The cost is \$13, inclusive. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmstepp@yahoo.com no later than Friday, August 13.

Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue. The guest speaker will be Jane Cook with her presentation of "Machine Embroidery Quilts."

August 2-5

Free tennis camps at the EISD Tennis Center.

Call (972) 875-9144 to register.

August 6

After Hours Improv Theater, located at 100 N. College St. at the historic Rogers Hotel, will host a night of improv comedy. All proceeds will benefit Red Oak Project Graduation 2011. Adults \$10. Seniors 65-plus and students \$8. Children \$5, unless otherwise noted. For more information, call (972) 937-9839 or visit www.AfterHoursImprov.com.

August 6-7

Ennis Public Theatre presents *The Effect of Gamma Rays on Man-in-the-Moon Marigolds*. For curtain times and ticket information, call (972) 878-7529 or visit www.Ennispublictheatre.com.

August 7-8

Trade Days of Waxahachie: Saturday, 9:00 a.m.-5:00 p.m. and Sunday, 9:00 a.m.-4:00 p.m., Ellis County Expo Center, 2300 W. U.S. Hwy. 287, Waxahachie. Free parking and admission. For more information, visit www.tradedaysofwaxahachie.com or call Les Clemons at (972) 617-8156, James Scott at (214) 202-1788 or Jean Davis at (972) 816-3644.

August 13

After Hours Improv Theater presents Dance Hall Night: 7:30 p.m.-10:30 p.m., 100 N. College St., Waxahachie. All types of dance music will be featured. \$10 cover charge. B.Y.O.B. For more information, call (972) 937-9839 or visit www.afterhoursimprov.com.

August 13-14

Ennis Public Theatre presents *The Effect of Gamma Rays on Man-in-the-Moon Marigolds*. For curtain times and ticket information, call (972) 878-7529 or visit www.Ennispublictheatre.com.

August 19

Ennis High School Band Ice Cream Supper Fundraiser: 6:00-9:00 p.m. at the EHS Commons.

August 20

After Hours Improv Theater presents "Murder at the Four Deuces" Murder Mystery Dinner. \$35 per person includes three-course dinner. For more information, call (972) 937-9839 or visit www.afterhoursimprov.com.

August 20-21

Ennis Public Theatre presents *The Effect of Gamma Rays on Man-in-the-Moon Marigolds*. For curtain times and ticket information, call (972) 878-7529 or visit www.Ennispublictheatre.com.

August 23

First Day of School.

August 27

After Hours Improv Theater, located at 100 N. College St. at the historic Rogers Hotel, will host a night of Improv Comedy. All proceeds will benefit Porcelain Dolls Ministry. Adults \$10. Seniors 65-plus and students \$8. Children \$5, unless otherwise noted. For more information, please call (972) 937-9839 or visit www.AfterHoursImprov.com.

August 27-29

Ennis Public Theatre presents *The Effect of Gamma Rays on Man-in-the-Moon Marigolds*. For curtain times and ticket information, call (972) 878-7529 or visit www.Ennispublictheatre.com.

August 28

Bristol Opry Country Music Show: 7:00 p.m., presented by the Bristol Cemetery Association and Caring Hands of Bristol at the Old Bristol Schoolhouse, 100 Church Street. Admission is free, but donations are always welcomed. For more information or to be a sponsor, call Jim Gatlin at (972) 846-2211, Randall Willis at (972) 666-2151 or Roland Jones at (972) 666-2273.

Volunteer Orientation at Campfire Creek Therapeutic Riding Center: 10:00 a.m., 767 Bethel Road, Waxahachie. Contact Emily Oliver at (972) 937-7265 or at oliver@ectisp.net for more information.

August 29

Ennis Chamber of Commerce Annual Auction will be held at the Knights of Columbus Hall. Doors open at 5:00 p.m. Dinner will be served at 5:30 p.m. Silent and live auctions will be part of the evening's festivities.

August 30

Texas Motorplex John Force Day.

September 18-19

St. John Catholic Church Bazaar. For more information, contact the Chamber office at (972) 878-4748.

September 25

Telico Volunteer Fire Department's 25th Annual BBQ and Barn Dance: 4:00 p.m., SPJST Hall, East Highway 34, Ennis. The event includes a barbecue dinner, live and silent auctions, a raffle, crafts, games for the children and a live band for dancing. All proceeds benefit the Telico Volunteer Fire Department, which is funded by donations, grants and the money raised during this yearly event. For more information, call Chief Van Fowler at (972) 878-2083.

**For more community events,
visit our online calendar at
www.nowmagazines.com.**



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"My husband and I were planning to start a family..."

My grandmother was a patient at Ennis Regional in 2008. She went on and on about the wonderful staff and excellent service.

Dr. Kingsley is absolutely wonderful. He is very caring and patient with my many questions, whether I am seeing him for my yearly exam or during my pregnancy."

Jonathan, Dusty & Brazos Kunkel
[16 weeks old]
Wortham, TX

"My experience..."

The entire staff couldn't have been better. I just felt so at home at Ennis Regional – like family really. My nurse Jill made me feel so comfortable and really gave me a sense of peace. Our room was very quiet which was nice for the three of us to bond together as a family. Couldn't have been better; I will never forget it.

At my six week checkup, I even joked with Dr. Kingsley that I needed to hurry up and have another one. His response, "I am not going anywhere; I am going to be here for a long time."



Ennis Regional Medical Center is PROUD to offer a friendly and professional birthing center not just for the people of Ennis but all of our Ellis County and neighboring families. As we did with Jonathan, Dusty and little baby Brazos, we take immense pride in showering our mothers and babies with the care and attention they deserve. Please come visit us for our weekly child birth education classes or tour our spacious delivery rooms.

The perfect place to start your family is right here...come see us.

For a tour, call please Bebe Janiah at 469-256-2167.