

# EnnisNOW

The background of the magazine cover is a photograph of a man and a woman in a home setting. The man, Richard Lowman, is standing on the left, wearing a white suit, a light-colored striped tie, and glasses. The woman, Gina Lowman, is seated on a floral patterned armchair on the right, wearing a light green suit and a matching wide-brimmed hat. The room has a red carpet, a large potted plant, and a framed picture of a beach scene on the wall.

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AUGUST 2016

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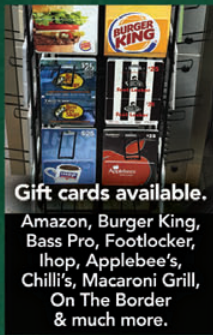
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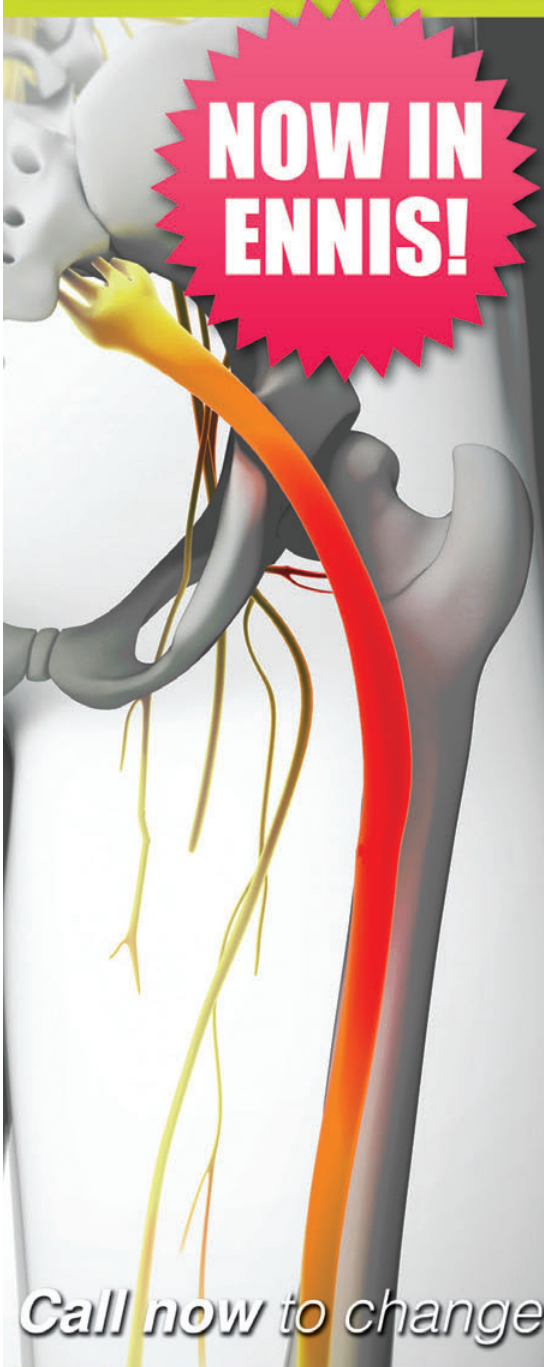
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## ON THE COVER



*The Rolens have built a life on their calling at Bright Morning Star.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Another school year begins!*

When the bell rings later this month, a new student will be walking the halls for the first time as a pre-K student. As Easton Rider's educational journey begins, I can't help but be proud of the little boy he's become. He's wise beyond his years, and I credit that to his parents. They never wanted us to "baby talk" to him, and in not doing so, he has a vocabulary that well exceeds his 4 years of age. I do

believe he's ready to master all pre-K has to offer.

As this new season in life begins, my emotions are mixed. I'm happy that he's excited about the school year to come, but at the same time I do wish time had not moved so quickly. I can look at him and see the baby he was just a moment ago, while also seeing the young man he will one day become. He's my little monkey, and I wish him the best of all life has to offer.

Let those happy tears flow!

*Sandra*

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# Ministry Milestone

— By Sandra Stong

*An anniversary is a date on the calendar that is remembered because it holds special meaning for those celebrating. Such is the case for the Rev. G.J. and Sister Susan Rolan of Bright Morning Star Baptist Church. On September 11, they, along with Cheryl English, their congregation and special guests, will celebrate a ministry milestone as the church looks back over the past 150 years. The weeklong celebration will include nightly church services with guest speakers. The history of the church will be shared, and those who hold the lengthiest memberships will be honored. A formal banquet will be held the night prior to the celebratory close of the revival. "The church was definitely built on a strong foundation," Pastor Rolan stated, "but it was the Lord that held the church together."*

Bright Morning Star Baptist Church hasn't always been at its present location. The church was established in 1866 in Tellico, Texas, by a white minister, following a revival he held for the Negroes. The written history of the church does not list a name for the white minister, but it does note that approximately 200 people accepted Christ and were baptized during that weeklong event.

These 200 made up the initial membership roll for the newly organized church. The Rev. Furnace was called to lead the flock, and as the first African American pastor, he was able to successfully carry on where the white minister left off. For several years, services were held in different homes throughout the community. Later, a church







"It's taken strong  
roots and trust  
in God for us  
to have weathered  
the storms that  
come with  
150 years."

member by the name of Robert McQueen purchased a farm with a log cabin on it. He then donated the log cabin to the church, and it was there that the congregation planted their roots. Not long after, the land itself was donated to be used as a cemetery. In 1890, Bright Morning Star joined in the Friendship District Association. In 1921, the county built a new school in the Telico area and sold the old school to the church. Not long after the sell, the church burned and another building was constructed in its place. Even in the tough times, the church continued to grow in numbers.

In 1939, the church purchased an additional acre of land where a new church was erected. It was also at this time that they moved under the umbrella of the Rising Star Association. Construction of the new church was complete in 1943.

As time passed and Ellis County continued to prosper, people in Telico began to move to the city of Ennis. In 1958, the pastor at the time and the congregation decided to move "into town," too. They literally moved the church building into the city limits of Ennis, remodeled it and laid the cornerstone that remains in place today. "The history states that the membership increased greatly following the move," Pastor Rolan added.

Pastor Rolan first came to Bright Morning Star as a 16-year-old musician and Ennis High School student. After graduating from



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EHS, he attended Navarro College in Corsicana and moved to Dallas. He spent four years in the military, stationed stateside in Oklahoma. As he was living his life, he met Sister Susan while attending a church service at New Hope Church in Altus, Oklahoma. He proposed on September 9, 1979, and she accepted. They were married two months later, on November 17, in a large ceremony in Dallas, where Pastor Rolan had returned following his time in the service. "I planned a wedding with 15 bridesmaids, 15 groomsmen and 10 flower girls in two short months," Sister Susan explained. "We were married in a whirlwind."

As a young man, Pastor Rolan knew he had a calling on his life to minister, but like most, he felt unworthy. While serving as a deacon at Bon Air Baptist Church in Dallas, he finally relinquished his hold on the world and settled into the role God had called him into. After visiting several times at Bright Morning Star, they invited him to preach. In April 1982, he was installed as the head pastor of the church. "My entire time as a pastor has








been spent here at Bright Morning Star,” he admitted. “I’m looking forward to seeing what God is going to do in the next 34 years.”

Being a pastor’s wife came natural for Sister Susan. “Before I became Pastor Rolan’s wife, I was a child of God, and I have a deep love for all people,” she said. “Growing up in the church prepared me for this journey.”

The church has gone through many changes under the Rolan leadership. In 1989, just seven years following his calling to Ennis, Pastor Rolan made an announcement to the church body. “God told me it was time to tear the old building down,” he explained. Without an edifice in which to worship, the congregation stayed together, fellowshiping with Corinth Baptist Church at the old Carver High School Gym in Ennis and several other churches



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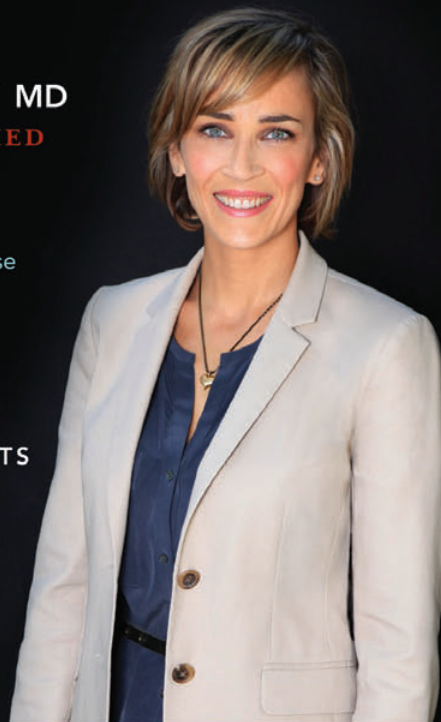
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within the immediate area. "With a great deal of prayer and a lot of help, a new church building was constructed," he continued, stating they, the congregation, came home in 1991 to the new church building, and it's where they remain today.

The membership roll stands at 200. The future growth in this number is found in the younger members. "We have at least 75 youth," Sister Susan said. "You must have a young population to keep a church going."

"You've got to have crying babies in the church or the church will soon die," Pastor Rolan said with a smile. "A church is thriving when you hear a baby's cry."

Pastor Rolan and Sister Susan have been blessed with six children, 20 grandchildren and one great-grandchild, so to say several of the youth church members are immediate family would be an honest statement. "We have three generations serving in the church in several different capacities," Sister Susan said. "Some are in the youth choir and several more are musicians."

An anniversary of 150 years does not come without its ups and downs. The main force that has kept Bright Morning Star Baptist Church together is the strong foundation that was initially laid by a white minister. "It's taken strong roots and trust in God for us to have weathered the storms that come with 150 years," Pastor Rolan admitted.

The church is grateful, not only to God, but also to the white minister who cared enough to share his faith with others. "We thank the Lord for all the past members who prayed for the success of the church," Pastor Rolan said. "Sister Susan and I also thank the present membership for their dedication and continual support. We're looking forward to the next 50 years as our youth move into the roles they've been called to fill. We see great things on the horizon for Bright Morning Star." **NOW**

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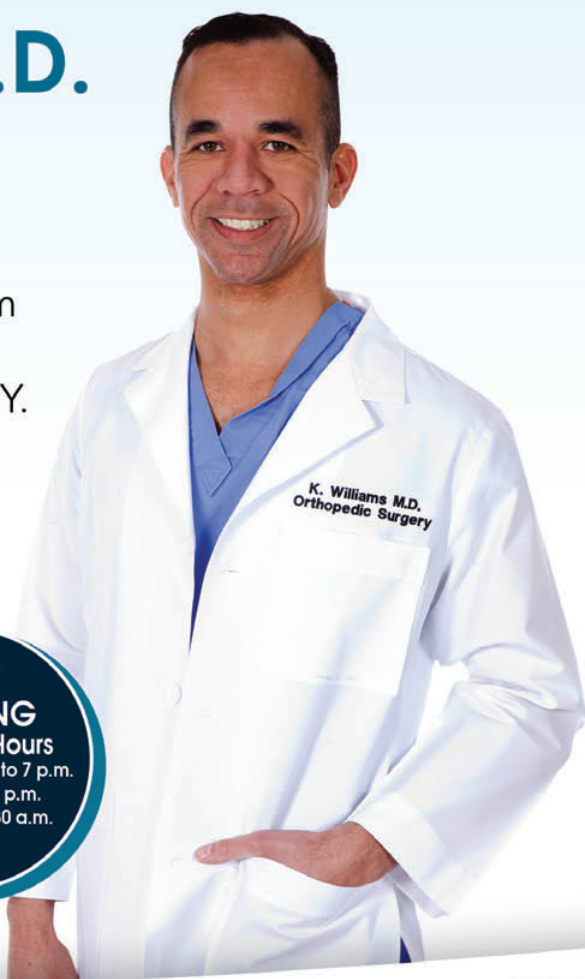
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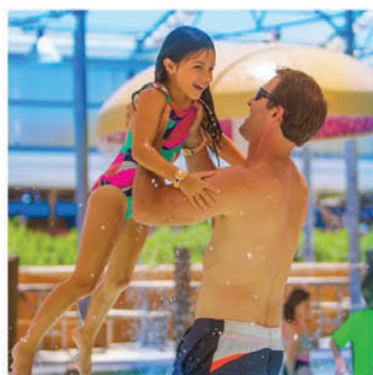
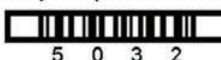


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# RE-DESIGNING *Family*

— By Donnielle Tyner

## At Home With *Richard & Gina Lowman*

*Every relationship between two people holds a story about how they met. Sometimes they are lighthearted with that awe-factor, but there are times when a story begins with a tragedy and then morphs into a tale of God's grace. That is how Richard and Gina Lowman's story begins. Gina grew up in California, and while in college to become an RN, she discovered her passion for art and found her first love. After getting married and moving, she struggled to start her own business faux finishing homes. Soon after, her son, David, was born.*










Her business took off. She was finishing homes of wealthy people, such as Bill Gates, but then tragedy struck — David passed away in a car accident during his senior year of high school. “At that point, I was really depressed. Through God’s divine work, I got better,” Gina explained. “We moved to Texas, where my parents had retired, for a fresh start.” It was soon after their move that her husband passed away as well. Gina moved in with her parents and, after some time, joined a Christian dating site where she met Richard.

Richard, born in Little Rock, Arkansas, and raised in Miami, Florida, joined the U.S. Army as a military police officer soon after high school. After completing his military service in 1995, he lived in New Hampshire for 11 years before moving to Texas, where he now works in management at Bossier Dodge in Hillsboro. For nine years, it was just Richard and his three kids, Justin, Sara and Nick — now 27, 22 and 20 — until he met Gina online. After a quick romance, the couple got married in

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an unplanned courthouse ceremony. "Richard's children moved in right after we got married. It was like an instant family, but I still felt like I had more love to give. So at 43, I started infertility treatment. Joshua and Rebekah came shortly after," Gina lovingly explained.

Richard and Gina are very active with various groups at Tabernacle Baptist Church. Gina fell in love with MOPS, Mothers of Preschoolers, when the twins were younger, but when they had moved to Ennis, there wasn't a local MOPS. With the blessing of Shannon Eddins, the children's director at Tabernacle at the time, Gina, along with the help of Justis Odom, started one for Ennis. Richard and Gina also host a home group every Sunday night. "When we don't have home group, we have family dinners with my three kids and both of our parents," Richard added. "It has always been 'dinner at dad's' on Sunday."

Their country home was purchased through a veteran's program and needed plenty of work, but Gina took the remodeling as a challenge. With her previous business experience and

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passion of faux finishing homes, she quickly turned the home into a warm, inviting environment and, since then, has had some interest from friends for her to finish their homes. "I'm so excited that my business could start up again, especially since my kids will start preschool soon," Gina admitted.

The living room, kitchen and dining area are accessible to each other through wide, arching openings making the space look twice its size. Each room has a different theme, but it's not so obvious that you notice each room has a different color. Her decorations vary from simple, such as Scriptures above her kitchen sink, to quirky, like her vase full of sticks that she uses to display the twins' artwork. Nearly every piece of decoration has a special meaning. One large wall in the living room displays various crosses the couple has collected from each place

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they have visited. The vintage green chairs in the breakfast nook were antique store rejects that Gina just had to own.

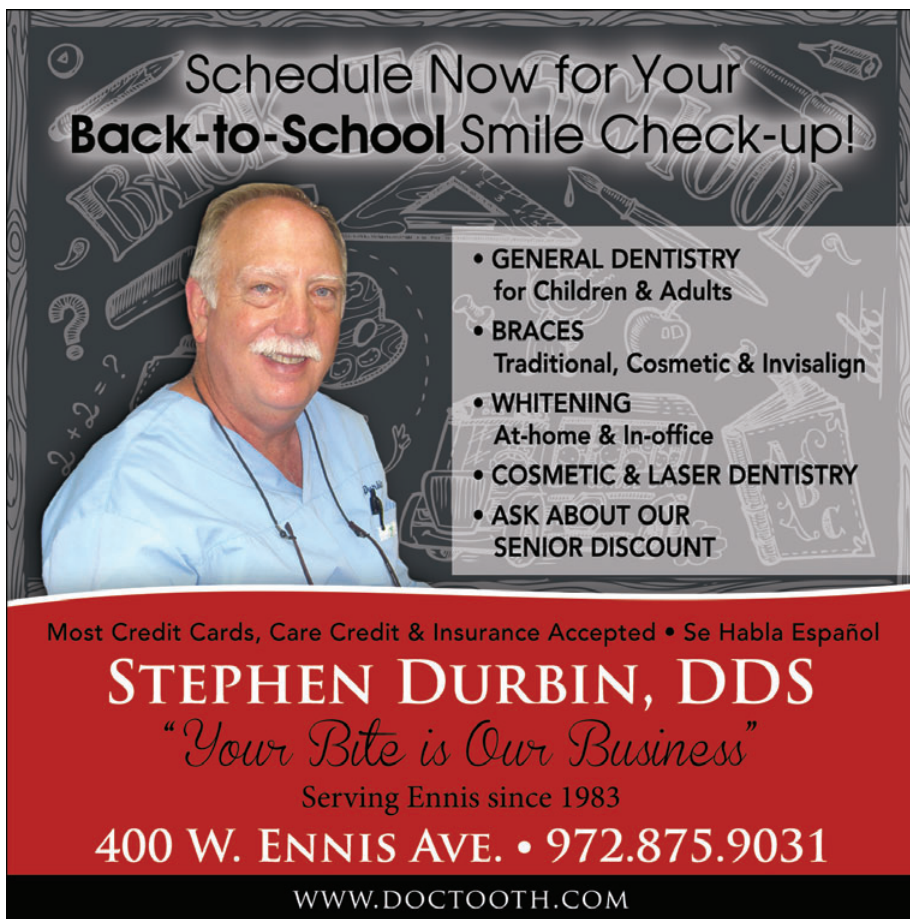
In the formal dining room, Gina went with stripe finish on the walls to give it a little variation from the rest of the downstairs. Between the heirloom table and hutch, which belonged to Richard's grandparents, you find an art piece on the wall that was painted by Gina when she was a little girl before she "discovered" her passion for art. Richard's grandfather built the mantel clock by hand and had started building the grandfather clock using a homemade kit, but he was unable to finish it before he passed away. Richard's dad finished the task shortly afterward.

Resting in the foyer is a beautifully carved piano that belonged to Gina's great-grandmother in 1869 and has been passed down ever since. Above the piano is a photo of Gina and David. "A week before his accident, we had family photos done, and that photo wasn't supposed to exist. It was a practice shot as the two of us were waiting," Gina explained. "I got the photos back a week after his funeral, and there was this perfect photo of just me and David. It was a gift from above."

Going upstairs, the eyes are instantly drawn to the colorfully distressed staircase. Upon reaching the top, attention is drawn to the beautifully hand-painted family tree surrounding photos of every family member they could find. The tree takes up the wall between the two entrances to Rebekah and Joshua's rooms, both of which are hand-painted by Gina in different themes that the children chose. Across from the family tree is an upstairs family/play room Gina lovingly calls the Texas Room. "We spend most of our time upstairs when the kids are up,"

Richard stated. "I love every room in our home. Gina has done so much customization that it's all so comfortable and warm."

Life is such a fragile thing, and that's why Richard and Gina choose to live theirs full of joy, gratitude and love. You cannot escape the warmth of their vivacious familial love when you are around them, and just being in their comforting home is refreshing. "God restores," Gina joyfully stated, "and He continues to bless us each and every day." **NOW**



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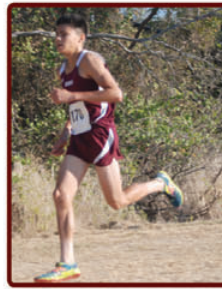
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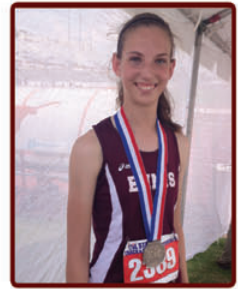
Dytavian Hill  
competed at the  
state power lifting  
tournament.



Jada Johnson placed 3rd in editorial writing,  
Samantha Hibbs placed 5th in computer  
applications and Madison Rider placed 6th  
in persuasive speech.



Ulises Herrera,  
advanced to the  
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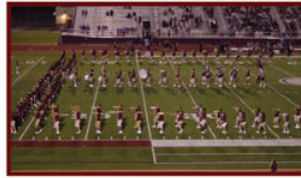
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# MAN ON THE MIC

— By Virginia Riddle

*Live auctions are full of thrilling theatrics performed by the auctioneer and ringmen, and Wesley Pool has provided drama and comedy as a charity auctioneer. After honing his skills, Wesley earned bragging rights to being the Texas Auctioneers Association's 2010 State Champion Ringman, a competition that is held during the group's annual state convention. "This honor, along with being a Top 5 Champion Auctioneer finalist for the last four consecutive years, has been instrumental in getting me where I am today," Wesley said.*

Wesley enjoys helping charities raise funds for their causes. Whether it's retired pilots who volunteer their time and planes to fly patients for treatments, firefighters and EMT members of volunteer fire departments or private schools, Wesley becomes just as passionate as the volunteers when it comes to their cause. "It's one way I can give back to the community by helping volunteers raise money. It's such a great feeling and honor. I tie myself into the organization and become passionate about their work. That helps when I'm asking people to dig deep into their own pockets," Wesley said.

Several weeks before the scheduled event, Wesley begins consulting with charity officials. "I want to know the group's purpose and what happens to the proceeds," he explained. From that point on, Wesley stays







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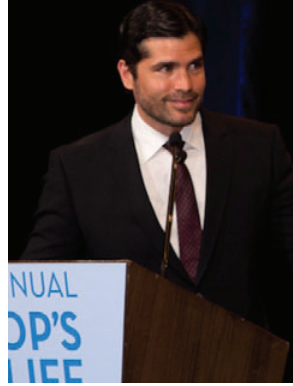
involved in helping to organize the event from assisting to procure auction items and the wording of their descriptions to the setting of minimum prices and looking at what needs require straight cash donations. "It takes a lot of planning ahead, so the night of the group's gala goes smoothly," Wesley said.

Then the magic happens! Wesley begins with ice-breaking games to warm up the crowd and focus people's attention. With a recipe for success, he starts with a steady and clear speaking cadence and then mixes in humor, excitement, drama and adrenalin. "There's a major theatrical aspect to what I do, since I must make people laugh and have fun while they're giving money. But I still have to be concise and make the evening's auction move forward," Wesley said. "Behind the scenes, there's a lot of pressure to perform. No matter what's going on, an auctioneer has to bring on his or her 'A' game to ensure success."

The son of Joe and Elaine Pool of Ennis, Wesley was adopted from the Edna Gladney Home, now known as the Gladney Center for Adoption in Fort Worth. "One of my most memorable auctions has been for them," Wesley said. "I'm very passionate about Gladney's work. I was fortunate. Both my parents worked, and that gave me a strong work ethic. My mom and dad raised me as an individual who knew I was part of a greater community. They taught me to honor and respect people," Wesley said. "I connect with people well today because of how my parents raised me."

"I've lived in Ennis all my life and love the town and the people in it," Wesley said. He graduated from Ennis High School, attended Navarro College in Corsicana and then graduated from Sam Houston State University with a degree in marketing. However, Wesley wasn't finished. He went on to graduate from the Central Texas Police Academy at Texas A&M University and the Texas Auction Academy in Dallas.

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officers and must continue to put in required training hours. They can do everything a regular officer does on the job, except receive a paycheck. They are volunteers who want to help their communities be safe. Having reserve police officers in a police department gives the regular officers additional time, additional trained hands and eyes on the job at all times and can help with tight staffing budgets within the department. As a reserve police officer in both Ferris and now Ennis, Wesley's people skills have been an asset.

"I'm very much a family man, so I volunteer as a reserve police officer for my family and community," Wesley said. He and his wife, Rebecca, also an Ennis native, have been married for 17 years and have five children: Alyssa, 16; Luke, 13; Cade, 12; Mason, 9; and Julia, 6. "We do everything together. If our kids can't go, Rebecca and I don't go," Wesley remarked. "I'm a very active dad." Wesley likes to hunt and fish and is involved in the kids' sports. He's coached baseball, soccer and softball. When he's at home, he always has a remodeling project going or is doing regular chores. The family attends and volunteers at St. John Nepomucene Catholic Church and anywhere they see a need in their community.

As the owner of Pool Auctioneers and a licensed real estate salesperson with RE/MAX, Wesley conducts all types of auctions, but charity events are the dearest to his heart and where he got his start. "The charity world is much different from, say, a business liquidation. Charity events are always fun, and it's exciting to be part of the win," Wesley said. "Often, a charity's entire annual budget may be raised in that one night."

Now, as an established business professional, Wesley gives back to his profession by serving on the board of directors of the Texas Auctioneers

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The Pool family volunteers wherever they see a community need.



Officers Chris Asbill and Adrian Ornelas appreciate Wesley's service in the community.

Association. "It and the national association give auctioneers a chance to network, train and mentor others," he said. "Having been named the state champion ringman and being an active association member was instrumental in getting me where I am today. I'm for helping the next guy, so I am always willing to coach and mentor when the need arises. I also advise anyone wanting to come into the profession that there's a lot more to the job than just being the man on the microphone. It's a lot of hard work, and experience must be gained before someone hands over the mic."

Described by those who know him as a really cool and fun guy, Wesley attributes his happiness to having grown up in a great family and community. "I really enjoy people and being witty, but at the end of the day, I'm just me. I reflect having been adopted by great parents and having a strong faith and wonderful friends," he shared. "All that shapes a strong, moral character, and it's very important to me to rest easy every night knowing I've done the best I can for my family and community." **NOW**



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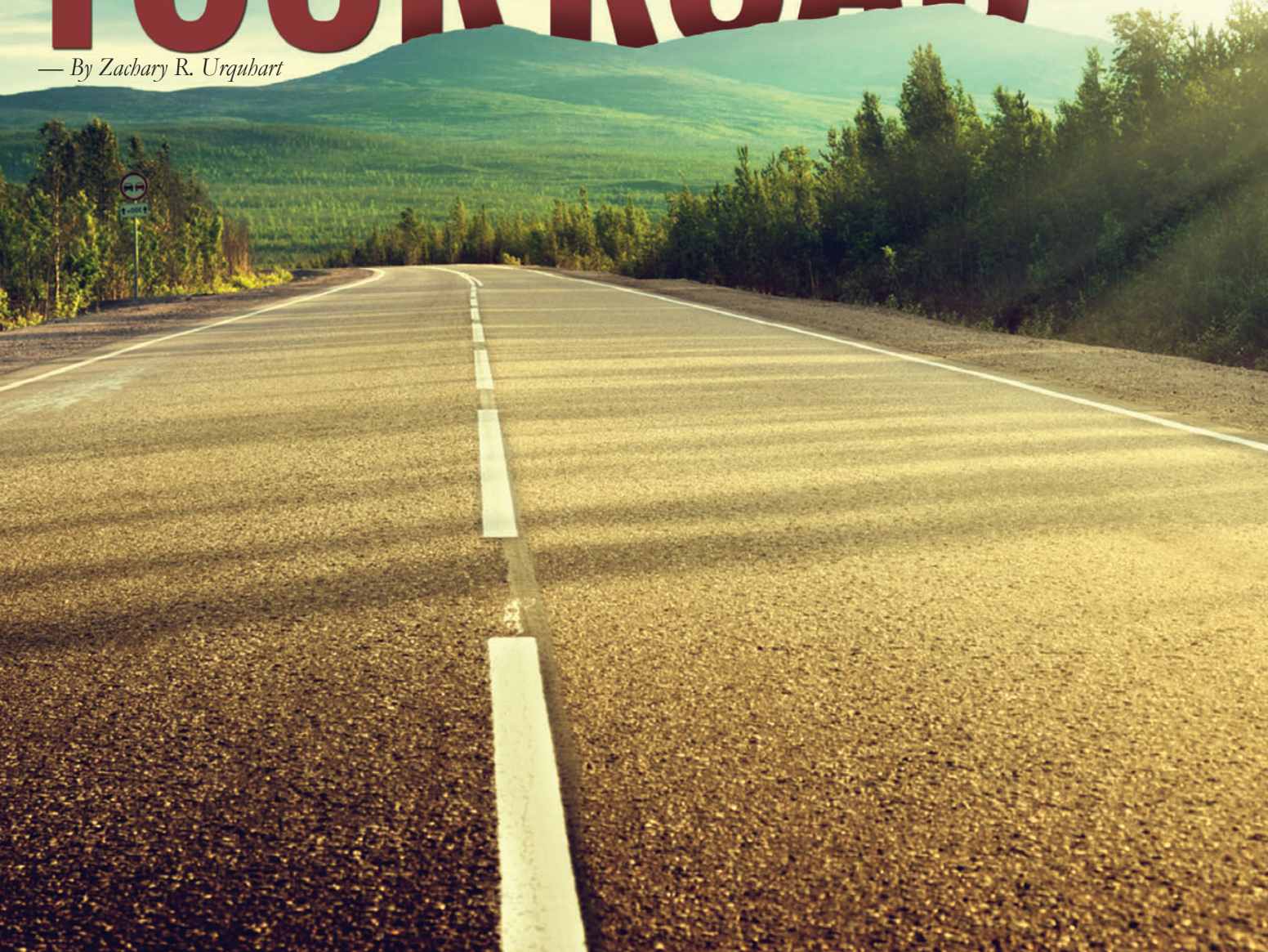
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frequent than your car actually needs. Most vehicles today can run at least 5,000 miles without needing a change, and some can go well over 10,000 miles before they need oil, so you should check your manual for the specific mileage.

- *Know your driving habits.* Make sure you are changing your oil based on the type of use your car gets. Stop-and-go driving, as well as driving in dirty or dusty areas, will mean you need to change the oil more frequently than optimized, highway driving requires.



- *"W" means winter.* The numbers that identify oil indicate how viscous the oil is, and how well it flows in cold and warm temperature tests. 10W-30 is considered the standard oil, but many modern vehicles require oil with alternate viscosity levels. Verify your car's preference in the manual, and then tell the shop. Otherwise, they will probably just use 10W-30.

- *Weigh the cost.* Synthetic oil holds up better, but it is costlier. Most oil companies offer blends, especially for higher-mileage vehicles, at a cost that may or may not be worth it. If you are not sure whether the extra cost is worth it, there are online forums for almost any specific make and model of car, where you can read the experiences of people with your same car.





## Caring for and Changing Your Tires

- *Check the pressure.* Changes in temperature will almost assuredly change your air pressure, as will any time you hit a curb or pothole. Even a car sitting for an extended period in the garage may lose enough pressure to need more air. Conversely, your tires may increase in pressure in the hotter months, so be ready to take air out as well. A tire lacking in air often looks flat, but a tire that is overinflated looks a lot like a normal tire, so always use a gauge, not just your eyeball.

- *Look with your hands and eyes.* If you notice any deviation in what should be a smooth, round shape, you might need a new tire. Tires start with a depth of 11mm, and need to be replaced when they reach 3 mm. But when checking depth, make sure to check the inner portion of the tire, which is often much more worn than the outer edge.

- *Rotating is essential.* Your tires need to be rotated every 6,000 to 8,000 miles. This is possible to do yourself if you have the



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proper equipment, but there are plenty of inexpensive locations where you can have your tires balanced and rotated. Most tire shops will include lifetime tire rotations, either free or for a nominal fee, when purchasing new tires. And if you happen to be installing two new tires instead of four, make sure the new tires are in the rear of the vehicle, which gives the most stability, especially in wet conditions.

### Taking Care of Your Brakes

- *Pay attention to warning signs.* Unless something catastrophic happens, your brakes are not likely to stop working completely, but many components in your braking system wear down over time. If you hear your brakes making a squealing, grinding or any sound that is loud enough to hear over the engine, you may have an issue. In addition to sounds, you may notice your car wobble or shake when braking. In any of these instances, your best bet is to take your car into a shop to check components. It is wise to use an ASE-certified mechanic. Look for the blue seal indicating automotive service excellence before having work done on your vehicle.

### The Sticker

- *Deciphering the system.* The state of Texas has switched to a single sticker to track your car's registration and its safety inspection. While there are long-term benefits for the state and its residents, these first few years of implementation are proving to be slightly confusing. You will get your single sticker, if you have not already, when you register with the local tax office. In order to do that, you have to have a current inspection on file. Most counties will allow you to renew your registration online for an extra \$2, and the system will recognize whether your inspection is up to date. If you have not switched to the single sticker yet, just make sure to get a new inspection no more than 90 days before your next registration date.

You can never prepare for every situation you might face while driving your car. Following these tips, however, should prevent some issues and keep you and your family safe on the road. **NOW**



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# OUTSTANDING CAR CARE

## *New Manager Steve Fuller transforms Kwik Kar Ennis into a complete auto repair facility.*

Professional, convenient vehicle maintenance services have been the hallmark of Kwik Kar Ennis. Lately, customers are turning to Kwik Kar for the inevitable repairs every car requires. When Steve Fuller began managing the store this summer, he and owner Ray Dikun dedicated Kwik Kar to providing Ennis with outstanding automotive care performed by honest people at fair prices.

Steve manages a crew of ten who work on vehicles in four ultra-clean bays that are double deep. Half of those eight bays are dedicated towards maintenance, the other half toward repair. "My goal is to make each and every car that comes through here safe and well maintained," Steve said. His team will advise the customer when they see a problem while giving a health report card on your vehicle." When you leave here, your car will be ready for the highway, or you'll at least know what repair it requires."

Within the professional atmosphere at Kwik Kar Ennis, people relax while all repairs and maintenance are performed by men with expertise in various skill sets. Lead Technician Jeremy Featherston brings 17 years' experience to every vehicle he touches. Each hood tech has between 2 and 9 years of experience.

Steve is upping the ante, building on his team's strengths and encouraging prompt attention to each customer. He's developed a system so the service can flow. Speed is one thing Steve wants, but his main goal is for the team to notice everything about each vehicle. His 37 years' experience in this industry means he knows how to prioritize each customer's repair and maintenance decisions.

Thirty-nine years ago, Steve was an Ennis High School student and local football hero. He decided to take auto mechanics at Ennis High School to learn to fix his own car. His teacher, Phil Hughes, was a master certified GM technician. "I learned a whole lot and found I enjoyed fixing things," Steve recalled. "In my second year of auto mechanics, Phil said to me, 'I got a bunch of guys in this class, and if I gotta lay my money on anybody it's you. Are you going to go to college or turn this into a profession?' He helped me get my first job, at the Ford dealership here in Ennis."

Since then, Steve has worked for numerous dealerships in the DFW Metroplex. He's master certified, and brings to Kwik Kar a mellow, cheerful approach to dealing with people. Steve turns negatives into positives, keeping safety top of mind and explaining the preventive benefit of any repair he recommends. "I can explain every situation, if you want to listen," Steve said. "I can answer all your questions."

Staying level headed, promoting confidence in his customers, Steve has found that stress doesn't fix cars. He believes good health is one of the most important things a person can have in life. "I try to take care of myself, to eat right and exercise. I do a full physical every year," Steve said. He has found that just like our bodies, vehicles need comprehensive checks, as well.

Ennis can count on Steve's team to find issues before they become problems. You can rest assured that the clean, safe, family-owned Kwik Kar of Ennis will keep your car running right.



Steve Fuller, Manager; Jeremy Featherston, Lead Auto Technician; Nate Beazel, Assistant Manager; Phillip Nobles, Hood Technician; Ray Dikun, Owner; Kim Prachyl, State Inspector



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Temique Griffin and Geri Callender oversee a staff dedicated to the welfare and care of their patients.



# When Quality Counts

*The Fraternal Order of Odd Fellow & Rebekah has given over 100 years of care to others. — By Virginia Riddle*

Set in a tranquil country setting just 2.7 miles from Ennis Regional Medical Center, the Odd Fellow & Rebekah Nursing Home offers skilled nursing care for residents needing short-term care following hospitalization and long-term care for those who have ongoing health issues or disabilities. “This is a hometown atmosphere. Everyone is family, and nursing and direct care staff bond with their residents,” Geri Callender, LNFA, the facility’s administrator, said.

Led by Geri and Temique Griffin, RN, director of nurses, the home’s staff works as an interdisciplinary team to provide customized care plans as prescribed by each resident’s physician for his or her medical needs. “For short-term residents, our goal is to rehab them, so they are ready to return to their home and

community as soon as possible,” Geri said. “In addition to care and therapy, they enjoy all the activities and events. There are a lot of social and spiritual opportunities for residents to enjoy. Our activity director keeps them busy. Residents love to do crafts, especially around special events and holidays, and they help with decorations. The dining room serves three complete, nutritious meals daily and snacks are available.”

The Odd Fellow and Rebekah Nursing Home is licensed for 136 beds and accepts Medicare, Medicaid, private insurance and private pay. Many of the residents have direct ties to the Fraternal Order, but that’s not a prerequisite to admission and care.

Odd Fellowship was brought to America in 1819 chartered by England’s Fraternal Order, but years later, withdrew their



charter from England and became the "Independent" Order of Odd Fellows. The popular three link emblem represents Friendship, Love and Truth, binding members from all around the world.

"We are proud of our staff and the services we provide to our residents."

The first home for Odd Fellows and Rebekahs was built in Corsicana as the Widows and Orphans Home. In 1926, the Home for the Aged was built on its present location at 2300 S. Oak Grove Rd. As the needs of the members have evolved, the Home for the Aged has become the licensed nursing facility it is today. The Nursing Home is governed by a board of directors composed of Odd Fellow and Rebekah members elected by the state's membership to oversee and provide leadership and stability for the home.

"We are proud of our staff and the services we provide to our residents. We recognize all our staff with an Employee Awards and Family Picnic. Temique does a great job with her clinical staff, and they love her," Geri stated.

Geri worked in acute health care before working in long-term care, completing her bachelor's in health care administration and becoming a licensed nursing facility administrator. She feels that it's important to educate residents and their families in making a comfortable transition to either short-term or long-term nursing care. They encourage families to visit often, have meals with their loved one and share with the staff, so they can better serve the resident.

A native of Louisiana, Geri and her family have made their home in Ellis County for almost 40 years. She and her husband love to travel, and her husband loves grilling for the family. Much of her time is spent with her nursing home family, where staff and family really care for one another. **NOW**

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*Cousins Easton McIntosh and Zane Robinson show off their red, white and blue spirit as they wait for the fireworks show to begin.*



*Cora Whitlock is one of 18 ladies who attended the Blue Triangle Quilting Guild Annual Retreat. Cora is crowned Miss USA for the Retreat for 2016.*



*Bethany Reyes waves customers in to Camelot Dental dressed as Leonardo, the blue Teenage Mutant Ninja Turtle.*



*Wes Hager, Tony Jones and Alex Jones with 3 Guys & a Shop offer specialized bird houses at the Downtown Farmers Market.*



*Stevi Loren, Linda Rudd and David and Teresa Cox represent the Ennis Downtown Merchants & Friends organization with smiles and iced cold water on a warm morning.*



*Ryanne and Rocco Rendon are decked out and ready for the bike competition judging to begin.*



*The Ennis High School Lionettes smile for the camera.*



*Whitney Pechal is ready to help customers at the Kindred Soule Market Place.*



*David Woodruff and his watermelons have a prime spot at the Farmers Market.*



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## Pre-retirees Blindsided by Impact of Taxes on Retirement Income

Recent research focused on examining how individuals plan for and manage living expenses before and during retirement found that more than half of pre-retirees underestimate or don't even consider the effect that taxes may have on their income flow in retirement. Specifically, when pre-retirees were asked what they thought their top expenses would be in retirement most said "home/mortgage," "healthcare" and "travel/leisure" in that order. Yet when the same question was asked of retired respondents, the top three responses were "home/mortgage," "taxes" and "travel/leisure." More than a third (36 percent) reported that taxes had taken a bigger bite out of their budgets than anticipated, and 23 percent were completely blindsided by the impact of taxes. On average, when reviewing all household expenses paid on an annual basis, retirees reported spending the most on federal income tax.<sup>1</sup>

The lack of tax planning did not appear to be rooted in ignorance. In fact, a solid majority (62 percent) of those surveyed said they were aware of recent tax law changes, although tax law awareness levels shifted on a gender basis, with 66 percent of males indicating knowledge of recent tax law changes versus 53 percent of females.

When asked what actions they have taken to minimize taxes, 35 percent said they had itemized deductions while 22 percent indicated they rely on some types of tax-deferred investments. Further, more than half (57 percent) said that they had regular discussions with their advisors about tax laws and the implications those laws could have on retirement income, while a significant minority (43 percent) said their advisors did not discuss taxes with them.

The study, "2013 — Expense Challenges of Age 62-75 Retirees," categorized respondents by age segments — 62 to 65, 66 to 70 and 71 to 75 — as a way to obtain a greater insight into the thoughts of the various groups. The data clearly illustrated that those aged 62 to 65 had more anxiety than other age segments about major retirement issues/concerns, such as outliving assets, health of self and/or spouse, generating enough income to maintain their desired lifestyle in retirement and leaving a legacy.

There are many strategies to help minimize your tax exposure in retirement. Talk to your financial advisor today about putting a tax plan in place for your future. **NOW**

### Source:

1. Lincoln Financial Group news release, "Lincoln Financial Survey Finds Retirees Underestimate the Impact of Taxes on Retirement," June 5, 2014.

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# A Sick Tooth

— By Betty Tryon

With your hand gingerly laid across your cheek and a grimace of pain on your face, you've just made the universal signal of a toothache. In the course of a lifetime, most of us experience a toothache at one time or another, whether the pain is from early childhood when teeth are growing, sensitive teeth in adulthood, foreign matter lodged in teeth, trauma to a tooth and/or an abscessed tooth. One thing is for sure: an aching tooth will not be ignored!

If the origin of the pain is from growing teeth or objects that become stuck between them, the situation can usually be resolved without medical intervention. However, an infection or periapical abscess that occurs at the root of the tooth needs the attention of a professional. An abscessed tooth is an infected tooth caused by a bacterial infection. Tooth decay is a major cause of the infection. Gum disease or some type of trauma to the tooth can set up the scenario for an infection to develop.

The most overwhelming symptom is pain. The pain can be sharp, throbbing or persistent and gnawing. There can be swelling of the face, fever, a foul taste in the mouth, sensitivity to the touch on the outside of the face and a feeling of malaise. If you have any of these symptoms, you need to be treated. If you begin to have difficulty breathing or swallowing, go to an emergency room right away. An infection in your mouth needs to be treated, or it will just get worse and cause additional problems — even

death. According to *Journal of Endodontics*, over 400,000 people have visited emergency departments because of infections in their teeth.

The first step in lessening the pain and beginning eradication of the infection is to drain the pus or the abscess. If the tooth can be saved, a root canal or endodontic surgery will be performed. If the tooth cannot be saved, it will be pulled. You may also be prescribed antibiotics for the infection.

Neglecting your teeth increases your chances of not only dental abscess but gum disease. Limit your intake of sugary foods and drinks and in-between meal snacks. Brush your teeth twice a day, and don't forget to floss! Replace that frayed toothbrush every three months. An old toothbrush cannot do the proper job of cleaning. A fluoride and/or antiseptic mouthwash may aid in giving you extra protection. Above all, visit your dentist regularly. It may add to your expenses, but having your teeth cleaned is a lot cheaper than treating an abscess and restoring your tooth. **NOW**

## Sources:

<http://www.sciencedirect.com/science/article/pii/S0099239910007971>

*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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### August 2, 16, 30

Ellis County HEALS support group meeting: 6:30 p.m., 408 Water St. For more information, email [elliscountyheals@gmail.com](mailto:elliscountyheals@gmail.com) or follow them on Facebook.

### August 5

Blacktop Gypsy: 6:00 p.m., Double D Dancehall, 3701 I45. For more information, call (972) 872-9000.

The Ennis Czech Boys: 7:00 p.m., Sokol Hall, 2622 E. Hwy. 34.

### August 6

Winged Modifieds: 8:00 p.m., 86 Speedway, 3118 E. FM 85.

### August 12

Summer Moonlight Movies presents *Charlotte's Webb*: 9:00 p.m., downtown Waxahachie. Admission is free. Bring lawn chairs, blankets and bug spray. Concession stand on-site. For more information, call (469) 309-4111.

### August 13

Midlothian Texas Arrowhead Show: 8:00 a.m.-3:30 p.m., Midlothian Civic Center, Midlothian. Admission: \$5, children 12 and under are free. For more information on vendor table prices, set-up times and lodging accommodations, call Harold Hughes at (972) 921-8555.

### August 13, 27

Bracket Races: Texas Motorplex. For more details, visit [www.texasmotorplex.com](http://www.texasmotorplex.com).

### August 13

Dwarf Cars: 8:00 p.m., 85 Speedway, 3118 E. FM 85.

### August 18

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center, 2272 FM 878, Waxahachie. For more information, visit [www.wd5ddh.org](http://www.wd5ddh.org).

### August 27

Paws in Paradise: 6:30 p.m., Midlothian Conference Center, Midlothian. Tickets are \$35 per person and can be purchased online, at the Ellis County SPCA shelter or at Grant and Weedon, CPA's office. Tropical attire is encouraged. Event includes a diner and silent and live auctions. Proceeds will go to benefit the Ellis County SPCA.

Bristol Opry: 7:00 p.m., Union Hill at Church Street, Bristol. Call (972) 351-2835 for more information.

### September 10

Ennis Chamber Auction: Sokol Hall, 2622 Hwy. 34. This year's theme is "Urban Cowboy." For more information, contact the ECVB at (972) 878-4748.

### September 15

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center, 2272 FM 878, Waxahachie. For more information, visit [www.wd5ddh.org](http://www.wd5ddh.org).

### September 23 — October 10

*Murder by the Book*: Ennis Public Theatre, 2705C N. Kaufman St. For curtain days and times, visit [www.EnnisPublicTheatre.com](http://www.EnnisPublicTheatre.com).

### September 30 — October 1

NHRDA World Finals: Texas Motorplex. For details, visit [www.texasmotorplex.com](http://www.texasmotorplex.com).

### October 8

Pink Power Breast Cancer Awareness Walk: For full event details and to register a team, visit [www.ennispinkpowerwalk2016.eventbrite.com](http://www.ennispinkpowerwalk2016.eventbrite.com).

### Ongoing:

#### Mondays

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

#### Third Mondays

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit [www.elliscountyaggie moms.org](http://www.elliscountyaggie moms.org).

#### Fourth Mondays

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

#### Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at [ccurry\\_98@yahoo.com](mailto:ccurry_98@yahoo.com).

#### Third Tuesdays

Ellis County Veterans Networking Group: 6:30 p.m., Ryan's Steakhouse, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

### First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210 N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at [SeldomSeenQuilting@gmail.com](mailto:SeldomSeenQuilting@gmail.com) for more information.

### Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. For more information, contact Kay at (972) 935-2054 or Margaret at (972) 937-1016 for reservations.

### Thursdays

Chess: 5:30-7:30 p.m., Ennis Public Library, 501 W. Ennis Ave., Ennis. Elementary age and above. No sign up required.

### Fourth Thursdays

MACS: 6:00 p.m., Tabernacle Baptist Church Life Center. Evening includes a covered dish meal and a program of singing or informational message.

### Second Thursdays

Mom's Connected meeting: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Call the church office at (972) 875-3861 for more information.

### Saturdays

Farmers Market: 8:00 a.m.-1:00 p.m., 100 N. Dallas St.

### 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.

### Sundays

GriefShare meeting: 2:30-4:00 p.m., Cowboy Church of Ellis County in the sanctuary Youth Inc. room. For more information, call (972) 935-9801 or visit [www.cowboychurchofelliscounty.org](http://www.cowboychurchofelliscounty.org).

*Submissions are welcome and published as space allows. Send your current event details to [sandra.strong@nowmagazines.com](mailto:sandra.strong@nowmagazines.com).*





## In the Kitchen With Karen Glaspay

— By Virginia Riddle

Karen Glaspay learned to cook from her mother and grandmother who were both good cooks. “My mother had me in the kitchen cracking eggs and making pancakes as soon as I could talk and follow directions,” Karen remembered. She and her husband, Joey, have five kids and seven grandchildren. “I love cooking for my family,” she said. “Everyone has their favorites they expect me to have at family gatherings.”

Traditional southern recipes and baking cakes are Karen’s forte. An amateur baker, in May she created the wedding cake for her son, Jake, and his bride, Dixie. Granddaughter, Lillie, at age 5, loves to bake with Karen who revealed, “Lillie counts eggs, measures and times things, but her favorite part is licking the bowl.” **NOW**

### Mashed Potatoes

*This recipe serves a crowd. Potatoes can be covered and kept in refrigerator for 2-3 days until ready to bake.*

- 8-10 lbs. potatoes**
- Salt, to taste**
- 1 16-oz. carton sour cream**
- 2 8-oz. pkgs. chive and onion cream cheese**
- 4 Tbsp. butter**
- Pepper, to taste**
- Paprika, to taste**
- Chives, chopped, to taste**

- 1.** Peel potatoes and cut into cubes. Add potatoes to stock pot. Cover with water; add salt. Cook until tender; drain and return to pot.
- 2.** Add sour cream, cream cheese, butter and salt and pepper, to taste.
- 3.** Using a hand mixer, mix until smooth and creamy; pour into a buttered 13x9x2-inch baking dish.

- 4.** Dot potatoes with additional butter; sprinkle lightly with paprika. Bake uncovered at 350 F for 30 minutes; garnish with chives.

### Corn Pudding

*Frozen whole kernel corn can be substituted for fresh.*

- 1/4 cup sugar**
- 3 Tbsp. all-purpose flour**
- 2 tsp. baking powder**
- 2 tsp. salt**
- 6 large eggs**
- 2 cups whipping cream**
- 1/2 cup butter, melted and cooled**
- 6 cups fresh corn kernels**

- 1.** Combine first four ingredients; set aside.
- 2.** Beat eggs with a fork in a large bowl. Stir in whipping cream and butter; gradually add sugar mixture, stirring until smooth.
- 3.** Stir in corn; pour mixture into lightly buttered 13x9x2-inch baking dish.

- 4.** Bake at 350 F for 45 minutes, or until golden brown.

### Overnight Brisket

- 1 large brisket, trimmed**
- Garlic powder, to taste**
- Salt and pepper, to taste**
- 2 2-oz. pkgs. onion soup mix**
- Worcestershire sauce, to taste**

- 1.** Preheat oven to 250 F; line large roaster with foil.
- 2.** Generously season brisket with garlic powder, salt and pepper; sprinkle onion soup mix on both sides and drizzle with Worcestershire sauce.
- 3.** Cover roaster tightly with foil; put in oven at bedtime to cook overnight.

### Nez’s Chocolate Pie

*Crust:*

- 1 1/4 cups flour**
- 1 stick butter, softened**
- 1/8 tsp. salt**
- 2 Tbsp. cold water**

*Meringue:*

- 3 egg whites**
- 6 Tbsp. sugar**
- 1 tsp. vanilla**

*Filling:*

- 1 cup sugar**
- 2 cups milk**
- 3 egg yolks**
- 5 Tbsp. flour**
- 3 Tbsp. cocoa**
- 2 Tbsp. butter**
- 1 tsp. vanilla**

- 1.** *For crust:* Combine flour, butter and salt; add cold water and mix until crumbly.
- 2.** Roll out crust and place in a greased pie pan; bake at 425 F until lightly browned.
- 3.** *For meringue:* Beat egg whites until stiff and glossy; add sugar and vanilla and combine.
- 4.** *For filling:* Combine first five ingredients; cook over low heat until thickened.
- 5.** Remove from heat; stir in butter and vanilla. Pour filling into cooled pie shell; top with meringue. Bake at 350 F until meringue sets and begins to brown.

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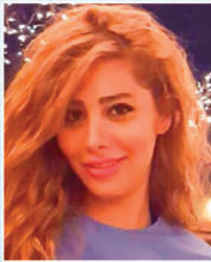




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