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September 2008

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The Rowe Building, built in 1906 and now known as La Galleria, is one of several downtown buildings restored by the Codys.

Photo by Monica J. Pechal.

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Ennis NOW

Editor's Note

Dear Friends,

What wonderful treats we have for you this month. Come and sit by the lake with Dick and Lynn Roberts as Sandra McIntosh takes us on a delightful journey into their fascinating and homey life in Telico. Relive the exciting days when Johnny and Jo Ann Cody were renovating some beautiful downtown buildings. You will laugh and cry as you read their memories.

This year, the Ennis Chamber of Commerce observes its 90th anniversary. We celebrated by inviting Jeanette Patak and her fine staff to share some of their favorite recipes. They have picked some great ones, so get ready to try some fun new dishes. Does this remind you of some favorite recipes? I am eager for you to share them with us! Send me an e-mail at kkovar@nowmagazines.com and share your own special memories.

Have a great September,
Kelly Kovar
EnnisNOW Editor



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Bringing Life to Downtown

— By Kelly Kovar

Ennis owes much of the downtown historical ambiance to Johnny and Jo Ann Cody, who have been responsible for restoring several of the area's buildings. Using old photographs as guides, they have returned a number of notable Ennis landmarks to usefulness during their nearly 40 years in Ennis.

Johnny's career brought him to Ennis, where he found a town rich in history. "I graduated from North Texas State Teacher's College in 1955 and went to work for Texas Instruments," Johnny reflected. "I hadn't been there 30 days when I got a call the day before school started; they wanted a teacher for industrial arts, woodshop, metal shop and drafting at Rusk Junior High." After four years of teaching in Dallas





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schools, Johnny started Aqualand, a scuba-diving business. Johnny then began doing air-conditioning installation and sheet metal work, establishing Cody Company, which now manufactures metal ducts, pipes and fittings for air conditioners. When he needed to expand, he looked to Ennis for opportunity. "In Dallas, we didn't know our next-door neighbors. So, you want Ennis to grow, but you don't want it to grow too fast."

"I feel like we have got so many really good friends here — not just acquaintances, but true friends," Jo Ann added. "Our three daughters, Danna, Allison and Rayanne, graduated from school here. I think we have the best of both worlds in Ennis. You can be in Dallas in 45 minutes, but I get up there and I can't wait to get back home to my quiet little town."

The Codys brought a love for historical buildings to Ennis. "The first building we did was the old Ennis Tag, so called because they made tags for cotton bales," Jo Ann explained. Boarded up across from the post office, Jo Ann visualized it as the first downtown apartments with office space in the front. "We named them Knox Place and when you see the finished product you can see quite a change."

The couple's next project still shines as the focal point of downtown. "When we bought the Rowe Building, designed by Hix McCanless and built in 1906, it was industrial looking," Jo Ann said. "In the '40s, everything became art deco and modern, so the brickwork had been taken off the top, and they had plastered around the cupola." Pneumonia contracted from the roosting pigeons in the cupola could not stop Jo Ann from restoring the original turn-of-the-century design. "When we started scraping the plaster off and the windows appeared, it was totally absorbing," she added.

During the renovation, mysteries were revealed. "Part of the building was used by the Woodmen of the World. ... Their emblems were painted on the walls," Jo Ann said. As the plaster was removed, it became apparent

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that the back of the location had been a separate, older building, built in 1896. Access to the second floor was via a ladder. The entrance had been plastered over. Consulting Hubert Rogers, she learned an old fire had destroyed the stairs and entrance to the upstairs. "Mr. Rogers owned the Rogers Shoe Store. He knew everything. One day he told us there was a stairwell up there, and he knew what he was talking about. We found it. All the old buildings

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used to have outside entrances to the second floor. Most of the doctors and dentists had second floor offices in those days," she explained.

The Codys restored and bifurcated [divided into two parts] the two buildings, which are now La Galleria and Salon 207. "I am so happy that someone is using it," Jo Ann said. "I think it is wonderful because it is such a prominent corner in town. The Rowe Building was our masterpiece; there was so much to work with there, and it was such an incredible building." Other downtown buildings followed, including one on Main and Brown Street and the Jolesch Building, a former dry goods store on Main Street.

Finally, the couple undertook the building which became both their greatest success and their greatest heartbreak — Allen Brothers furniture store. "I asked Mrs. Rogers about buying it. She was an Allen, and it was her father and uncle that built the building in 1912. She said, 'I would love for you to have that building. I will just have to make Hubert think it is his idea.' I always remember that. She was great," Jo Ann shared.

Jo Ann envisioned an entirely open interior. The building, featuring original tin ceilings, had three stories plus a

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mezzanine level. "I added little shops around the columns and installed street lights. It was such a unique concept and so much fun to create," she expressed. "It was my baby that I loved so much." Jo Ann ran an antique store there and gave a home to such establishments as: On the Mezzanine, The Good Ship Lollypop, LaJuan Schlegel's studio, gift shops and a tea room. In 1993, Texas Highways featured it along with the restored Raphael House, which the Codys' daughter, Danna, had saved from being bulldozed.

The restored building, dubbed The Emporium, operated about 10 years before a fire started in the freight elevator motor in 1996. "On the morning of the fire, I went to a restaurant to eat breakfast," Johnny recalled. Someone told him the drugstore, which was next to the Emporium, was on fire. "I didn't get to eat that day. I just dropped it and took off running and found out everybody was out."

"There were 30 mph winds that day in February; it went just like a tinderbox," Jo Ann explained. "When it had been a furniture store, they had put oil on the old wooden floors to keep the dust down. Those old floors were just saturated with oil. After the fire, there was nothing left in the building — nothing." Hester's Drug Store and H & H Hardware were damaged, too, forever changing the landscape of downtown.

For years, the couple continued their work — buying buildings on Brown Street and restoring the Interurban Depot on Dallas Street. Today, Jo Ann and Johnny Cody are comfortable in their gracious home, built in 1988. Flowers bloom in pots on the patio, while doves enjoy their birdfeeder. A colorful Japanese maple shades the entry portico. Johnny still goes into the office most days. They now have time to reflect on the ups and downs of their renovation years. "It was a trip!" Jo Ann said enthusiastically of their adventures. "We love Ennis. It is home now, and there is still life downtown." **ENNOW**



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At Home With **Dick and Lynn Roberts**



Perfect Partnership

— By Sandra McIntosh

Looking back over what will soon be nine years, Dick and Lynn Roberts are quite happy with the decision they made to move to the country. "We had been living in Ennis for about a year," Dick said, "when we decided to move to Tellico." When they happened upon the eight acres, specific plans and ideas began



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to take shape immediately. "This was an agricultural dump ground," Lynn explained, "but I was able to see the home, and Dick visualized how he thought the outdoors would look." What they imagined was clear to them as individuals, but trying to explain it to one another has been the most difficult aspect of making their thoughts come to life. What they pictured in their minds that first day, and have successfully been able to create over the years, is well worth sharing.

The rustic country, three-bedroom, two-bath home took Dick and his close friend, Hibbert Beck from Palmer, exactly six months to the day from start to finish to construct. The weather



Marilu Ponce

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proved to be good during this time, so long hours became the norm. "Hibbert and I have always worked very well together," Dick said, adding that the home is actually situated backwards on the lot. "The placement was no accident," Lynn said. "We did it on purpose for the view."

The home was also designed to give the feeling of being outdoors while sitting comfortably indoors. Since the couple thoroughly enjoys being outdoors, that is where much of their time at home is spent. In fact, most of their energy is exhausted in the yard, maintaining what they currently have in place, while also coming up with at least one new project every summer.

The largest and most painstaking project was the spillway between the two man-made ponds. The sign, Devil's Half Acre, pretty much explains the task that not only tried their strength, but also their patience. "We had a devil of a time getting it right," Dick said, further explaining how it took three attempts before they found success. "The third try took an entire summer

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vacation." As they say, the third time is a charm. "The times before, we placed the rocks within the spillway, but the rain would come and wash the rocks into the lake," Dick said. "The third time, we decided to cement the rocks in place." The couple used 800 bags of Redi-Mix in the spillway and on the waterfall. "I can't remember the number of sore backs," Lynn laughed, "but I know there were many."

Other additions to the backyard haven include a gravel pathway that meanders through the garden overlooking the lake, a wooden deck area, massive landscaping compliments of the natural growth they chose to leave in place, a fountain in the lake they share with three of their neighbors and a bridge over the stream. "We are constantly thinking of things we want to do," Dick interjected. "Sometimes it happens; sometimes it doesn't." Lynn added that in the future they are

hoping to take the porch totally around the house. "That probably won't happen until after retirement," she stated, as Dick nodded his head in agreement.

Mowing at the Roberts' house is a daily chore. During those months when mowing is needed, Dick truly appreciates the acreage that is under water. "About one-and-one-half acres are under water," Dick said. "I thank God for that when it comes to mowing." Lynn takes great pride in the flowers surrounding the home's perimeter in an array of beautiful colors. "They're perennials," she said, pointing out at least a dozen different varieties of flowering plants. "You only have to plant them once." The sprinkler system, installed about three years ago, has made the lawn and landscape maintenance around the immediate yard much easier.

The couple will happily attest to their time spent outdoors.

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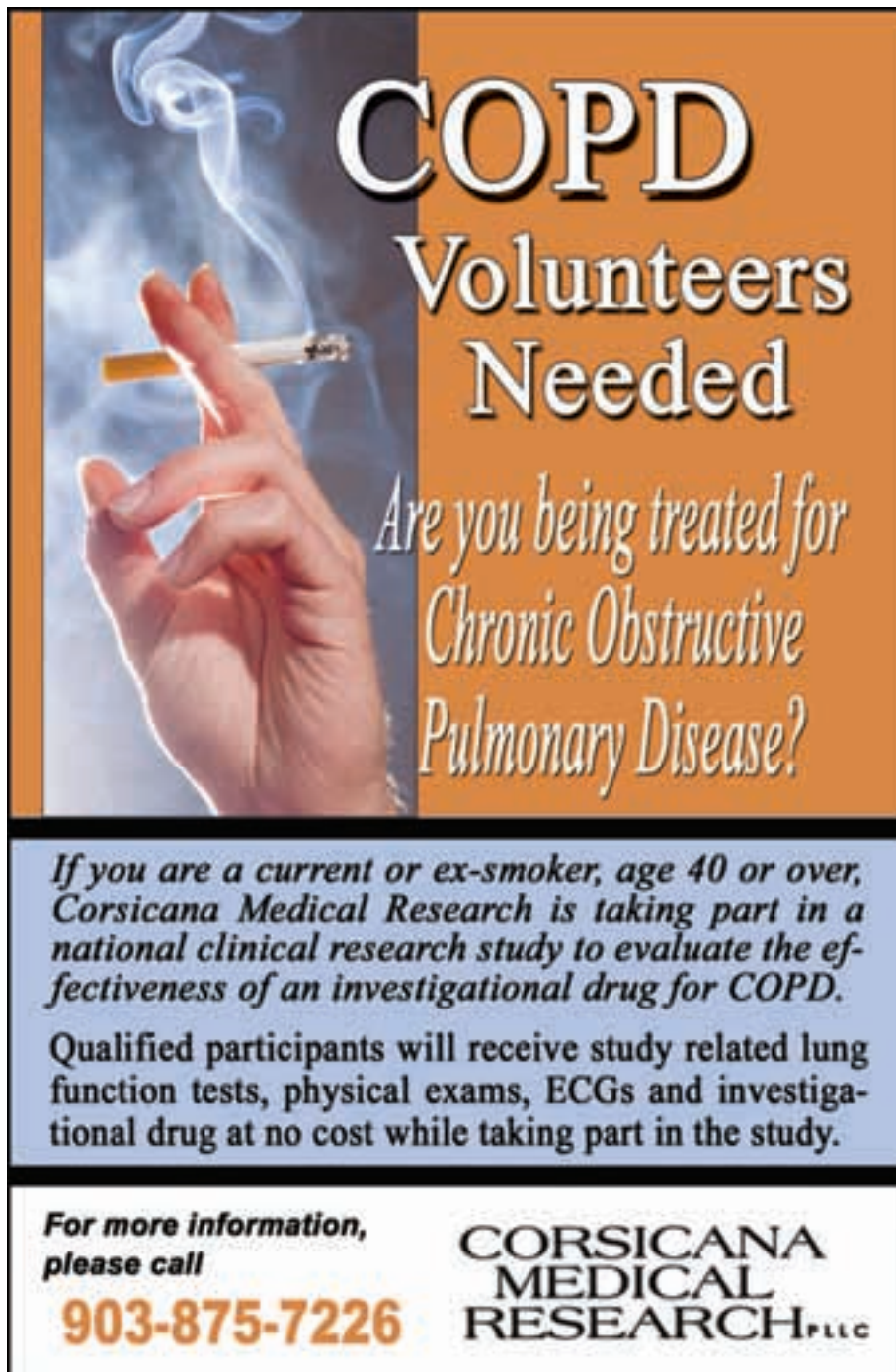
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Ten hours a day outside is normal, but an hour or so of that time is almost always shared relaxing on the porch or down by the water's edge at one of many sitting areas they have created. "We don't sit good," Dick laughed. "We always have to be busy doing something."

When the winter months warrant indoor time, they can generally be



found in the kitchen, which takes up approximately one-third of the home's total living space. With six children and 11 grandchildren rounding out the blended family, the kitchen becomes the gathering place on holidays and special occasions. "We both love to cook," Lynn said. "Dick's specialties include breads, biscuits and sourdoughs. I cook 'most everything else." Time spent together in the kitchen also includes the age-old process of canning and making their own soap. They also spend time during the winter months sewing and making their own flies for the fly fishing they have come to enjoy as a couple.

The home's interior offers cozy comfort. The collections of oil lamps,



vintage dishes, scales and duck decoys started after they were married. "There's really no reason behind the collectibles," Lynn claimed. "We like things that remind us of our youth and of our family when we were growing up." The vintage dishes, dating back to the 1940s, belonged to both of Lynn's grandmothers, while the McCoy pottery cookie jar is a gentle reminder of Dick's days as a child. "We spent five years looking for that cookie jar," he said. "I just wanted one and it didn't matter to me if it was an antique or not."

Several, if not most, of the antique pieces found throughout the home were either built or refurbished by Lynn's father. One such piece is the oak table in the corner of the family room. "It cost us \$5," Lynn smiled. "It was in pieces and had been sitting outside so long it resembled old barn wood. Dad refinished it and Dick polished it with tongue oil." They love antiquing so much that when they find something they like, they bring it home and incorporate it into their surroundings.

Dick and Lynn consider themselves to be simple, down-to-earth people, who just happen to live a busy, yet full and happy life. They not only work side-by-side at home, they have also found comfort in working alongside one another at Ennis High School, she as a counselor and he as the career and technology director, as well as the energy manager. While some see them as overachievers, those who know and love them see them as the perfect partnership they truly are. **NOW**

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"I have lost count of all the paintings I have done. I have to say I have painted at least 100 paintings."

A Colorful Life

— By Faith Browning

A vivid imagination and a love of nature's art have been major components in Gladys Sills' colorful life. The walls of her home elegantly display her talent with vibrant floral bouquets and landscapes created by her gifted hands. "I can't remember what got me started drawing, but I was very young," Gladys recalled. "From the time I was 7 years old, I have been drawing and painting with crayons and water colors."

Gladys can clearly remember her school days in Ennis from grammar school to high school and she claims never to have had an art lesson in school. "I was self-taught," she said. In the second grade, she received great praise for painting the Alamo. "The principal always encouraged me and bragged on me," she reminisced. "The more she bragged on me, the harder I worked to please her."

Decorating the gym for high school football banquets is a fond memory Gladys enjoys recalling. "One year, I drew the whole football team across one wall," she remembered. She also played a major part in every football game by producing the banner the players would burst through while entering the field. "I drew the lion head with his arm stretched out like he was fixing to attack and they would burst through

that lion's head," she laughed. "We thought that was really impressive. I think I was the one that started that tradition!"

In 1979, two years before retiring from 31 years as an instructor for Southwestern Bell, Gladys decided to take oil painting lessons. "I have always wanted to do oil," she claimed. "Once a week, after I got in from working in Dallas, I took lessons from Louise Howell. I think she taught nearly everyone here in Ennis."

Painting landscapes, seashores or anything to do with nature is Gladys' favorite choice of subjects. "I am not a painter of portraits," she admitted. "I can do it, but I don't like to. It is not my favorite thing." Many of her paintings are showcased in her home, the homes of her family and even several Ennis churches. Hanging in her living room is her first oil painting of a peaceful landscape. Gladys' inspiration for this picturesque painting of a winding creek running through soft breezy trees came from one of her art books. The front cover of a 1946 *Progressive Farmer* magazine inspired her vivid snow-covered barn scene of a rancher holding a gate open for his sheep walking uphill to the red barn. "Originally the rancher was sitting on a horse, but I didn't

ARTS NOW

paint horses too well so I didn't put him on one," she laughed.

Her favorite painting is of three little donkeys standing by an old barbed-wire fence. "We were driving around taking pictures of bluebonnets one year, and these little donkeys came up to the fence while we were taking pictures, so I took a picture of them," she remembered clearly. "It was about dinnertime, so I am sure they were looking for something to eat. I wish we had some carrots or something to give them. I never could quite capture the expectant look they had in their eyes."

"I have lost count of all the paintings I have done," she admitted. "I have to say I have painted at least 100 paintings." Other paintings include one of her grandmother feeding chickens, her grandson sitting on a log by a lake, a



bobcat sitting in the snow and the old Rutherford Road Bridge. The stimulation for her ideas came from many venues, such as postcards, magazines or just a Sunday drive. "I always had my camera with me," she stated. "I would be driving down the highway and stop and take a picture of something I liked."

Gladys considers painting to be therapeutic. "You really concentrate on your painting and you forget everything else. That's why I call it therapeutic," she said, explaining all the aspects of

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pulling a painting together, such as setting the distance of the scene and getting the value of the colors right. "You are so intent on what you are doing," she added. "There are so many little things that you are thinking of, but all that becomes automatic later on."

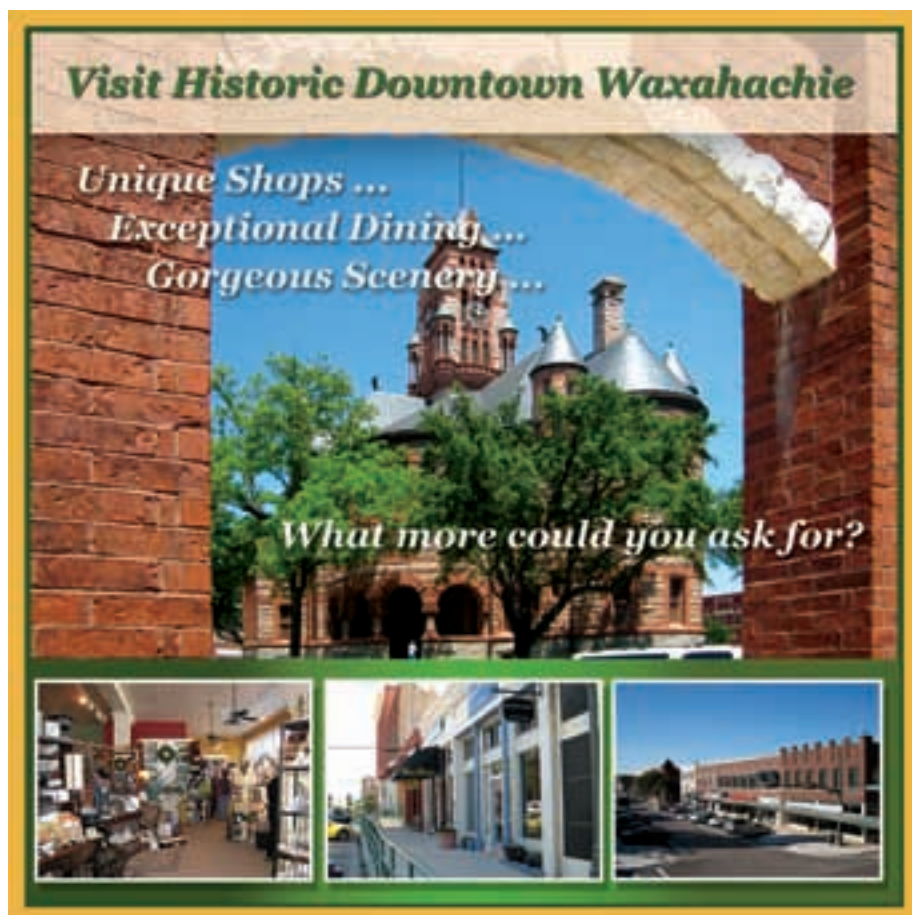
When her health permits, Gladys stays active with the Palmer Study Club, teaching Sunday school at the First United Methodist Church and participating as a long-time member of the Ennis Art Club. "I am the oldest member," she claimed. "I am the oldest



"You really concentrate on your painting and you forget everything else. That's why I call it therapeutic."

in age and oldest in membership." Sewing and cooking are also creative ingredients in her busy days. "I love to cook," she exclaimed. "I make a pretty good pie, although I do admit I have gotten out of practice."

With the passing of time, Gladys has seen many changes and the loss of many friends and family. "You know, when you are 88 years old, there is not much left to do but live life peacefully and do what you can for other people," she advised. "There is still always something to learn, even if you learn from your own mistakes." **NOW**



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Kicking Cousins

— By Kelly Kovar

Gracie and Erika Hernandez are two young Ennis ladies you do not want to mess with. Their feminine exterior and gentle voices may be what you notice first, but both spend many afternoons a week perfecting their skills at tae kwon do. "We've been doing tae kwon do for eight years," Gracie said. "We started in December of 2000."

"I'm kind of shy with new people," Erika said, "so it surprises people when they find out I have a black belt." At the Ennis Black Belt Academy, run by Jackie Self, where the girls practice, classes are based on skill and belt level. In their first class, Gracie and Erika, who are first cousins, showed only a casual interest in the sport. "At first, it was kind of like a hobby, because I was, like, in the fourth grade," Erika said. Jackie Self was her art teacher at the time, and Erika heard about tae kwon do at school.

"My cousin started one day before me," Gracie recalled, explaining that when Erika first asked her to join the sport she was surprised but excited. "I really liked it and I wasn't scared, because the way Ms. Self taught it was kind of fun."

Good-natured teasing by their friends was not enough to discourage the two girls, called the "Karate Girls" or the "Karate Twins" by their schoolmates. "A friend of mine used to call me Jackie Chan's daughter," Erika remembered. "They call me Bruce Lee's daughter or Gracie Lee," Gracie added. "It doesn't bother me a bit, though. I think it is cool, because I like Bruce Lee."



They laugh off the jokes, but the 16-year-old cousins both take martial arts very seriously. "They know how to take care of business," Jackie said.

"You work really hard to get your black belt. Outside of class, people don't know how much work is involved. You have a lot of training," Erika continued, as Gracie added, "It takes about five years to get a black belt. We are both black belts, first degree. There are 10 levels of Black Belt. Level 10 would be Grand Master. It is really worth it. After you get your

Sports NOW

black belt, you get your name embroidered on your black belt in Korean, because Korea is where the sport of tae kwon do came from."

"In the beginning, when you have a white belt, you learn when to use the different moves," Erika said. "Tae kwon do is self-defense. Another part of tae kwon do is self-control."



"Tae kwon do is relaxing and puts me in an awesome mood."

Students become teachers once they have earned their brown belt and are at least of junior-high age. "Teaching is part of your black belt training," Gracie explained. "When I first came, I learned basics, which is what I teach now. In tae kwon do, a stance is how you put your feet. There are different stances: a Back Balance, a Fore Balance and a Straddle Stance. After you learn the stances, you learn the punches, the blocks and the kicks."

"Teaching shows you all the little steps to each move," Erika said. "You are actually learning while you are teaching them. I have two sisters taking lessons." Carina Hernandez is 12, and has earned a red belt, while Jazlynn, 8, has been taking lessons about a year and is an orange belt. "They always look up to me, and I guess I inspired them," Erika added. The girls' cousins, Victor and Janessa, also take classes. "My little sister is 4, and we are planning to

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get her in it," Gracie said. "She is a little cutie. She does little karate kicks. [Age] 4 to 6 is usually when you start. It is easier to start sooner."

Regular tournaments keep the girls in top form. "At tournaments, people come from all over different cities, and if you are fighting new people, you really don't know what to expect,

"You work really hard to get your black belt. Outside of class, people don't know how much work is involved. You have a lot of training."

which is what I like about it," Erika said. "For example, if I fight Gracie, I know what to expect, because I know what she is going to throw, but if I fight a new person, they fight differently, which makes me work harder."

"We are in the same division, 15-17-year-old advanced girls. At 18, you enter the women's division. At a tournament, you are not trying to hurt someone; you learn to control your punches," Gracie mentioned, explaining that scoring is based on how you block and whether or not you get a punch or a kick in.

Gracie hopes to be a math teacher and Erika a cardio-surgeon when they grow up; they both plan to continue tae kwon do. "It solves everything for us," Gracie said. "It is really challenging, but it is like therapy."

"I get so stressed out at school, and with other sports, so when I come up here, I just take that all out," Erika said. "Tae kwon do is relaxing and puts me in an awesome mood." **NOW**

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Business NOW



It's Not Business; It's Personal

— By Kelly Kovar

The Maverick Metal Trading staff members are ready to assist you.

Maverick Metal Trading Inc., owned by Brad and Debbie Lane, specializes in new steel sales, metal building component sales, fencing and recycling. “It takes a lot of good employees to make a business,” Brad mentioned. Maverick’s team effort combines the talents and skills of each employee to create a situation where customers can find help or advice for their problems.

Their nine staff members include Brad and his wife, Debbie.

“Debbie is the numbers person,” Brad said appreciatively. “We hired Maricela Zuniga to help Debbie in the office with bookkeeping. My son, Eddie, is my longest employee.” Since Maverick is a family business, Brad’s daughters, Emma, age 11, and Katie, 14, also help. “Katie and Emma do the Dr Pepper machine. Katie mows and does the weed eater, and Emma helps clean, feather dust and she has put herself in charge of changing the screen savers.”

“We are like the Olympic Rings,” Brad likes to say. “We all overlap. Everybody here can do everybody else’s job, so we all help each other.” Each employee contributes a different

ability. Daniel Martinez, a four-year employee, previously worked in an auto body shop. He is bilingual, computer-savvy and handles counter sales. Yard Manager, Milton Hart, has been with the team three years. James Roybal is on-hand to manage the scales. Eddie Watson does whatever it takes to help with a sale. Scott Brooks, the Maverick driver, also helps in the yard. “I feel I am responsible for six households, not just my employees,” Brad added.

“Four of those households have kids in them. Once a year, we have a get-together and everybody brings their family.”

Seven years ago, Brad started Maverick Metal; his initial objective was a small steel warehouse. “The recycling grew out of my contractor’s needs,” he explained. With prior experience in recycling, Brad could offer his customers a place to bring recyclable materials. Maverick performs collection and first-stage processing. “First stage means there is no heat, no smelting and no contaminants. We accept aluminum, metal, copper, stainless, barbed wire, bottles and jars,” he continued.

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Business NOW

appeals to Brad. "We are taking a load of glass to Midlothian to Strategic Materials. They grind it and resell it to Ennis Paint," he said. "It is the sparkly stuff in the paint." Brad does mostly custom-engineered weld-ups — metal buildings that are welded together to fit in a certain place for a customer. He



is glad to send referrals to other building component companies that primarily make bolt-up buildings if that is a customer's need. "The customers come to me to help solve their problems, because of my construction network," he added.

Brad can help people figure out what components they need to complete a project — whether it is an unusual building need, an add-on or a custom problem. "I give a customer a hard quote and send them to a local banker. I tell them to call me if there are any questions," he expressed.

Brad, who has lived in Ennis 11 years, says Ennis is the right kind of place for the type of business he likes to operate. "We like it here in Ennis because employees, customers and vendors are so intertwined. It is not cutthroat. It's not business; it's personal," he said. "Neighbors take care of each other. We wave. We look out for one another." Maverick is open at 2402 S. Kaufman Street Monday through Friday 7:30 to 5:00 p.m. and Saturday 8:00 a.m. to 1:00 p.m. Contact them at (972) 875-9835. **NOW**

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Education **NOW**

An Exceptional Opportunity

— By Faith Browning



“The main objective of this class is to show them the medical field in a real way.”



The students of Ennis High School have an opportunity to experience a class like no other, with an exceptional teacher to guide their way. Patsy Jones is not your average teacher, because she is also a registered nurse (RN). She teaches Health Science Technology Education (HST), a program that offers students the chance to explore the various medical fields. “In order to teach Health Science Technology, you have to be registered or licensed in a professional field of the medical field,” Patsy explained.

She started the program from the ground floor 14 years ago. “I was approached by the school superintendent, who was very interested in career and technology,” she related. “He wanted

to try to change the image of what used to be called ‘vocational.’” From that moment, Patsy had to weigh all the pros and cons of leaving her job as an office manager for a surgeon in Dallas to return to work in Ennis.

Now, with the assistance of Donna Boggan, a medical technologist (MT), Patsy has created a highly successful program that has changed the lives of many Ennis students. “The main objective of this class is to show them the medical field in a real way,” she explained. “Then we help them decide whether the medical field is actually a career for them or whether they are cut out to be in the medical field.” Patsy starts her first class of the program with the question, “So you think you

want to be a doctor?”

The HST program has three course levels. The first level, Health Science Technology I, taught by Donna Boggan, is available at all high school levels excluding freshman. The course takes them through the basics of health care, the principles of all forms of medicine and healthcare, the importance of medical confidentiality and all the things which need to be learned to be in the healthcare field.

After their sophomore year, if the student decides they would like to pursue learning in the medical fields, they can dive into Health Science Technology II. This is a two-credit elective course, which requires attending class every day. It is the beginning of

Education NOW

the clinical phase of the program. "The first five weeks, they meet every day with me. There is a lot of paperwork and a lot of parents' signatures to get them ready," she explained. "I am sending them out there under my license, so there is a lot of pounding into their heads that 'you must do exactly what I tell you to do!'" The students go on three-week rotations, which expose them to different areas of the medical field. "I don't want them to think of just becoming doctors and nurses," she expressed. "I tell them,



"My job is not to make you part of the medical field. You are still explorers, but what I am going to do is put you out there for you to decide whether you want to do this or not."

Their week involves Monday and Friday in the classroom and Tuesday, Wednesday and Thursday in clinical rotation. Patsy conducts what she calls in-house rotation, where she sends half of the class to the hospital to experience the most general areas, such as the emergency room, laboratory, X-ray and physical therapy; and outlying rotations, where she sends the other half of the class out to doctors' and dentists'

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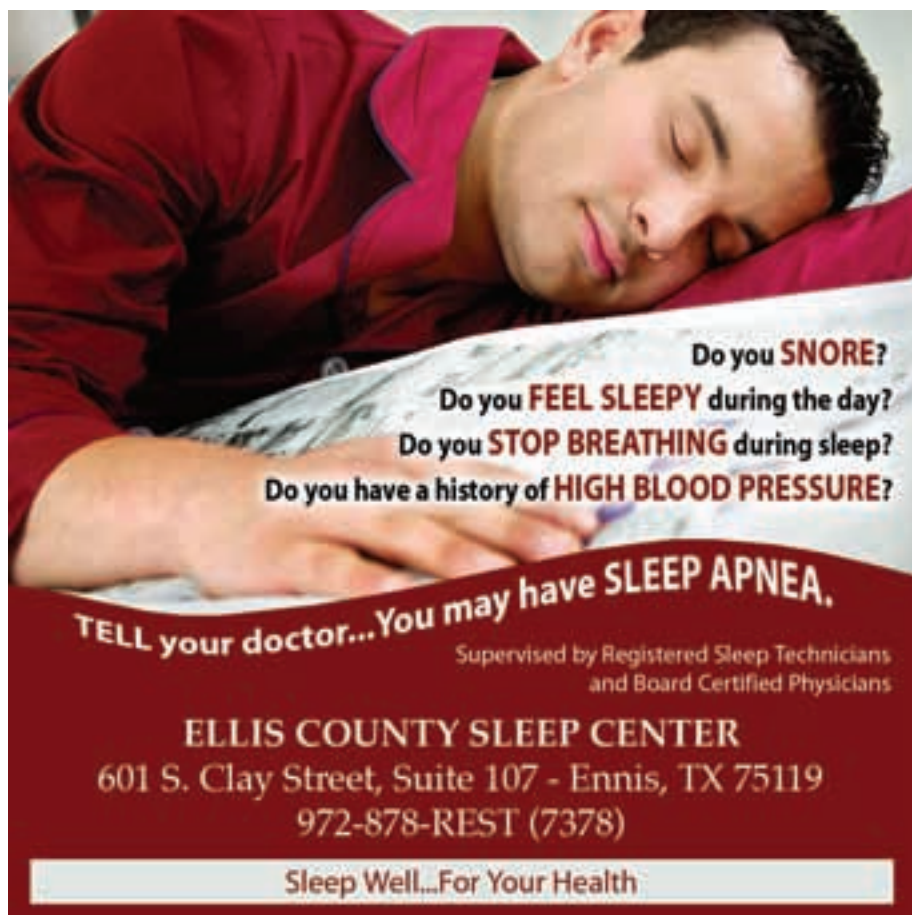
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offices, nursing homes and time spent aiding school nurses. "If it were not for the community of Ennis and the medical facilities of Ennis supporting us, this program would not be possible," she conveyed. "The hospital has been very supportive of the program for all of the years I've been doing this."

During their senior year, the students can take Health Science Technology III. This is a three-credit course, through which they can be employed by or serve in an internship at Ennis medical facilities. The third year also has a pharmacy technology program, in which the students study and prepare to take the national test before the state board. "They can go to a school or a trade school and pay high dollar for it," Patsy stated, "but I put it into my program, because they must be certified to work with a pharmacist."

Patsy began gathering the experience that qualified her for her current position after she attended the University of North Texas. There she met her husband, Randall, and then graduated from the El Centro School of Nursing. She also earned her teaching certification from Texas A&M — Commerce. She taught private kindergarten with her mother, Sue Parker, and later went back to school to become a registered nurse so she could work at the Ennis Hospital. She worked in Dallas for over 10 years, before returning to Ennis in her current teaching position. "I consider myself a nurse first and an educator second," she admitted. "I think nurses are educators, whether we realize it or not."

The Health Science Technology program has been successful due to the dedication of both teachers and students. "I tell my students that in the global world that we live in they must start preparing for their careers now," she expressed. "What I hear most at open house from parents is 'I wish they would have had this when I was in high school!'" **NOW**

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Around Town NOW



The board of the Ennis Public Library, top left, celebrated another successful year at the home of Jerry and Betty Glaspy. The Thomas and Glaspy families, top right, attended the "Red, White and Blue Texas Celebration" where ACROSS provided the meal and The Pontiac provided the entertainment. Thespians Rich Raymond, Fran Anderson, Barbara Webb and Rickey and Cindy Crenshaw, second row left, had a great time at the First Ennies event. Bill Rhoten, bottom left, added a note of levity to Ennie presentation by donning a "black tie." A host of local actors, bottom center, took Ennies home for notable performances during the Ennis Public Theatre's 2007-08 season. Charlie and Betty Honza, second row right, enjoyed a dance at the ACROSS fundraiser. The ACROSS board of directors, bottom right, turned out in force for a successful event held at the Knights of Columbus hall.



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Around Town NOW



Gil Escobar, top left, awarded a trophy to Rotary Polka Run participant Doug Hartzel. Stunning costumes, top center, were seen during the Polka Festival. Rose Steinman, top right, enjoyed a ringside seat for dancing at the KJT Hall. The halls, second row left, offered delicious Czech pastries during the annual Polka Festival. Gus and Katherine Jones, Harriett Adams and Jerry and Betty Glaspy, second row right, enjoyed a warm summer evening in the backyard at Harriett's home. *Twelve Angry Men* won "Best Show of the 2007-08 Season" at the first Ennie Award event. Jan Glaspy and Linda Waldrop took Mayor Russell Thomas prisoner, bottom right, for a very good cause.



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— By Faith Browning

Look Who's Cooking

IN THE KITCHEN WITH THE ENNIS CHAMBER

CHEESY TOMATO BASIL CHICKEN BREASTS

Submitted by Jeannette Patak

SAUCE:

3 Tbsp. butter or margarine
2 cups ripe tomatoes, cubed
1/3 cup onions, chopped
1 7-oz. can tomato paste
1 Tbsp. basil leaves
1/2 tsp. salt
2 tsp. fresh garlic, minced
3 whole boneless chicken breasts, skinned,
cut in half

TOPPING:

1 cup fresh bread crumbs
1/4 cup fresh parsley, chopped
2 Tbsp. butter or margarine, melted
6-oz. mozzarella cheese, cut into strips

Heat oven to 350 F. Start preparing the sauce in 13 x 9-inch baking dish, melting butter in oven for 4 to 6 minutes. In a medium bowl, stir together remaining sauce ingredients; set aside. Place chicken in baking dish, turning to coat with butter.

Spoon sauce mixture over chicken. Bake for 30 to 40 minutes or until chicken is no longer pink. Meanwhile, in a small bowl, stir together all topping ingredients except cheese. Place cheese strips over chicken; sprinkle with topping mixture. Continue baking 5 to 10 minutes, or until chicken is fork-tender and breadcrumbs are browned.

CHEESE AND SPINACH MANICOTTI

Submitted by Kimberly King

3 egg whites
1 10-oz. pkg. frozen chopped spinach, thawed,
well drained
1 15-oz. container part-skim ricotta cheese
2 cloves garlic, minced
1 cup shredded 2-percent reduced-fat mozzarella
cheese, divided
1/3 cup grated Parmesan cheese, divided
1 8-oz. pkg. manicotti shells (14 shells), cooked,
drained
2 cups spaghetti sauce

Preheat oven to 350 F. Beat egg whites lightly in

medium bowl. Add spinach, ricotta cheese and garlic. Add half of mozzarella and Parmesan cheese; mix well. Spoon evenly into manicotti shells. Place in 13 x 9-inch baking dish sprayed with cooking spray. Cover with spaghetti sauce. Bake 40 minutes or until heated through. Top with the remaining mozzarella and Parmesan cheeses; continue baking for 5 minutes or until mozzarella cheese is melted. Recipe makes 7 servings of two stuffed shells each.

PEANUT BUTTER PIE

Submitted by Kimberly King

PIE:

1 cup creamy peanut butter
8 oz. cream cheese, room temperature
1/2 cup sugar
12-oz. container whipped topping, divided
1 prepared chocolate cookie pie crust
1 11.75-oz. jar hot fudge ice cream topping, divided

DRIZZLE:

2 Tbsp. hot fudge
2 Tbsp. peanut butter

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Who's Cooking **NOW**

In a medium bowl beat together peanut butter, cream cheese and sugar. Gently fold in 3 cups of whipped topping. Spoon mixture into pie crust; smoothing the top. Place hot fudge in microwave for 1 minute; stir. Spread fudge over pie. Refrigerate until serving time. Just before serving, spread remaining whipped topping over pie. Place the hot fudge in a small baggie and knead for a few seconds. Cut a tiny hole in the corner of the bag and drizzle over the top of the pie. Repeat process with peanut butter.

OREO COOKIE BALLS

Submitted by Mary Macalik

1 pkg. Oreo cookies
8-oz. cream cheese, softened
1 pkg. almond bark

Crush Oreo cookies in food processor or Ziploc bag. Mix crushed cookies together with cream cheese until dough forms. Chill for 30 minutes. Roll into balls and dip into the melted almond bark. Cool and enjoy.

CREAM CHEESE ROLLS

Submitted by Jeannette Patak

DOUGH:

1 cup sour cream
1/2 cup butter
1/2 cup sugar
1 tsp. salt
2 pkg. dry yeast
1/2 cup warm water
2 eggs, beaten
4 cups flour

FILLING:

2 8-oz. pkgs. cream cheese, softened
3/4 cup sugar
1 egg, beaten
2 tsp. vanilla

GLAZE:

1 cup powdered sugar
2 Tbsp. milk
1 tsp. vanilla

In saucepan, heat sour cream and butter over medium-low heat. Stir in sugar and salt until butter is melted. Transfer to mixing bowl; cool to lukewarm. Dissolve yeast in warm water; add to lukewarm mixture. Add eggs and flour; mix well. Cover and refrigerate overnight. Next morning, make filling by beating cream cheese, sugar, egg and vanilla together until combined. Roll out dough into 4 long rectangles. Spread cream cheese mixture down middle of each rectangle and roll up lengthwise. Seal along length and ends with fingers dipped in water. Place rolls on cookie sheets; 2 rolls per sheet. Let rise 1 to 1 1/2 hours. Bake at 350 F for 20 - 25 minutes, or until lightly browned. Mix together glaze ingredients and drizzle on warm rolls. Makes 4 rolls, with about 8 servings per roll.



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Re-thinking Retirement

— By Gary Hayden

Addison Cole Hayden was born on May 13, 2008.

Gary Pierce Hayden was born on June 20, 2008.

Needless to say, life has, and will continue to change. Having a granddaughter and grandson certainly puts life in perspective. Addison, Pierce and “Pops” plan to have a lot of fun and exciting times together.

Oops! There is that dreaded “p” word again. Plan. No matter what stage of life we find ourselves in, the question remains: What are your plans? What kind of lifestyle do you envision? More specifically, how is your retirement planning?

In regard to retirement planning, it comes down to some simple questions:

- How much will it cost you to live?
- How much have you saved?
- How much can you continue to save?
- What is your life expectancy?
- What is the best allocation of your assets to meet your goals?

As we have mentioned in previous articles, the proper diversification of assets is the key ingredient to a stress-free retirement. Too aggressive — volatility and sleepless nights haunt you. Too conservative — your purchasing power is eroded by inflation and rising prices. As you meet regularly with your financial advisors, make sure your asset allocation is in the proper balance to respond to changes in your lifestyle or economic market shifts.

Also, we in the financial services profession are sometimes guilty of poor communication in relating investment and retirement language to practical and tangible concepts. For instance, a person has approximately 10 years to retirement. That can be very vague and certainly does not create any sense of urgency. It would be better to say, that is about 250 paychecks. What are you going to do with each of these

paychecks? Hopefully, that will help you focus.

Another positive concept is to help client's envision retirement. Think of retirement as a long, three-day weekend. At first, retirement is like 10 to 15 years of Saturdays. Then it may be 10 to 15 years of Sundays — possibly a little slower paced, with a little more family-oriented lifestyle.

And finally toward the end, there may be a lot of Mondays, where

you might be somewhere you do not necessarily want to be. This can be the most expensive stage of retirement. Saturday is fun but it costs money, while Sunday is when your affairs



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are in order and you do not want to be stressing about money — and here we are talking about asset allocation again. Saturday asset allocation is much different than Sunday and Monday asset allocation.

Grandkids have caused me to pause and think about the truly important things in life. Addison's and Pierce's births have encouraged me to think about living my life well. What about you?

Wishing you the very best that life has to offer! **NOW**

Gary Hayden is a Registered Representative of, and offers Security, Investment Advisory and Financial Planning services through, MML Investors Services, Inc. Supervisory Office: 777 Main Street, Suite 2260, Fort Worth, Texas 76102 • (817) 332-4451. Hayden Financial Partners is not an affiliate or subsidiary of MML Investor Services, Inc.

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Health
NOW

Heatstroke: Causes *and* Treatments

— By Charles Williams, MD

While millions are exposed each year to the danger of intense outdoor heat, some are unprepared for the risk of a heatstroke. Generally, the human body can control its own temperature by producing sweat, which then evaporates and cools the skin. However, heat from internal metabolism, outdoor temperatures and intense physical activity can sometimes overwhelm the body's internal temperature control, leading to heatstroke. A very serious and sometimes fatal illness, heatstroke can be treated or avoided with proper preparations and knowledge of the risks.

Although heatstroke is rarely fatal, it is uncomfortable and can be avoided by taking precautions. It occurs as a result of abnormally elevated body temperature, or hyperthermia, when the body's internal temperature reaches 104 degrees Fahrenheit. The body's internal temperature is likely to reach this level during intense physical exertion in extreme heat, especially when dehydrated. Without adequate fluids, a person will not sweat enough to cool down. The elderly, young children, individuals who are obese and those with compounding medical conditions are most likely to suffer from a heatstroke. Those with medical conditions such as heart disease, lung disease or kidney disease are at the highest risk for experiencing heatstroke.

Older individuals who are inactive and have other complicating health factors often suffer from classic heatstroke, because they may not sweat as much as necessary to regulate their body temperature. In contrast, another form of the condition called exertion heatstroke affects those who physically

exert themselves under the sun. They visibly sweat while participating in activities and tend to be active, young and healthy. Any person taking medication with side effects may also be vulnerable to heatstroke.

Because heatstroke is a potentially life-threatening condition, it is important to treat an individual for heatstroke upon the first onset of symptoms. Symptoms of heatstroke may include:

- High body temperature
- Rapid pulse
- Difficulty breathing
- Strange behavior or hallucinations
- Confusion or disorientation
- Seizure
- Dry mouth
- Agitation
- Tender cramped muscles

To treat the symptoms of heatstroke, seek medical attention as soon as possible and begin intervention to lower the patient's body temperature. Move the patient to a cool area, such as in the shade or an air-conditioned building. Spray the individual with cold water or remove clothing. Place ice packs under armpits and near the groin, and fan the patient. Check the individual's temperature to ensure that it drops to around 101 degrees Fahrenheit. Immediate treatment of heatstroke is important to avoid the results of a nervous system breakdown, such as organ damage, brain damage or even death. Consult a medical professional if symptoms appear and persist. A physician will confirm heatstroke and







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monitor for permanent damage.

The best approach to heatstroke is to avoid experiencing it, if possible. To prevent heatstroke, consume plenty of water and sports drinks to keep the body hydrated, replace lost energy and maintain a normal body temperature. Avoid drinks that contain alcohol or caffeine, such as tea, coffee and soda, as caffeine can cause dehydration. Take frequent water breaks and wear light-colored and loose-fitting clothing. Schedule outdoor activities during the morning and evening hours and protect your body from the sun with sunglasses, a hat or an umbrella. With knowledge and intervention, heatstroke and its dangerous effects can be avoided altogether. **NOW**

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September 2008

Community Calendar

Third Thursday

Empowering Women Express Network (ABWA) monthly meeting, 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Please RSVP to Daphne Brewer at (972) 723-6551.
www.abwa-empoweringwomen.org.

September 5

Lions Varsity football game, 7:30 p.m., Lancaster.

September 9

Navarro Small Business Development Center (NSBDC) Small Business Startup Basics free workshop, 2:00 p.m. – 4:00 p.m., Corsicana/Navarro County Chamber of Commerce conference room, 120 N. 12th St. To register, call Ophelia Mendoza at (903) 875-7667 or e-mail ophelia.mendoza@navarrocollege.edu

September 16

NSBDC's Understanding Copyrights & Patents workshop, 10:00 a.m. – noon, Prosperity Bank conference room, 500 N. I.H. 35 in Red Oak. \$20. To register, call Dottie Ueberroth at (972) 937-2174 or e-mail dottie.ueberroth@navarrocollege.edu.

September 17

Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon, Waxahachie Country Club, 1920 W. Hwy. 287 at I-35

East, Exit 401B. Cost: \$13.00. Walk-ins welcome. Nursery vouchers available. To make reservations contact either Kay at (972) 937-2807 or Mary at (972) 937-9984, or e-mail Kay at windchime@charter.net no later than Sunday, September 14.

NSBDC's Sales Tax workshop, 10:00 a.m. – noon, Waxahachie Chamber of Commerce, 102 YMCA Dr. Free. To register, call Dottie Ueberroth at (972) 937-2174 or e-mail dottie.ueberroth@navarrocollege.edu.

September 18

NSBDC's How to Get Government Contracts workshop, 10:00 a.m. – 3:00 p.m., Waxahachie Chamber of Commerce, 102 YMCA Dr. \$25. To register, call Dottie Ueberroth at (972) 937-2174 or e-mail dottie.ueberroth@navarrocollege.edu.

September 18 – 23

National Hot Rod Association (NHRA) Fall Nationals. Texas Motorplex. For information call 1 (800) Motorplex or visit www.texasmotorplex.com.

September 19

Lions Varsity Football home game, 7:30 p.m. Opponent: John Horn High School, Mesquite.

September 23

NSBDC's Writing a Winning Business Plan workshop,

2:00 p.m. – 4:00 p.m., Corsicana/Navarro County Chamber of Commerce, 120 N. 12th St. \$20. To register, call Ophelia Mendoza at (903) 875-7667 or e-mail ophelia.mendoza@navarrocollege.edu.

September 26 – 28

Annual Arts Amateur and Professional Contest and Exhibition at the Midlothian Conference Center. For more information, visit www.MidlothianCenter.com.

September 27

Bristol Opry, 7:00 p.m., 100 Church St., Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

Annual Barn Dance and BBQ, 4:00 p.m., Telico Volunteer Fire Station. Directions: Travel 7 miles East on Hwy. 34, past I-45. Take a right on 1181 and travel 1 mile to station, on the left. For more information, call Chief Van Fowler at (972) 878-2083.

September 26

Lions Varsity football home game, 7:30 p.m. Opponent: Waco High.

For more community events,
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www.nowmagazines.com.



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With respect to quality and service, we have made real progress in the emergency department (ED) and in our overall efforts to improve patient satisfaction. Through process and role redesign, hard work and dedication, we have seen a substantial decrease in the amount of time spent waiting in the emergency department, and we have significantly reduced the number of patients who leave the ED without being treated. Additionally, in April of 2008 we were successful in passing a rigorous certification process to designate our ED as a Level IV Trauma Center.



David D. Anderson
Chief Executive Officer

ERMC consistently receives extremely high marks for outpatient satisfaction, including radiology services and outpatient surgery, recently ranking 3rd out of 48 hospitals across LifePoint Hospitals, Inc, the company that manages the hospital for the City of Ennis. We continue to enjoy full accreditation with the Joint Commission.

Regarding enhancements to existing services and expansion into new services, there is a strong need for new physicians to be recruited to our community to augment the strong medical staff already present here. We have been successful in adding two new specialists to our staff in the past few months: Nephrology and Cardiology. Before the year ends, we will recruit several more doctors to Ennis covering the following specialties: Family Practice, General Surgery, Pediatrics and Orthopedics.

Our Childbirth Center has recently expanded the services it offers to now include lactation and childbirth classes, as well as a host of educational programs. Additionally, the physicians supporting the women's health program are all trained in cutting-edge procedures and technology. One such procedure is designed to be a minimally invasive and less painful alternative to the traditional hysterectomy, requiring a very brief outpatient stay and shorter recovery time. We have a strong history of providing high quality women's health, and we are excited to continue our commitment to growing and expanding these services.

I hope that all the citizens of Ennis are as proud of our progress as I am. There are so many great opportunities ahead to continue to improve the health of our community. We will see to it that ERMC is at the center of those efforts leading the way.

Until then, if you have any questions or would like to make a comment, please call (972) 875-0900 or write to us at info@lpmc.net

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