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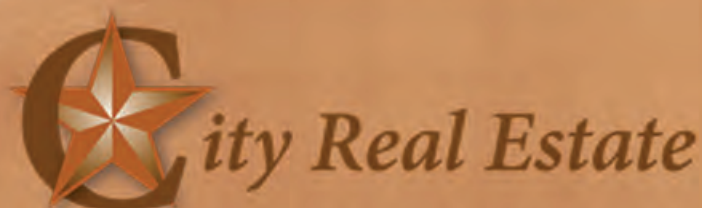
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ON THE COVER



Miles of fun and good health are pedals away for Curtis Palmer.

Photo by Amy Ramirez.

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Editor's Note

It's still hot, so let's cool down ...

And what better way to do that than with the latest issue of *EnnisNOW*. Every edition of this magazine brings you touching and enlightening stories about our friends and neighbors, and the August issue is no exception. Two of our interviews this month spotlight residents of Palmer: Jack Witt takes us on a tour of the beautiful home he built with his late wife, A.J. And we discover that Curtis Palmer shares not only his hometown's name but its spirit of strength and independence.

We also visit with two talented EHS students who have taken their love of design to new heights of inspiration. Elsewhere, we welcome Dr. Felicia Lewis' new practice to Ennis and chat over the kitchen table with our featured cook, Stacie Hollingsworth.

So come in out of the heat, pull up a chair and join us!

Randy

Randy Bigham
EnnisNOW Editor
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RACING AHEAD

— By Rick Herron

One of childhood's rites of passage is learning to ride a bicycle, usually starting out with mom or dad running alongside and a pair of training wheels firmly attached to the back wheel. After the training wheels come off, the next stage begins — riding a few feet then falling, which, thankfully, is short-lived. After a couple more days of practice, riding a bike is almost as natural as breathing and is lots of fun.

Curtis Palmer never forgot the fun of bike riding and decided to take it up a notch when, in his early 40s, he started training for the world of competitive cycling. “In 2000, some of the guys I was riding with suggested I look into getting a license and race,” he remembered. “My first sanctioned race was on the road around Texas Motor Speedway. We did eight laps (40 miles), and I was able to stay in the middle of the pack at the finish. I thought, OK, I like this!”

After that exhilarating experience, Curtis made a big change in the way he trained and how he approached his diet. “I made a conscious effort to improve my nutrition and just got smarter about a lot of things related to my health, training protocol and methods,” he said.

In the ensuing years, he rode with four different teams, the first one being in the Masters 35-plus category. He is a Category 3 now and races Masters 50-plus when he

does race. Not long after he started competitive cycling, Curtis saw and felt definite changes in the way he looked and felt. “I noticed I was sleeping much better, and I was enjoying food more because the cycling regimen kept my weight down, so I didn’t have to worry about not eating certain things anymore,” he related. “Plus, it’s been a fantastic way to relieve stress!”

Such strenuous training has a few downsides, however. “I noticed more joint pain, which a good bike fit fixed,” he pointed out.

When he was training full throttle for racing, Curtis followed a pretty strict schedule. “I would ride five or six days a week,” he remembered. “In the summer, I’d start around 7:00 a.m. on Saturday or Sunday and do three- to five-hour rides, which averaged about 60 to 90 miles.” Other training days were shorter, but more intense at intervals. “In the winter, if it was above 27 F, I’d ride outside,” he said. “Below 27 F, I’d stay inside and ride.”

In October of 2011, while out on a four-hour training ride, Curtis hit the curb with his bike, which resulted in a fractured hip. “Fortunately, I was just going about eight miles an hour when a car honked at me from behind,” he explained. “I turned around to look, and that’s when I hit the curb and had a really stupid crash, causing an acetabula fracture. I was on crutches for about six weeks, but managed to get back on a stationary bike after a month.”

Through perseverance and determination, Curtis emerged from the accident stronger than before. “I guess it’s my Type A personality,” he laughed. “I spent five to 10 minutes a day gradually increasing time to an hour indoors and getting my strength back. I was back on my bike outside in six weeks and off the crutches, although I was very, very careful.”

Born in El Paso, Curtis, 54, lived in Illinois for a few years before moving back to Texas in 1970. He has three kids — two boys and a girl — and one grandchild. He is able to work much

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of the time remotely for Cisco Systems in Richardson, where he has served for almost 17 years as a Collaboration Consulting Systems Engineer.

Curtis and his girlfriend, Patty, have lived near Palmer for the last three years. When he's not riding his bike, you can find him weight training at the gym. He



owns a F1-Felt road racing bike and a Van Dessel Cyclocross bike and has some interesting equipment that's tailor-made

for competitive cycling. "I have some carbon fiber soled shoes I use for riding, which are very light and comfortable," he said. "I also use a helmet, which is a must, cycling bibs and cold weather gear." On his road bike is a SRAM Quarq power meter that calculates power output in watts for very specific training.

Curtis is modest about his cycling accomplishments. His record with the USA Cycling organization is posted on the rider results page of its Web site. Listed are two pages of races in which Curtis has participated from 2001



through 2012. Each entry includes the name of the race, elapsed time, associated team name and points garnered.

Founded in 1999, USA Cycling, a membership-based organization located in Colorado Springs, is now comprised of over 2,500 clubs and teams, as well as nearly 71,000 licensees. These include officials, coaches, mechanics, race directors and competitive cyclists of all ages and abilities across all disciplines of the sport — road, mountain, track, cyclocross, BMX and para-cycling.

The hardest race Curtis participated in was in cyclocross. This involves a short course with mounting and dismounting in parks of less than a

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mile, where the average speed is lower, but the intensity is dramatically higher than a regular road race. "I did that a couple times, and it was very hard, very intense," he admitted. "Road racing is my favorite type of race." Road racing, held on paved roads, is a term usually applied to events where competing riders start simultaneously with the winner being the first to the line at the end of the course. He isn't racing now, but still rides and will eventually get the racing bug back.

Curtis believes strongly that anyone can start a biking regimen and improve their health and general well-being, as long as they start slowly and stay consistent. "Start riding for three or four days each week and work up to more miles gradually," he advised. "The benefits, like losing weight and relieving stress, will be experienced almost immediately as long as you are consistent."

He describes his love of cycling as a "great passion" that has helped him through some hard times in life. "I've really enjoyed the camaraderie with other guys who race, and I equally enjoy the solitude of riding alone in the country," he shared. "I guess I've ridden about 6,500 miles a year average for the last 11 years, and every mile was an experience I wouldn't trade for anything." **NOW**

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A Blessed Life

At Home With *Jack Witt*
— By Randy Biggam

- When Jack Witt looks back on his active life,
- he's thankful for the success he has enjoyed as a
- businessman, the broad knowledge of people he
- has acquired and the many friendships that have
- flourished as a result. But the 82-year-old, former
- transportation industry executive is most grateful for
- the love he shared with A.J. (Alice Jane), his wife of
- 59 years. Her passing in January 2012 left a void
- that will never be filled, but Jack finds consolation
- in remembering her and keeping up their beautiful
- Palmer home, Witt's End Ranch.



"She was always there for me, assisting and encouraging me when the going got tough.

She was always
my Rock."

The name of this gracious property reflects the sense of humor of its owner, who delights in conversation and laughter, and whose warm handshake and smile reveal both a gentleman and a comrade. As he talks of the wife he adored, and of their children, Jack's role as doting husband and father emerges. "A.J. and I made a good team," he beamed with pride as he pointed to photos of her and other family members in the office of his home in the heart of Palmer. "She was always there for me, assisting and encouraging me when the going got tough. She was my rock."

Jack also happily discussed his children, Carla and Brett, his daughter-in-law, Sonja, and the four grandchildren and two great-grandchildren who have filled all their lives with joy as well as pride.

Although Jack has retired from most of the business interests he began in Dallas in the 1960s, he's still involved with Best Way Transportation, Ltd. and the Meadows of Palmer. Lately, in partnership with his family and Jerry Shelton, Jack opened the Lone Star Auto & Equipment Group, selling classic cars and trucks. Jack is, perhaps unsurprisingly, a lover of old cars and has collected many over the years. Among his favorites are two 1930 Model A's, restored to their authentic colors and fittings. He drove one of these antique treasures this past May in the Polka Festival parade. The twin beauties glisten in their garage

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on Jack's estate where other, equally beautiful modes of transportation, roam freely — his horses.

Life on the range is as important to Jack and his family as the companies they operate. In fact, Witt's End Ranch is a small place compared to the 300-acre ranch Jack owns in the Bristol area. One of Ellis County's most picturesque properties, it boasts exotic animals that attract motorists' rapt attention. "Currently we raise cattle, horses and

five species of deer," Jack explained. "For seven years we have had Blackbuck, Fallow, Axis, Sika and Pere David. The Pere Davids grow to 600 pounds and have hooves like a cow. They love eating the foliage at the sides of the lake on our land, even getting their horns dirty digging in the mud to get what they want."

But it is Witt's End Ranch where Jack spends most of his time, entertaining family and friends in the elegant home decorated by his late wife. "A.J. had a knack for design," he enthused. "She really loved decorating and made this house a home with her good taste." Style was definitely her strong suit. A.J.'s



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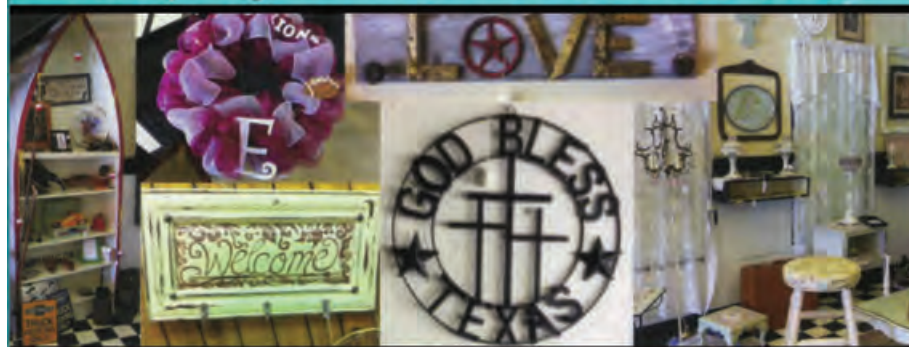
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D. BLAYNE LAWS, M.D.



pendant for white and gold was applied with elegant restraint to the house's living room, entrance hall and dining room, relieved by touches of cream, brown and black. The bedspread of a guest room is black and cream striped, tying in with the theme, and the master bedroom features a clever mix of leather and silk in the same general color scheme. Mirrors are also used throughout to enhance the dimensions of each room. In this oasis of charm, Jack relaxes with his son and daughter, their children and his friends. He considers Witt's End Ranch the perfect place to enjoy his retirement from the fast pace world of business where he once took center stage.

Born in Sherman, one of seven children, Jack served in the Air Force. Stationed at Hensley Field in Grand Prairie, he met A.J., and the pair married on Thanksgiving Day 1952. "She was best friends with another officer's girlfriend," Jack recalled. "And when we met, I immediately knew she was the love of my life." Jack spent a year in Korea, during which A.J. wrote him two letters a day, all of which he still keeps in a box. Jack was later employed as an air policeman in the office of the Dallas Police Department before joining Red Ball Motor Freight where he rose in the ranks internally, as well as in the larger business community. During his 14-and-one-half years with Red Ball, Jack was elected president of the National Defense Transportation Association and as the youngest president to date of the Transportation Club of Dallas.

"While I was with Red Ball, I was taught the transportation business from the ground up," Jack pointed out. "I went

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from dock worker and route truck driver to dock foreman and city dispatcher.” Promoted eventually to director of sales, he traveled across the nation, securing business for the company. Jack later became active in various Dallas service and charitable organizations, and has remained fully engaged since. “I have been a master Mason since 1959,” he remarked, “and I’m a 32nd degree Scottish Rite Freemason as well as a Shriner.”

Searching for a little respite from the big city, Jack and A.J. moved to Palmer in 1977. There they joined the First United Methodist Church, which Jack still attends. Although his grief at A.J.’s recent passing has been palpable, Jack has remained active in the community. “I love Palmer and the people here,” he observed. “It was a wonderful home base for us, and it still is for me.”



In addition to his busy routine of business responsibilities, church and charity functions and other activities, Jack keeps himself physically fit. He has arranged an exercise room at home where treadmills and stair-steppers vie with a relaxing, post-workout sauna. “You have to keep going bodily and mentally,” he said. “Plus it’s fun.”

Jack reviews his life with modesty, attributing the success he has won to God, his friends and family, and to A.J. “We had a wonderful 59 years together,” he said. “A.J. was always helpful in my business, and she was a great business woman in her own right. She was the best thing that ever happened to this old country boy.”

While Jack misses A.J., he’s grateful for what he calls the “blessed life” they shared. He hopes to honor her memory by continuing to live happily, enjoying the company of those he loves. **NOW**

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STYLE MATTERS

—By Randy Bigham

For 12 seasons now, *Project Runway*, the hit reality show airing on Lifetime Television, has featured the talents of aspiring fashion designers in a competitive setting. Backed by Parsons The New School for Design in New York, the program has opened the door to fame for contestants, while raising national awareness of the varied opportunities awaiting the sartorially skilled. Many young people have been inspired to pursue careers in fashion due to the TV show's popularity, and high schools around the country are meeting the interest by offering preparatory classes in design. Ennis High School is one of them, and Vicki Chmelar, the course's lead instructor, is proud of the promise shown by her students. "The classes have been in place now for about five years," Vicki explained. "There are some very talented young people in the classes, and we're glad to offer an interesting alternative like fashion design that draws in kids who are really creative."



"I love seeing glamorous women, like Jennifer Lopez or the Kardashians, and coming up with great outfits I think would look well on them."

Christian Arreola and Eric Roberts with their design teacher, Vicki Chmelar, and two models, Heather Thomas and Cheyene DePalmo.



Two students in particular have demonstrated exceptional ability. Eric Roberts, 16, and Christian Arreola, 17, both entering their senior year this September, are passionate about fashion, not only as a venue to create but as a way to make their fortunes. Though not directly influenced by *Project Runway*, the boys admitted the series' worldwide reputation has helped legitimize the field of fashion as a viable commercial outlet for artistic expression.

"My dad wanted me to be an architect," Christian shared. "But he now sees the potential for me in designing, so he's very supportive. And my girlfriend is interested in my work, too, and is very encouraging." Christian's determination is revealed in his quiet yet resolute way of speaking. "I've always liked to draw, and I love art," he said. "So teachers told me to concentrate on that." And he has, placing in a recent regional competition in design hosted by Family Career and Community Leaders of America (FCCLA). This honor has qualified him to participate at the state level. In addition, Christian has just entered a contest sponsored by Mark Cuban, owner of the Dallas Mavericks, to design new uniforms for the legendary basketball team.

Eric has enjoyed similar support from family and friends. "I love singing, and I may also go after that as a career choice," he admitted. "But designing is part of me, and is something I know I want to do." With sisters and a mother who love fashion, Eric has eager models for his latest whim. Recently, he made his mother's wedding dress. Eric is as dedicated to his work as his classmate, Christian. "I have always liked to sketch, but it wasn't until my freshman year that I got into fashion," Eric pointed



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out. "I love seeing glamorous women, like Jennifer Lopez or the Kardashians, and coming up with great outfits I think would look well on them." Eric will join FCCLA this coming school year, and looks forward to participating in the next regional competition. But he's not relinquishing his simultaneous goal of a performing career. In fact, this summer he auditioned in Colorado for *The X Factor*, the Fox Network singing competition judged by Simon Cowell and other music industry bigwigs.



For the time being, it's all about fashion for Eric and Christian, although each student approaches his work from a different aesthetic. Christian is influenced by contemporary skateboarding culture, as well as the hipster movement, designing unisex separates that are both modern and vintage in style. On the other hand, Eric's strong suit is high-glam, dramatic evening gowns suited to celebrity red-carpet events or stage appearances. Both young men possess extraordinary skill in drawing their own designs and making them. Their portfolios burst with bright colors and original texture combinations, while their finished creations are meticulously constructed.

Christian's focus on street wear has developed into a cohesive collection of savvy styles in T-shirts, sweatshirts,

jackets, pants and shorts that appeal to men and women. He's already conceived his own brand, The Basics, and devised a logo to go with it: a cartoon-like character called Skeeter, whose spike-haired mug with exposed tongue emblazons shirtfronts and the backs of jackets. His sporty designs, mainly in cotton and other practical fabrics, have already caught the attention of admirers. "People have offered to buy a jacket I made," Christian smiled. "But I think I'll keep it for now."



Eric's designs are less commercial in character than Christian's. They are, instead, more avant-garde in appeal and therefore more oriented toward *haute couture*, one-off production. He specializes in figure-flattering gowns that have a hint of the classic yet are wholly modern. "I like to show off a woman's curves and give her a little extra glamour," Eric observed. His favorite pieces are made of chiffon and tulle, and feature luxury trimmings like peacock feathers or sequins. The label he's decided on, if he launches his own clothing line, is *Finis*, French for "the end," and derived



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from his own middle name.

Color as an expression of personality is a key consideration for Christian in his philosophy of good design. "Yellow symbolizes joy," he maintained. "And it's a reflection of me, because I'm always happy. Red means confidence, and I relate to that because I can't be put down easily. And purple is for mystery. That's my favorite."

For Eric, femininity and a heightened sense of drama are the driving forces behind his take on fashion. "I'm fascinated by women and the variety of clothes they can wear," he said. "Men are pretty boring by comparison." He counts among his influences such European design geniuses as Alexander McQueen, Chanel and Thierry Mugler. "I like the stuff that's more out there," Eric confessed. Perhaps due to his own talent as a singer, he regularly hatches ideas for stage costumes that could be worn by performing artists such as Taylor Swift or Lady Gaga.

By contrast, Christian isn't as impressed by high fashion names. But he is a fan of clothing lines geared to the skater/hipster demographic he hopes to serve with his own label someday — brands like The Hundreds, Diamond Supply Co. and Supreme. And he can easily envision celebs like Lil Wayne, the hip-hop star, or Rob Dyrdek, the skater

"I'm fascinated by women and the variety of clothes they can wear."

and MTV host, wearing his clothes.

Eric plans to follow in the footsteps of *Project Runway* stars by attending Parsons The New School for Design in New York. And Christian is considering going to school in Los Angeles, possibly at the Fashion Institute of Design & Merchandising. Wherever they go, fortune awaits. As Vicki Chmelar, their teacher, has predicted, "When these guys make it — and they will — all of us who have supported them will be so proud!" **NOW**



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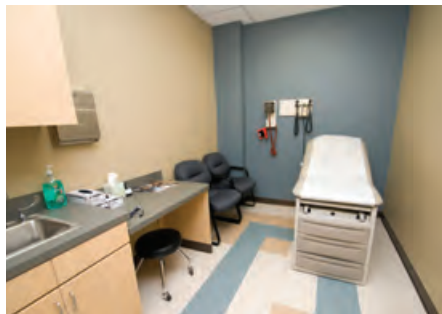
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Patera Hawkins, Nina Madrigal, Dr. Lewis and Rachel Chairez are the caring hearts who make up Lakewood Hills Internal Medicine.

Getting Better All the Time

Lakewood Hills Internal Medicine is where good health happens. — By Randy Bigham

Dr. Felicia Lewis is new to Ennis but not to caring. She was in middle school in Tennessee when her grandmother became seriously ill, and the experience of witnessing the deterioration of someone she loved determined her to become a doctor. “It was also a natural enough decision,” recalled Felicia, who is now certified by the American Board of Internal Medicine and has had 14 years of experience in the field. “In my family there are a lot of allied health professionals, including my late grandmother, who unfortunately died two days before I went away to college. That was really tough, and it affected me very much.”

Armed with the loving memory of her grandmother, as well as her own talents and skills, Felicia successfully completed her education. She earned her undergraduate degree in molecular biology at Harvard University and her medical doctorate at the

University of Tennessee Health Science Center at Memphis, where she also fulfilled her residency.

Felicia relocated to Texas in 2007 with her husband, also a doctor. “But he’s a Ph.D.” she clarified. “You know you have to have one normal person in a marriage!” Both commute from Dallas to their respective jobs, and for Felicia that means Lakewood Hills Internal Medicine in Ennis. Located in the Ennis Regional Medical Center complex, her internal medicine practice celebrates its first anniversary in the Bluebonnet City this month. “I really love Ennis because of the people here,” the doctor pointed out. “It is a wonderful community to work in and to serve. Everyone is gracious and welcoming, so it’s been very enjoyable.”

In internal medicine, which Felicia describes in layman terms as “primary care for adults,” the doctor sees no patients under

the age of 18. "I do have some expectant mothers as patients," she explained. "But I'm not managing their pregnancies, just other conditions they may have, such as diabetes or hypertension."

Pregnancy is no mere clinical subject for Felicia. It's a personal one. The

"It's a privilege to participate in one of the most important areas of someone's life — their physical health."

mother of a 25-month-old son whom she adores, she looks forward to spending time with him, her husband and friends in the Greenville area of Dallas. In her spare time, Felicia also loves reading, cooking and gardening.

Leisure time isn't always plentiful for the busy Ennis physician, but she welcomes the hard work because she knows she's making a difference in the lives of her patients. "That is the most satisfying part of the work," she confirmed. "It's a privilege to participate in one of the most important areas of someone's life — their physical health." Felicia stressed that, although her specialty is treating chronic disease, the relationship with such patients is perhaps even more important than those of shorter-term status. "We're talking about internal medicine, so not everyone gets cured, but I feel like I get to contribute in a way that's meaningful," she shared. "That kind of longtime relationship is fulfilling especially when times get tough."

In addition to prevention counseling and alternative medicine, Felicia and her staff of four address such conditions as diabetes, hypertension, high cholesterol and thyroid and hormone irregularities for both men and women. She also treats incidental issues, including headaches, arthritis and back pain.

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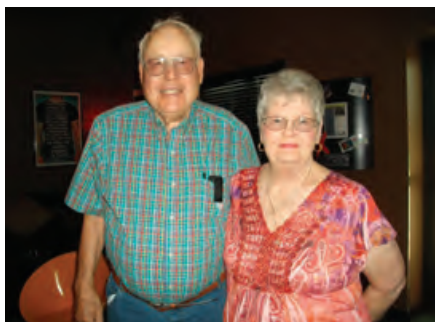
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Be Aware of Risks of Not Investing

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

You might not keep up with inflation. If you put all your money under the proverbial mattress, or, more realistically, you keep it all in cash instruments and very short-term investments, you might think you are playing it safe. After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it, either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3 percent annual inflation rate, your purchasing power will decline by about half in just 25 years.

You might outlive your money. For a 65-year-old couple, there's a 50-percent chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

You might not be able to maintain your financial independence. Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could become

somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

You might not be able to retire on your terms. You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

You might not be able to leave the type of legacy you desire. Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. And that means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great. **NOW**

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

Add an Important Item to Your Back-to-school List.

For parents, back-to-school season means it's time to stock up on school supplies. But it can also be a good time to think about how to save for your child's future education.

Developing a strategy for achieving your education savings goal - or other savings goals - can help you stay on track.

To learn more about your education savings options, call or visit today.



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Meniscus Injuries

There are 61 cases of menisci injuries per 100,000 people each year. This is a very common orthopedic injury that 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 fibrocartilaginous wedges. They function to provide 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 rim. Unfortunately, this means that many menisci tears will not heal.

Meniscus pathology

Traumatic tears of the meniscus occur from sheer forces, or a twisting and sliding motion. The most common location is the posterior horn of medial meniscus. Common 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 years of age and are directly correlated to the degree of articular cartilage degeneration. Unfortunately, these have little or no healing potential.

Tear Classification

Longitudinal tears are the most frequent traumatic tears. A medial meniscus tear is

three times more likely in this type. It usually becomes 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, also known as horizontal cleavage tears, are more common in older patients. Continuing to walk on this can lead to tear propagation and displacement of the torn fragment. This type of tear is associated with meniscus cyst development. The cyst usually resolves with treatment of the menisci injury.

Imaging

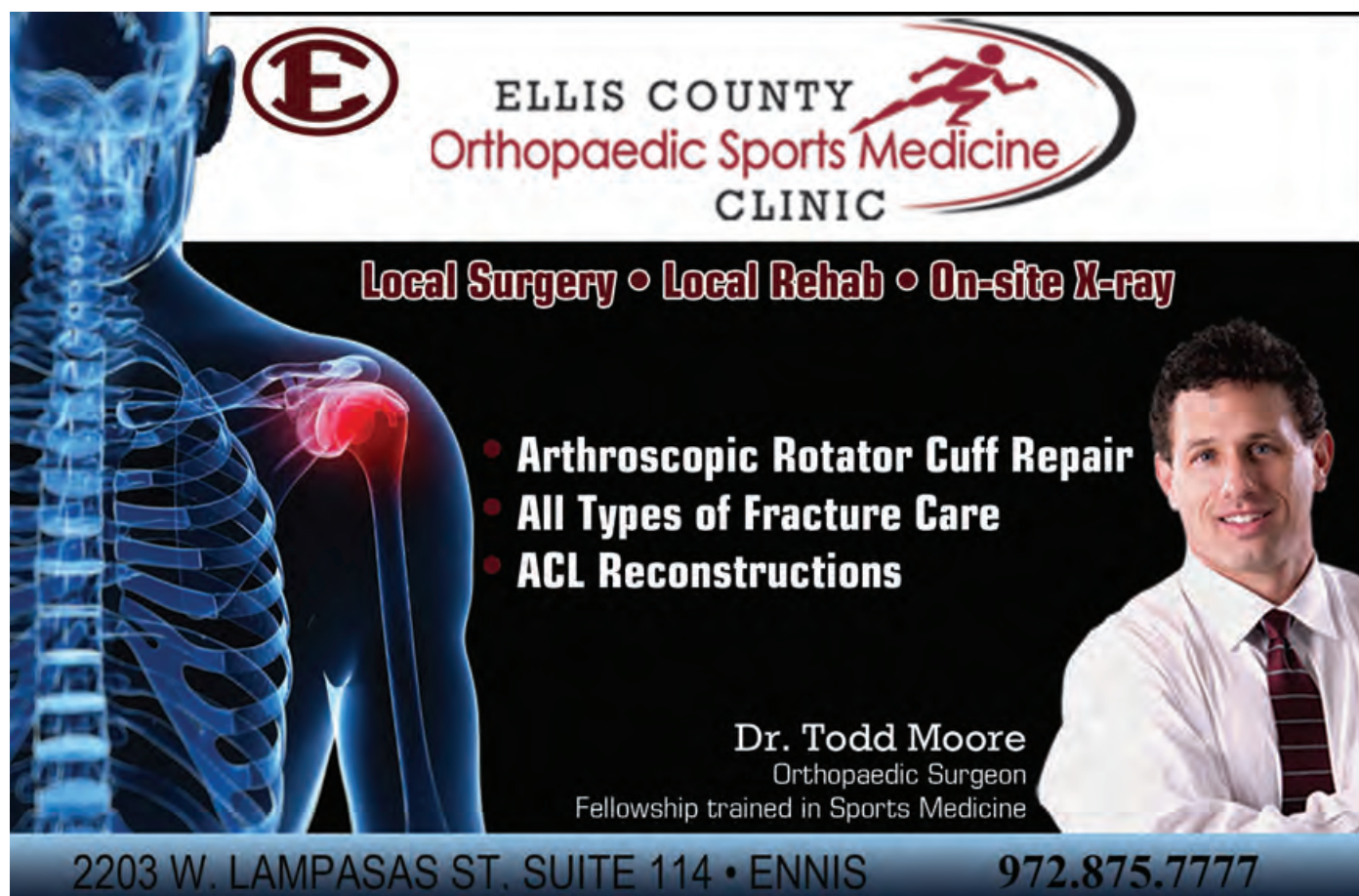
Weight-bearing X-rays are an important first step in evaluating any knee injury to rule out fracture and to assess the degree of degenerative change. MRI is the diagnostic study of choice and should function also as a confirmatory tool.

Management

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 who 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**

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Through August 16

Summer Lunch: 11:30 a.m.-12:30 p.m., Boys and Girls Club, 1200 S. Clay.

Monday - Friday. For more information call (972) 872-7030.

Through September 25

21st Annual Taste of Ennis, benefiting Helping Hands of Ennis at the Knights of Columbus Hall, is seeking sponsors. This year's event is scheduled for

September 26. Contact Judi Hejny for sponsor levels and more information at (972) 875-0218 or donate online at www.helpinghandsofennis.org.

August 4

Summer Sunday Nights' Pool Night: 6:00 p.m., Tabernacle Baptist Church, 1200 Country Club Rd. For more events and dates visit www.tabernaclefamily.org.

August 10

Ennis Opry & Dance: 7:00-9:30 p.m., Ennis VFW Post 7106, 3100 N. I-45. The event features the Gatlin Band, playing classic country, bluegrass, polka and gospel. Admission is \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30. Concessions will be available. For

more information call (972) 846-2014 or (972) 846-2211.

August 16

Summer Moonlight Movies - *The Avengers*: 9:00-11:00 p.m., Franklin Street, between College and Jackson streets, Waxahachie. Movie is free and open to the public. Concessions are available. Attendees are encouraged to bring blankets and lawn chairs.

August 17

Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, Ferris. Vendors welcome. Call (817) 992-9204 for more information.

Enchanted Rose Beauty Pageant: 10:00 a.m., Corsicana Country Club, 800 NW County Rd. 1050. Event benefits the Corsicana Animal Shelter. For more information call Sandy Roby at (903) 654-9833 or visit www.theenchantedrosebeautypageant.com.

August 18

Stacy Arnold in Concert: 6:00-7:00 p.m., St. Paul Episcopal Church, 624 Ovilla Rd., Waxahachie. Donations welcomed. For more information, call (469) 337-7294.

August 24

Boots 'N Bluebonnets – 30th Annual Ennis Chamber of Commerce Auction and Dinner: 5:00 p.m., Sokol Hall, 2622 E. Hwy 34. Tickets are \$45 per person, \$320 per table of eight. Dinner will be served 5:30-7:00 p.m. Features include an open bar, cash bar, silent auction. Platinum, gold and silver sponsorships are available. To reserve a seat or for more information, call Mary Macalik at (972) 878-2625 or email her at mary@ennis-chamber.com.

EHS Band Ice Cream Supper: 6:00-8:00 p.m., Ennis High School, Bardwell Commons and Gym, 2301 Ensign Rd. Concert, silent and live cake auctions, door prizes.

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 current event details to randy.bigham@nowmagazines.com.



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In The Kitchen With Stacie Hollingsworth

— *By Randy Bigham*

For Stacie Hollingsworth, cooking really means family. “I wouldn’t have any great recipes to share if it weren’t for my family,” she admitted.

Stacie’s favorite “food memory” from childhood is inhaling the scent of gumbo cooking. “My mother was a full-blood Cajun, and her gumbo was wonderful,” Stacie recalled. “She would stand at the stove for an hour, stirring the flour and oil to make the roux.” Stacie’s Aunt Margaret has since shared with her a modern twist to the original that shortens preparation time.

Her sister, Vanessa Perdue, has loaned Stacie her Hot Cracker recipe while her mother-in-law, Margaret Hollingsworth, has showed Stacie how to make quiche that even men will like. One of Stacie’s own most popular recipes is her “Celebration of Life” cake with strawberries. **NOW**

Celebration of Life Cake

Cake:

- 1 box Betty Crocker Super Moist German Chocolate Cake Mix**
- 1 1-lb. can Betty Crocker Creamy Deluxe Coconut Pecan Frosting**

Icing:

- 1/2 stick butter, softened**
- 4 oz. cream cheese, softened**
- 4 cups powdered sugar (as needed)**
- 3 Tbsp. orange juice**
- 1 tsp. vanilla**
- 1 1/2 cups pecans, chopped**
- 1 small (or large) carton strawberries dipped in chocolate syrup (optional)**

1. For cake: Prepare cake mix according to directions on package. Stir in frosting, mixing well.

2. Grease and flour (or spray with cooking spray) a Bundt pan. Pour batter into pan.

3. Bake at 350 F for 40 minutes or until tester comes out clean.

4. Cool in pan 10 minutes and invert onto serving plate. Let cool completely before icing.

5. For icing: Begin beating butter and cream cheese with electric mixer, adding powdered sugar and orange juice alternately, mixing well until there is good consistency for spreading. Add vanilla.

6. Spread icing on cake, covering completely. Press pecans into sides of cake until well-covered.

7. Before serving, pile chocolate covered strawberries in middle of cake and around sides.

Cajun Gumbo

3/4 cup cooking oil

1 cup flour

4 quarts water

1 chicken, cut up

1/2 Tbsp. red pepper

1 Tbsp. black pepper

2 Tbsp. salt

2 onions, chopped

2 ribs celery, chopped

1 cup bell pepper, chopped

Rice of choice (not Minute Rice)

1 pkg. Eckrich sausage, sliced 1/4-inch thick

1 cup green onion, chopped

1 tsp. Filé (or to taste)

1. Mix oil and flour in a microwavable bowl. Place in microwave; cook 20 seconds at a time, stirring with a whisk in between until roux is a medium dark brown color (about 13-16 minutes).

2. When done, put roux in 4 quarts warm water on medium heat; stir until roux is dissolved.

3. Add chicken, seasonings, onions, celery and bell pepper; let cook for 1 hour on medium heat.

4. Boil desired amount of rice to desired consistency.

5. Brown sausage slices in a pan; add to gumbo along with green onions.

6. Cook for 30 minutes. Serve over steaming rice, adding Filé to taste.

Hot Crackers

1/2 tsp. cayenne pepper

1 cup Canola oil

1 pkg. Original Hidden Valley Ranch mix (dry)

1 gallon glass jar

3 stacks saltine crackers

1. Mix cayenne pepper, oil and dressing mix in jar. Add crackers.

2. Put lid on tight and roll jar back and forth until crackers have absorbed the mixture. Store in jar or other air-tight container.



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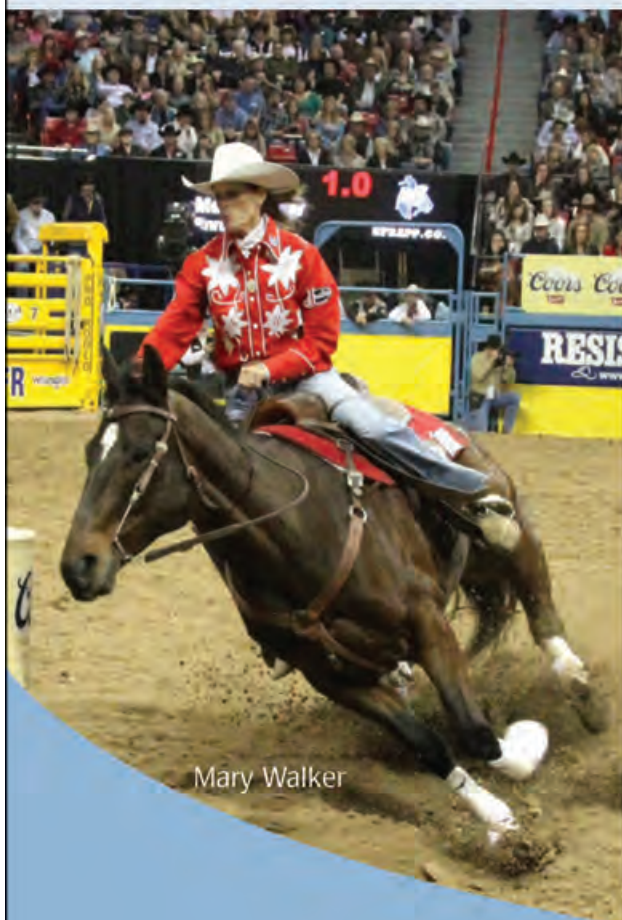
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The highly-trained physical therapists and occupational therapists focused on Mary's capabilities rather than disability to put her back in the saddle and on the trail to recovery and independence. Ennis Regional Medical Center congratulates Mary's season title win at the 2012 National Finals Rodeo in Las Vegas.

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