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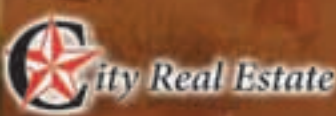
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On The Cover



Just one of the many
hats worn by
Fran Anderson.

Photo by Amy Ramirez

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 875-3299 or visit www.nowmagazines.com.

Editor's Note

Hello Ennis Friends and Family,

Where has the time gone? It seems like just yesterday the kids were getting out of school for the summer. Now, they're making final preparations to return to the classroom in just a couple weeks. I wonder, are the kids ready to go?

I was a weird kid. Yes, I said it, so it must be true. I was one of "those kids" who always loved school. Me, I could have gone to school year-round. I think at an early age, I already understood the importance of an education. Getting that education was incentive enough for me.

As school resumes, please slow down in those school zones. Our main goal is keeping tomorrow's leaders safe.

In regard to another matter, let me extend a heartfelt apology to Kim Loflin, trauma coordinator at Ennis Regional Medical Center, for inadvertently crediting her health article in our July issue to Dr. Barry Davison. A corrected version of the article has been posted on our Web site, www.nowmagazines.com.

Sandra

Sandra Strong
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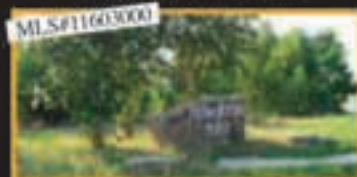
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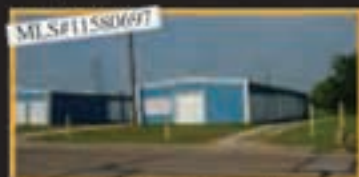
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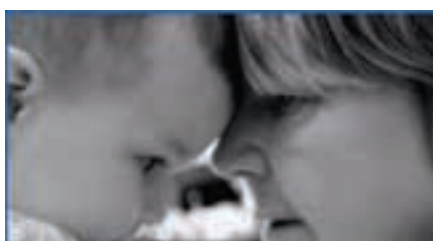
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Heart TO ART

— By Randy Bigham

Local actress, Fran Jeffery Anderson, has turned her dreams of a community that cherishes its heritage into dramatic reality. Based on her belief that the performing arts can educate, as well as entertain, the unique theatrical troupe she has founded is enjoying wide acclaim. Targeting a black audience with black themes, Inspiration, Inc. has become inspiration central for the Ennis-based entertainer whose passion for music and drama defines her life. “We as African-American people have such a rich history to celebrate,” Fran said. “The goal of Inspiration, Inc. is to educate our community about that history through the arts, especially theater.”

The high-spirited director is quick to admit her incentive for forming the group is as personal as it is altruistic. “It stems from my upbringing,” she said. “I was an Army brat and lived in France when I was little. I didn’t know my own heritage and discovering it was a big deal. That’s why I do black theater. It comes from the heart.”

Born in Louisiana, Fran was an infant when her parents moved to a military base near Paris. Five years later the family returned to the States, taking up residence in Fort Worth, where Fran was reared. “It was a culture shock,” she said. “I wanted to know who I was, and in my teens I even went a little wild, wearing an Afro and a

pick. I was trying to find my blackness.”

Fran’s search led her to Ennis in 1998 as a regional organizer for the Boys & Girls Club, the local affiliate for which she eventually served as executive director. “I loved travelling and meeting people,” she said of her job as roving trainer for the club’s facilities in Fort Worth, Arlington and Amarillo. “But I prayed for a set position so my children’s education wouldn’t be interrupted.” Fran also wished for an outlet for her first love — performing. She found both in Ennis, the Bluebonnet City.

Of her tenure with the Boys & Girls Club of Ennis she said she “loved every minute of it,” adding that her projects



for local youth were “well-received” from every quarter – from the Ennis Independent School District to the Lions Club. Fran made her mark creatively, too, by bringing artistic programming to the Boys & Girls Club, and to the public at large, as a member of the Ennis Arts Commission, to which she was appointed president in 2001. Meanwhile, she was becoming known citywide for her gospel singing and motivational speaking.

Although she left the Boys & Girls Club for Texas Discovery Gardens, Fran remained active in church circles and the artistic set surrounding the Ennis Public Theatre, where she appeared in two successful plays, *Little Shop of Horrors* in 2007 and *Proposals* the following year. “I love the Ennis Public Theatre,” she said. “Bill and Suzanne Rhoten and the whole gang there are great.”

Inspired by Bill, who became a mentor for the actress, Fran said she decided to branch out on her own to establish a family-friendly, Christian theater group focusing on the black community. She said she had long noted “a need among African-Americans for the arts.” Yet material was seldom geared to the black experience, and she wanted to fill the gap. “I realized there was a lot of talent here in Ennis that wasn’t being used,” Fran explained, “and I thought that with the right vehicles, blacks and other

minorities, who haven’t been involved in local theater, could take part.”

By forming Inspiration, Inc. in 2009, Fran has accomplished her goal of providing positive, faith-based entertainment aimed primarily toward African-Americans. Over the last two seasons the group has sponsored youth acting workshops, a summer theater camp and open mike nights at venues ranging from the Ennis Public Library to the First United Methodist Church. Students learn monologue delivery, hear guest lectures by professional actors and put their training to the test by appearing in select vehicles approved by a board of directors. One

“We as African-American people have such a rich history to celebrate.”



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of the most popular productions staged by Inspiration, Inc. was a benefit for Meals on Wheels with a World War II era theme, *Black Nativity*, which drew 200 people to Baylor Baptist Church. Also, the musical *Crowns*, was performed to overflow crowds in Dallas, Duncanville,



Waxahachie and Arlington. "I loved *Crowns*," said one fan, Doris Collins of Ferris. "It was heartwarming."

Crowns, written by Dallas playwright, Regina Taylor, tells the story of a New York City teen, embraced by her Southern grandmother and her hat-wearing church friends. The musical, which features traditional gospel tunes like "His Eye is on the Sparrow" and colorful African costumes, was a bigger



hit than Fran expected. “*Crowns* wasn’t scheduled for this season,” she said. “But we have had so many requests for it that we brought it back.” The play was last presented on the campus of The University of Texas at Arlington where Fran is studying theater administration.

Fran is proud of the success Inspiration, Inc. has enjoyed and has high hopes for future seasons. She credits her actors, musicians and advisers – Sandra Struggs, Markus Sallie, Kellie Kovar and Sue Powell — for contributing to its growth. But board member, Sandra Wakefield, acknowledges Fran as the real force behind the scenes. “Fran is so affirming,” she said. “She is a great encourager. She wants everyone to shine.”

Fran isn’t one to rest on her considerable laurels. “There’s still work to do to get us where we need to be,” she confessed. “We don’t have a regular venue, so that’s a challenge. Right now we put on our shows anywhere we can find a spot.”

Her family is also proud of the work she has done to promote black theater. Fran has four children, two of whom live in Fort Worth, and two who live with her in her Ennis home, where she displays her collection of African-American art

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and some of the “church lady” hats worn by her cast in *Crowns*. Fran’s son, Joe, whom she singles out as the “techie” who helps her with sound systems and computers, is attending classes at Navarro College.

Forthcoming Inspiration, Inc. productions include *The Gospel at Colonus*. “It’s set in a black Pentecostal church,” Fran enthused, “and the music is awesome.” *A Raisin in the Sun*, the Lorraine Hansberry classic, is in the planning phase, too, qualifying that it won’t matter how fine the vehicle is without community interest and aid.

“Our goal is to encourage more black people to support and participate in the arts,” Fran said. “You can join Inspiration, Inc. by performing, donating money or time and helping out with costumes or props. There is a place for you in theater. It’s right here in Ennis!” **NOW**

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Living Within the Canvas

AT HOME WITH
Billie Davis

— By Sandra Strong

Life takes many twists and turns, some planned, and many others unexpected. Sometimes, it weaves itself into a long marriage that includes four beautiful children. As time goes on, loved ones pass away and the children mature, marry and move into their own homes. Thirty years after living on Knox Street rearing her family, Billie Davis looked around and realized the turn her life was taking meant downsizing. “Ken, my husband of 29 years, had passed away. My four kids, Kim, Kerry, Kenny and Kevin, were grown and gone, having children of their own. It was just me and mom,” Billie said, referring to her soon-to-be-98-year-old mother, Angie Winn.

With her “painter’s eye” and an idea in mind, Billie got started on the design of her new three-bedroom, two-bath home on the outskirts of town. “It took a couple of months to complete the design,” she said. “Once the plans were finalized, I sent them to a local architect who at the time was working with Eric Toth, my son-in-law and the contractor on the new home.” Listening to her retell the story, it’s easy to see the fulfillment it brought her.





"It was the most fun project I've ever done, and I'd do it again in a heartbeat, but my kids would probably kill me," she admitted with a smile. "They were all involved in one way or another. The boys


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are all in construction and they work for mom for free.”

When Billie told Eric she really wanted a koi pond in the home, she thought he would most certainly tell her, “No,” and that would be the end of it. He surprised her by saying he’d have a putting green in the middle of his home if he was still single. Eric didn’t really know the first thing about installing a pond, in or outside the home, so Billie’s youngest

son, Kevin, decided to take on the responsibility of “pond project manager.”

The surprise is not that the home has a built-in koi pond. It’s the location and size of the pond that are unique to the overall design. The 1,000-gallon pond, located in the very center of the home, takes up the entire back wall, and juts out in all directions. The natural beauty can be enjoyed from all rooms, and the relaxing sound of the waterfall and the koi jumping is soothing to the soul.

The original plans called for the depth of the pond to be right at six feet. Once all the necessary precautions were taken to ensure the pond would not leak into the home, the pond ended up being closer to three-and-a-half feet deep. “It could be deeper and much, much bigger,” Billie said, as she stood on the rock landing looking down at what was once only a schematic drawing on paper. “I’ve always had an aquarium, and I’ve always loved fish.”

Billie purchases the koi when they are very small, but in two to three years, she finds they have gotten too big for the pond. “I feed them twice a day, once in the morning and again in the

evening. I supplement their koi food diet with frozen green peas,” she explained. “Watching them eat, well that’s the fun in having them.” Once they outgrow their space, Billie puts them on Craig’s List and sells them for a very small profit, so she can start the koi process all over again. Right now, the koi are seen in all sizes and shades of yellow, red, orange,



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Larry Wilson, Director of Business Development and Admissions, in newly renovated front lobby.



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black and white. Swimming and jumping alongside them are 12 types of tropical fish, including angel fish that fight solely amongst themselves. While sitting alongside the pond, you also see mollies, guppies, Gourami, electric yellow cichlid, an African butterfly, several different fantail goldfish, shubunkin and a pair of "perfectly safe" Bala shark.

Growing up just outside Del Rio, Texas, Billie remembers the adventures she had on the Devil's River. "I was


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baptized in that river when I was 9. All I wanted to do was create a small piece of what I loved most about my childhood," she confessed. "The koi pond was the closest I could get to Devil's River." All the foliage is real, except the plants found in the water. The fish were eating them as fast as Billie was replacing them. "I've had an outside pond," Billie stated, "but the benefits of the inside pond outweigh the outside pond tremendously. I get to enjoy it 12

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months out of the year. Birds don't eat the fish. You don't have to worry about snakes. There are no mosquitoes, and I don't have to deal with algae."

Although the koi pond takes center stage, it would be a mistake not to mention what Billie has accomplished in the rest of her home, too. After the pond, the second most eye-catching item in the space would be the oil painting that hangs over the couch in the living room. It's one Billie painted years ago, and it still brings back memories of a childhood filled with fun and laughter. "That's a portrait of my dad. Every night he would sit in his rocking chair reading the Bible," she fondly reminisced. "My sisters and I would stand on a yellow stool Dad had made and play beauty shop, putting



rollers in his hair while he read the Bible." The painting is a cherished memory of a dad who loved the Word.

The master bedroom and Billie's bedroom open to the pond through French doors. The headboard in Billie's bedroom, designed and constructed by Kevin, is the frame for another of her oil paintings. Angie, a self-proclaimed West Texas woman, has a mounted deer head over her bed. "She's the family deer hunter," Billie laughed. "She'd have the room filled with trophies if given the opportunity."

The kitchen, although small by some people's standards, is just perfect for Billie. A wall filled with crosses paints a picture of Billie's love for the Lord. She readily admits it's taken the six years she's been in her new home to complete the landscaping in the front, while the backyard is still very much a work in progress. As visitors look around at what was once only a blank canvas, they quickly realize Billie is living within the portrait she's created. **NOW**

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Spurrin' for Christ

— By Virginia Riddle

Riding a bull might not be on every church's list of weekly activities, but that is exactly what youth ages 9 to 18 anticipate doing on Tuesday nights at the Cowboy Church of Ennis' lighted rodeo arena located next to the church on Interstate 45. As Heath Gullede, a bull rider for 14 years and co-founder and bull riding instructor for Spurrin' for Christ, stated, "This is the only place in Ennis you can go to church and get dirty."



Getting dirty has to be one of the attractions of the Tuesday night events because 35 to 100 kids show up every time they see the arena lights glowing brightly since the Spurrin' for Christ bull riding began eight months ago. Word of mouth, encouragement from friends and a listing on the church's Web site are the only advertisements. Yet the old saying, "Build it and they will come," has been true. Anxious-to-ride participants have come from as far away as Garland, Texas. "Some young people just come to watch friends or family, and some arrive late into the competition due to their commitments to other activities, which include feeding animals for county show competitions," Heath explained. However, whether they ride or watch and cheer for others, all attendees have a good time, hear the Word of God and receive encouragement from interested adult leadership.

"Blake Blevins and I came up with the idea from one of the youth. We got together with the church and just did it," Heath stated. A group of adults comprised of Heath and his wife, Michelle, Shannon and Jim Seymour, and Rodney and Sharon Pechal were joined by another former rodeo cowboy, Blake, and his wife, Lisa, when they joined the church. Lisa recalled that the primary reason why she and Blake moved from Granbury to the Ennis area was because of this church. "This is just a sweet, sweet church family," she stated.

Many of the adults have a rodeo background. "There are grown men out here having fun reliving their childhoods,"

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Heath stated. Plenty of parents, siblings and friends of the bull riding participants line the stands and volunteer in other ways. No rodeo would be complete without the rodeo clown, and this event has two clowns, one of whom drives from Midlothian and doubles as an emergency medical technician (EMT) just in case the need should arise. Other adults volunteer to run the concession stand since food and drinks are needed to fuel youthful appetites with good down-home cooking. Other adults are just there to lend an ear and give a kid someone



they can talk to. "We've all walked a wide variety of lives," Heath said. "We are just trying to prevent these youth from going down some of the paths we've gone down."

Bull riding is a youthful sport since it

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is considered to be the most dangerous of rodeo events. A rope is wrapped around the bull with a weighted cowbell hanging underneath. The rope is held tightly around the bull's girth by the rider. A rider will be disqualified for touching the bull with his or her free hand or being bucked off before the eight-second buzzer sounds. A rider is not required to spur the bull, but if the rider does so, the marks will be higher. Protective gear is worn by all participants.

Kids are taught to ride the rough stock by first practicing on a bucking barrel while receiving instruction. The bulls are as mild as bulls can be. Some participants are astride a bull after only a few lessons. Heath and Blake are good at matching bulls to kids. Girls are welcome to ride, too. Shannon's daughter told her dad that she had a "bucket list" of things she wanted to do, and she has since accomplished bull riding. "You can see the smiles and how happy they are. The kids realize what they have accomplished," Heath revealed. The youngest kids are cautious at first about getting on the smaller bulls, and some of the older kids think the bulls are too little for them, but everyone has a bull just waiting to give them an exciting experience.

During the intermission a volunteer speaks and offers his or her testimony. "We try to encourage new kids to get up and say what's on their minds," Heath said. The adult volunteers patiently share their own stories and talk with the youth as though they are young adults. "We don't hold them up to be [like] us. We just give them someone they know and can

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What started back in August 2010 ended happily in April 2011 for Mr. James Pustejovsky. Mr. James Pustejovsky came to Legend Oaks in January 2011 from Baylor Specialty Hospital in Dallas. He had various complications resulting from lung removal surgery, being in and out of the hospital since August 2010. He weighed a mere 98 pounds, had a tracheotomy, and was unable to walk independently.

The therapy and nursing teams at Legend Oaks quickly got busy with Mr. "P" as he was affectionately called. His wife, Dorothy, came daily and was seeing progress slowly but surely. After a month his trach was removed and he regained his appetite. Eventually Mr. "P" and his wife set a goal to be home for Easter.

Mr. "P" said, "The therapy department was unbelievable! They were so patient with me through this long process."

So, after approximately 12 weeks of hard work and determination, the day finally arrived and on April 21, 2011 he went home to be with his family for Easter. At that point, he was up to 131 pounds and he walked out strong and proud. Mr. "P" gladly returned to the farm, getting back to mowing the grass and tending to the cows.

"I wish I would have come to Legend Oaks sooner because I did so much better here." Mrs. Pustejovsky quickly chimed in, "The care and concern was great. We couldn't have asked for more. I would highly recommend Legend Oaks."


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come and talk with and not be criticized," Heath stated. "We're trying to help the kids keep Him first."

Funds are raised through the \$10 entry fee and by selling food and drinks at the concession stand. Donations are welcomed and the youth group helps out by making key chains, necklaces and bracelets to sell. The group's first fundraising event was scheduled for May 28 at the church. The Midlothian Classic Wheels Club presented a Rodeo Car Show. "We don't worry about the money. It just seems to be there when we need it," Heath said.

Future plans include building a complete set of pens and better chutes so the group can add bronc riding to the list of events offered. Since weather is a factor in attendance, the group also wants to add a cover to their arena and a bucking



machine for practice. "We really need to get proper pens built," Blake stated. "We want to be able to keep the kids coming and keep it fun and interesting." That is not very hard to do. "You can get on 10 bulls and have 10 different rides," Heath said from experience.

"Our purpose is to bring the kids to God," Shannon added.

Upon entering the church, visitors walk into the kitchen making themselves at home. "You don't have to be a cowboy to come to this church," Lisa said.

Farmers can come right in dressed for the fields or a three-piece suit can be worn. "Once you walk through those doors it doesn't matter what your past was, you are welcomed," Heath stated.

"This church is amazing because it is so family-oriented," Lisa added.

Shannon summed it up for the group, "We preach, pray and play." Those ingredients for success seem to be working, since children are encouraging the parents to come to church. **NOW**

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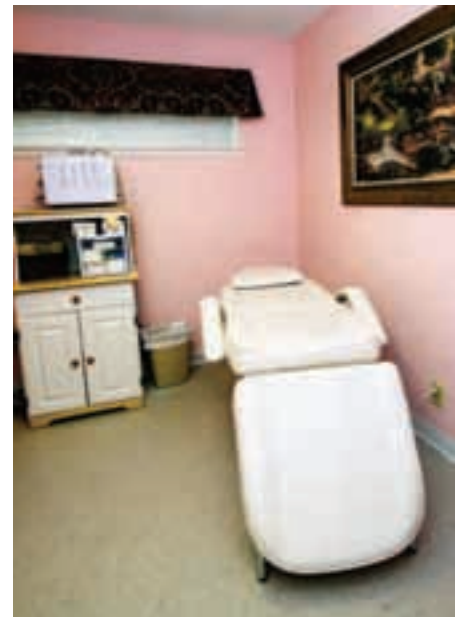


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From left:

Dr. Jinks, Kristi Leal, Stacy Bobalek and Christina Marlow are ready to help you look your best.



Tickled Skinny

Cosmetic procedures that are changing lives for the better.

— By Sandra Strong

Patients wanted what was being offered in the Metroplex, so Dr. Larry Jinks, along with staff members, Kristi Leal, Stacey Bobalek and Christina Marlow, gave them what they were looking for in Ellis County Medical Associates Med Spa. “We responded to the requests of our patients,” Dr. Jinks stated. “Patients wanted cosmetic skin care services. All we did was listen.”

As the patient list continued to grow, Dr. Jinks made the decision earlier this year to open an office strictly for the honest med spa approach he was offering. He never realized the demand would be what it quickly turned out to be. “Patients want to feel good about themselves,” he explained. “When patients feel they look better, they are more likely to do those

things that keep their self-esteem high, while also keeping them healthy.” Those things Dr. Jinks is referring to include proper diet, daily exercise and the proper amount of rest. “All the procedures we offer are cosmetic, but they cause positive changes in the lives of our patients.”

“What we do here is build self-esteem,” Kristi added, “which gives patients a much different outlook on life.”

The first order of business with any new med spa patient, both male and female, is a pre-op exam. This exam determines the plan of action. “We wait until we have a suitable candidate,” Dr. Jinks said. “Sometimes the patient just needs to lose a little weight before surgery, and other times we find out they want

Business **NOW**

something they really don't need."

Aesthetician services include microdermabrasion, chemical peels and a full line of skin-care products. Also offered are injectable treatments, such as Botox, Jevederm, Perlane Silk, Restylane and Spider Vein Sclerotherapy. Laser hair removal, Bronze Biologic spray tanning and belly button piercing are also available.

The latest procedure to "hit the cosmetic enhancement market" is Tickle Lipo, an in-office procedure for fat removal and body sculpting. Originating in Belgium, this minimally-invasive form of liposuction has quickly grown in popularity, most likely because of the ease in which the procedure is performed. "It differs from traditional liposuction in several ways," Dr. Jinks explained. "The patient is awake throughout the procedure. Only mild sedation is needed and discomfort is minimized." It's called Tickle Lipo because the vibration of the cannula, the tube inserted under the skin, vibrates, causing a tickling sensation. The advantages of Tickle Lipo include lower cost, a minimal amount of bruising and the ability to resume normal activities much sooner.

"Patients talk and joke during the procedure," Kristi confessed. "Some even laugh uncontrollably."

"I compare it to playing a violin," Dr. Jinks added, referring to the easy rhythm it takes to get the results patients want.

Areas where Tickle Lipo has shown the best results are abdomen, flanks (love handles), saddle bags, buttocks, inner and outer thighs, upper arms and the male chest area. Tickle Lipo is the most requested service by female patients, while male patients inquire about Botox injections and permanent lazer hair removal. "Before and after" photographs tell the story better than medical terminology ever could. "What we accomplish here at Ellis County Medical Associates Med Spa is life-changing," Dr. Jinks reiterated. "The results have been amazing."

Ellis County Medical Associates Med Spa is proud to offer this newest form of liposuction. Call for your free consultation today and get ready to be "tickled skinny." **NOW**



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Kage Rose is dressed to impress with his grandmother, Janice McAda.



Brigg Ray enjoys summertime activities outdoors.



Jax Bishop and Reece Rendon attend the end of season T-ball awards ceremony.



The Ennis Chamber holds a ribbon cutting for Dr. Lindsey Fass.



Barbara Murray, Norma Epstein and Debbie Bracey of K-Nor Property Management pose for a quick photo.



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Stepping in the Right Direction to Manage Joint Pain

Each year, there are 61 cases of menisci injuries per 100,000 people. Given that Ellis County has a population of approximately 150,000 residents, roughly 100 people will suffer from this injury yearly. Injury of the menisci, a fibrous cartilage of the joint, especially of the knee, is a very common orthopedic injury, which can cause marked physical impairment. The symptoms can include soreness, mechanical block to motion and severe pain. The majority of these symptoms are located at the joint line; however, pain can be referred to the back of the knee or down the lower leg. These injuries account for 50 percent of surgical injuries to the knee.

The basic anatomy of the meniscus consists of semi-lunar shaped fibro-cartilaginous wedges. They function to provide a cushion similar to shock absorbers for a car. The meniscus accepts 50 percent of the load on the joint transmitted in extension and 85 percent of the load transmitted in flexion. They also provide some secondary stabilization for the knee in much the same way a chuck block prevents a wheel from rolling. The meniscus also functions to provide some joint lubrication. The blood supply to the meniscus penetrates roughly the outer one-third of the rim. Unfortunately, this means many menisci tears will not heal.

Traumatic tears of the meniscus occur from sheer forces or a twisting and sliding motion. Commonly associated injuries include Anterior Cruciate Ligament (ACL) tears or chondral contusions (bone bruises). Degenerative tears can occur as arthritis progresses. These occur in individuals over 40 and are directly correlated to the degree of reticular cartilage degeneration.

Unfortunately, these have little or no healing potential. Longitudinal tears are the most frequent traumatic tears. A medial meniscus tear is three times more likely in this type, becoming symptomatic when the size of the tear is greater than 5 mm. Radial tears are usually traumatic as well. Function is compromised when the tear extends to the periphery. Horizontal tears are more common in older patients. Continuing to walk on this can lead to tear propagation and displacement of the torn fragment.

Weight-bearing X-rays are an important first step in evaluating any knee injury to rule out fracture and to assess the degree of degenerative change. An MRI is the diagnostic study of choice and should function also as a confirmatory tool.

Two methods in managing this type of pain are available. Nonsurgical treatment is appropriate for small, stable peripheral tears when no mechanical symptoms are present. Physical therapy, anti-inflammatory medication and modifying activities can provide many patients with significant improvement of symptoms. Surgical treatment is reserved for patients with significant mechanical symptoms or for those that have not responded well to nonsurgical treatment. Some tears of the peripheral meniscus can be repaired in younger patients. Even partial meniscectomy can lead to increased progression of arthritic change. The goal is to help restore function while preserving as much meniscus as possible. **NOW**

By Dr. Todd Moore – Orthopedic and Sports Medicine Specialist

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Answering Five Questions Can Help You Pursue Your Goals

— By Jeff Irish

As you strive to achieve your long-term goals, such as a comfortable retirement, you may, at times, feel frustrated over events you can't influence, such as the up-and-down movements of the financial markets. Yet there is much you can control — once you determine the answers to just five key questions.

Where am I today? Take stock of all your assets — your IRA, 401(k) and other savings and investment accounts. Then, do the same for your debts, such as your mortgage and any other financial obligations. On your financial journey through life, it's essential that you know your starting point.

Where would I like to be? Once you've established where you are today, you'll need to identify where you'd like to be tomorrow. How much will you need to pay for the retirement lifestyle you've envisioned? Will you be able to help pay for your children's or grandchildren's college education? Will you need to support any other family members? At this stage, you'll want to write down all your goals and put a price tag on each one.

Can I get there? After you've identified your goals, determine if they are, in fact, achievable. By considering a variety of factors — including your likely future income stream and your family situation — you should be able to determine if you can attain your goals or if you need to modify them in some way.

How do I get there? Now it's time to put a strategy into action. Specifically, you need to choose those investments that can help you pursue the goals you've selected. Your ideal portfolio will depend on your risk tolerance and time

horizon, but in general, you'll want a diversified mix of quality investments. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility. As you put together your holdings, make sure you understand what you can expect from your investments. For example, growth stocks may offer the highest potential returns, but they also carry the greatest risk. On the other hand, investment-grade bonds can offer a steady income stream and, barring the default of the issuer, will repay your principal when they mature.

How can I stay on track? Once you've built your investment portfolio, you'll need to review it regularly — at least once a year — to help ensure it's still meeting your needs. After all, many things can and will change in your life, such as your family situation, your goals, your employment and your risk tolerance. To address these changes, you'll need to adjust your portfolio over time.

As you can see, answering all these questions will take both work and expertise. That's why you may want to work with a professional financial advisor to help you identify your goals and create a strategy for pursuing them.

In any case, though, start asking — and answering — these five key questions as soon as you can. It's easier to reach your financial goals if you put time on your side. **NOW**

Jeff Irish is an Edward Jones Financial Advisor based in Ennis.

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August 10 and 11

Lion Days, Preregistration for the 2011-12 school year: **August 10**, freshmen from 9:00-11:00 a.m.; sophomores from 1:00-3:00 p.m. **August 11**, juniors from 9:00-11:00 a.m.; seniors from 1:00-3:00 p.m. New students to the district can register either day, but they must call to set up an appointment before the days of registration by calling (972) 872-3518. They must bring a birth certificate, social security card, shot records, final report card from the 2010-11 school year and an unofficial transcript, if available.

August 11

Open House at Ennis Junior High School: 6:00-8:00 p.m. Hot dogs, chips and drinks will be served.

August 12

August Summer Moonlight Movie: 9:00-11:00, historic downtown Waxahachie on Franklin Street between Jackson and College. Featured movie: *Footloose*. For more information, call (972) 937-7330.

August 13

REACH Historic 5k Run: 8:00 a.m., downtown Waxahachie at 109 South Jackson Street. Registration: \$15 for children under 12 and \$25 for runners and/or walkers over 12. A late fee of \$5 will be charged for those registering the day of the event. Proceeds from the event provide drug prevention programs for area youth. For online registration and information on the 5k and REACH, call Nisa at (972) 723-1053 or visit www.reachcouncil.org.

Ellis County SPCA New Volunteer Orientation: Noon-1:00 p.m., 570 FM 878 Waxahachie. Meeting for new volunteers with the Ellis County SPCA or current volunteers who would like to be more involved with the organization. E-mail Kari at spcaevents@gmail.com.

Red Oak Opry: doors open: 6:30 p.m.; concert begins: 7:00 p.m. at Lone Star Cowboy Church, 1011 E. Ovilla Rd. Live performance of the Opry Band. Visit www.redoakopry.com for more details.

August 18

Open House at Jack Lummus Intermediate School: 6:30-8:00 p.m. Agenda planners will be required for all students. Agenda planners will be available for \$3 during Open House.

August 22

First Day of 2011-12 school year.

August 27

29th Annual Chamber of Commerce Auction: Doors open at 5:00 p.m. Dinner will be served and open bar will be held from 5:30-7:00 p.m. Cash bar opens at 7:00 p.m. and silent auction will be held from 5:00-9:00 p.m. Live auction begins at 7:30 p.m., Knights of Columbus Hall, 850 South IH 45. This year's theme is "Wrangles and Rhinestones." For more information, call (972) 878-2625.

August 28

Stacy Arnold Classical Guitarist Performance: 7:00 p.m., St. Paul Episcopal Church in Waxahachie. Stacy will be performing the music of Albeniz, Ponce, Morel, Villa-Lobos, Bach, Barrios and more. Concert is free to the public.

September 22-25

26th Annual AAA Texas Fall Nationals at Texas Motorplex. Visit www.texasmotorplex.com or contact (972) 878-2641 for more information.

Ongoing:

Mondays and Wednesdays

Sign Language Class: 4:00-5:15 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Classes are free and available for all ages. No sign-up required.

Third Mondays

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

Fourth Mondays

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Avenue.

Third Tuesdays

Skyblazers of Waxahachie R/C Club: 7:30 p.m. at the Parks and Recreation Building in downtown Waxahachie.

Wednesdays

GriefShare: recovery seminar and support group: 6:15 p.m. at Palmer Christian Child Care and Day School, located at 510 S. Dallas Street. For more information, call

Vivian Saladino at (214) 802-2256 or e-mail griefshare@fbcpalmer.com.

Third Wednesdays

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries: monthly luncheon from 11:30 a.m.-1:00 p.m. at the 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 pmestep@yahoo.com.

Thursdays

Chess for Kids: 6:00-7:30 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Elementary age and above. No sign up required.

Celebrate Recovery: 7:00 p.m. at 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 Thursdays

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 Fridays

Veterans Networking Group: 6:00 p.m., Zula's Coffee House, 1804 West Highway 287 Business. For more information, contact Mike Lamb at (214) 763-0378 or e-mail at vetsnetgrp@att.net.

Third Saturdays

Covenant Treasures Institute College Level Classes: 8:00 a.m.-3:00 p.m., Refiner's Fire Ministries International, 1611 W. Ennis Avenue. Call (972) 765-3530 for more information.

Fourth Saturdays

Bristol Opry: 7:00 p.m., featuring local singers and musicians. Sponsored by Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

Submissions are welcome and published as space allows. Send your event details to sskoda.nowmag@sbcglobal.net.



In The Kitchen With Dr. George Kingsley

— By Sandra Strong

Dr. George Kingsley began cooking while his family lived in Cleveland, Ohio. He and his best friend would take turns hosting Sunday afternoon feasts for their families. “We would watch cooking shows for new ideas, then we’d travel into Cleveland or Pittsburgh for specialty ingredients. On Sunday afternoons, our kitchens, grills, smokers and ovens would be in action to prepare that week’s menu.”

Since that time, Dr. Kingsley has enjoyed trying new foods as he has traveled throughout the world. “I try to recreate them when I get home,” he said. “I love lots of spice and not just a little heat. All my recipes are from scratch and all are subject to BYOC – be your own chef – rules.” **NOW**

Onion Dip

Serve with celery, carrot sticks or your favorite chip.

- 2 Tbsp. olive oil
- 3 medium Vidalia or Texas Sweet Onions
- 1 tsp. salt
- 2 large cloves garlic
- 1 tsp. white pepper
- 4-6 oz. low-fat mayonnaise
- 4-6 oz. sour cream

1. Heat oil in a large sauté pan. Dice the onions to a medium-coarse size; add to hot oil.
2. Reduce heat to medium and sauté the onions, continually stirring with a wooden spoon or spatula.
3. Sprinkle salt over onions and continue stirring until the onions are caramelized and a dark brown color.
4. Peel garlic and crush into pan. Stir until the garlic is fragrant. Mix in white pepper

and spoon ingredients into a mixing bowl to cool.

5. Blend in mayonnaise and sour cream. Transfer to a serving dish and refrigerate for 1 hour.

Slow-cooked Beans

Serve with barbecue, chicken or steak.

- 1 Tbsp. cumin
- 1 Tbsp. Kosher salt
- 1 tsp. Cayenne pepper
- 8-16 oz. low-sodium beef stock
- 1/2 cup dark brown sugar
- 1 lb. Great Northern Beans (dry) rinsed, sorted and soaked overnight
- 1-2 jalapeños and/or 1-2 Serrano chiles, finely diced (optional)

1. Brown the bacon in large Dutch oven. Remove and drain on paper towels. Add onions and stir until they start to brown and caramelize.
2. Peel and crush garlic; stir in. Blend in

tomato paste, molasses, cumin, salt and pepper.

3. Add beef stock; stir until smooth. Stir in brown sugar. Add beans with soaking liquid. Make sure beans are fully covered with liquid.
4. Add additional beef stock if needed. Add peppers and/or chiles if desired. Cook overnight at 250F (6-8 hours minimum).

Coconut Curried Shrimp

- 2 cups jasmine rice
- 2 tsp. vegetable oil
- 1 cup white onion, minced
- 2 cloves garlic, crushed
- 2 tsp. cumin
- 1 tsp. coriander
- 1-2 tsp. hot curry powder
- 2 tsp. sugar
- 1/2 tsp. red pepper flakes
- 1-2 cups coconut milk
- 1-2 lbs. fresh jumbo shrimp, peeled and deveined
- 2 Tbsp. fresh cilantro, chopped
- 1/2 cup raisons

1. Cook rice in rice maker or on stove.
2. Heat oil in large sauce pan. Sauté onion until softened. Add garlic and dry spices; mix well.
3. Add one cup of coconut milk; bring to a boil. Reduce heat to medium.
4. Add shrimp; cook until shrimp are pink and curled. Add additional coconut milk as needed to create a thin sauce.
5. Serve over hot rice. Garnish with cilantro and sprinkle with raisons.

Cajun Chicken and Sausage

- 1 1/2 -2 lbs. boneless skinless chicken thighs
- 3 Tbsp. vegetable oil
- 3-4 Tbsp. Emeril's Essence or Cajun seasoning
- 1 lb. link sausage
- 2 cups long grain white rice
- 3-4 green onions
- Frank's Red Hot Sauce

1. Rinse and dry chicken. Coat with oil and Cajun seasoning. Cover and marinate in refrigerator for 1 hour.
2. Grill sausage and chicken until thoroughly cooked. Remove from grill and allow to rest.
3. Slice sausage and chicken into 1/2-inch slices and serve over rice. Garnish with green onions. Serve and sprinkle with hot sauce to desired heat.