

EnnisNOW

M A G A Z I N E

NOVEMBER 2015

2015
Holiday
Shopping
Guide

The Well-known Voice

A positive
attitude goes
a long way
with
Royann
Farmer

An Avid Traveler

At Home With
Nancy Brady

The Power of Perseverance

A Partnership With Patients

In the Kitchen With
Kathey McIntosh



OPEN 24 HOURS DAILY

DOC'S BEVERAGE



Kolache Depot Bakery

KLOBASE SANDWICHES CZECH WASH

1103 E. Ennis Ave. • Ennis

Store: 972-875-9451 • Bakery: 972-875-8364

Now Selling Czech Wines



Ice • Bill Pay • Money Grams • Free Money Orders • Drive-thru ATM • Inside ATM
Copy Machine • Fax Services • Stamps • Large Selection of Wine & Beer
Check Cashing, Payroll, Insurance & Tax Refund



Enjoy our great selection of Ice flavors.

Coca Cola, Wild Cherry, Blue Raspberry, Dr. Pepper, Pepsi, Mtn Dew Freeze, Cherry Lime and Watermelon.



Just in time for the Holidays!

Last minute gift cards available.

Amazon, Burger King, Bass Pro, Footlocker, Ihop, Applebee's, Chilli's, Macaroni Grill, On The Border & much more.



99¢ Ice Cream Cone



Breakfast & Lunch Menu • Bakery Items

We bake fresh daily.

We also sell an assortment of day-old dozens Kolaches at a reduced price as available.



10¢ OFF EACH GALLON OF GAS WITH THE PURCHASE OF A CAR WASH.

ryto Clean Touch CarWash
Quick & Easy! Get Yours Today!

Platinum Wash		\$9 <small>Best Value!</small>
• Tri-Foam Detergent	• Rain SHIELD	
• Under-Carriage Wash	• Spot-free Rinse	\$7
• FoamBrite Wash	• Dryer	
• Wheel Scrubber		\$5
• Rinse		
Gold Wash		
• Under Carriage Wash	• Clear Coat	\$7
• FoamBrite Wash	• Spot-free Rinse	
• Rinse	• Dryer	
Silver Wash		
• FoamBrite Wash	• Dryer	\$5
• Rinse		

FREE VACUUM with the purchase of a car wash



101 NW Main ST. • Ennis, TX
www.citytxrealestate.com

Office (972) 878-2222 • Fax (972) 878-2225

Happy Thanksgiving



Amelia Valdez
469-658-5506



Linda Rudd
214-796-8197

Stacey Goodman
972-333-6951

Marylyn Wylie
972-268-1651

Janie Hendrix
817-271-0720

Linda Blake
972-351-4521



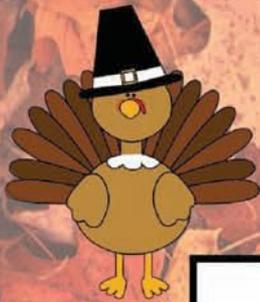
Kim Lu
817-913-2693



Liz Taylor
214-564-8738

Our Team of Professionals Are Here to Help Make Your Home Buying or Selling a Great Success!

Come have your photo taken with Santa on December 3rd before or after the Lights of Ennis Christmas parade.



**Happy Thanksgiving
from Guild Mortgage!**



Vanessa Zmolik

Ashley Johnson

NMLS 373756 - RMLO

NMLS 178067 - RMLO

Cell (469) 337-4578

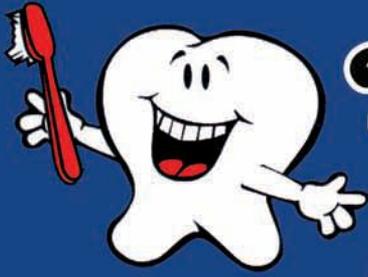
Cell (214) 949-9493

101 NW Main St., Ennis, TX 75119 & 711 W 2nd Ave. #B, Corsicana, TX 75110

Office: (972) 878-2224 Fax: (972) 878-2225



Company NMLS #3274. Branch NMLS #393949 & #1248650. This branch lends in Texas.



Start every day off with a GREAT smile **Family Smiles**

General Dentistry for Adults & Children

(972) 875-2501



Dr. Syed Iqbal, D.D.S.

¡Hablamos Español!

- Xbox games/movies
- Laughing Gas
- TVs in every room
- Kid-friendly environment



Dr. Ravindranath Reddy, D.D.S.

\$59 **Dental Checkup**
NEW PATIENTS ONLY
(Regular price \$150)

Come meet our experienced professional staff today & get your dental checkup!
Simple cleaning • Necessary X-rays

Excludes deep cleanings. Offer applies only in the absence of gum disease. Expires 11/30/15

\$20 **Toothache Visit**
NEW PATIENTS ONLY
(Regular price \$100)

Includes necessary X-rays, exam and doctor consultation

Not valid with any other offers. Expires 11/30/15

For Patients with No Insurance

Full-mouth deep cleaning \$275
Simple cleaning \$75
Most extractions \$150

Excludes wisdom teeth. Expires 11/30/15

\$150

Limited exam & X-ray with a single extraction
(Regular price \$300)

Excludes wisdom teeth. Expires 11/30/15



**1012 E. Ennis Ave. Ste C
(Behind Chili's) Ennis, TX 75119**

**Mon-Fri 10 a.m.-6 p.m.
Sat 9 a.m.-2 p.m.**

Payment Plan Available

**Accepting Medicaid
& CHIP, All PPO Insurances,
Walk-ins &
Same-day Emergencies**

*Sample prices only. Actual prices may vary based on the dental condition of the patient.

Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Ennis Editor, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Jeff Irish . Larry A. Jinks
Stephanie Marchbanks . Virginia Riddle
Donnielle Tyner
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose
Photography Assistant, Amy Ramirez

ADVERTISING

Advertising Representatives,
Linda Roberson . Teresa Banks
Cherise Burnett . Linda Dean-Miley
Mark Fox . Bryan Frye . Cedrick Logan
Melissa McCoy . Carolyn Mixon
Cleta Nicholson . Lori O'Connell
John Powell . Steve Randle
Joyce Sebesta . Shelby Veldman

Billing Manager, Angela Mixon

CONTENTS

November 2015 • Volume 12, Issue 11



8 **The Well-known Voice**
Royann Farmer walked out the same way she walked in.

14 **An Avid Traveler**
At Home With Nancy Brady.

26 **The Power of Perseverance**
Determination and grit pay off in the end for Dr. Bob Uzzel.



32 BusinessNOW
34 Around TownNOW
36 FinanceNOW
38 HealthNOW
44 CookingNOW

ON THE COVER



Royann Farmer is finding great joy in retirement.

Photography by Amy Ramirez.

EnnisNOW is a NOW Magazines, L.L.C. publication. Copyright © 2015. All rights reserved. *EnnisNOW* is published monthly and individually mailed free of charge to homes and businesses in the Ennis ZIP codes.

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



Editor's Note

Happy Thanksgiving to you and yours!

As I looked at the patchwork quilt, I was amazed at how the quilt squares came together perfectly at each corner. I found joy in the way each colorful patch flowed into the next. As I continued to study the quilt, I began to see how the patches mirrored my life's journey thus far.

Although I'm a little rough around the edges and my attitude sometimes fades to gray, the quilt of my life tells a story of many colors. The reds represent the compassion I have for others. The blues are the tears I've cried along the way. The blacks, grays and browns paint a picture of the bumps and bruises I've endured.

Separately, they are *just* colors, but when seen as a patchwork quilt, they become my colorful life. What colors do you find in your patchwork quilt?

Sandra

Sandra Strong
EnnisNOW Editor
sandra.strong@nowmagazines.com
(972) 765-3530

Quality insurance
at a great price.



CALL US FOR A QUOTE!

BOB WALKER INSURANCE
119 SW MAIN, ENNIS, TX 75119

Now serving Ellis County with family-friendly service for over 50 years.

972.875.2321
972.878.2321

Se habla Español

Twisted Metal

RODS & COLLISION



Featured in HOT ROD, CAR CRAFT
and SUPER CHEVY MAGAZINES.
"BEST IN SHOW" and "BEST IN PAINT" awards

COLLISION SERVICES

Our goal is to make your experience as convenient, painless and hassle-free as possible. We meet your expectations by streamlining the repair process, and working directly with your insurance company.

972-875-6220 • 972-268-4337

ELLISCOUNTYCOLLISION.COM

101 W. Avenue F • Ennis, Texas 75119
(Off Oak Grove)



Twisted Metal

RODS & COLLISION



Towing Service
Available 24 hrs.

972-875-6220 • 972-268-4337

ELLISCOUNTYCOLLISION.COM

101 W. Avenue F • Ennis, Texas 75119
(Off Oak Grove)



It's A Time To Be Thankful.

Thank you to all our loyal customers.
We consider you our family.

We are thankful for the blessing it has been to
serve you and the many generations
of families since 1868.

And to those who bank elsewhere,
but want to be treated like you
are valued,

Switch to CNB of Texas where Family *m*matters.

Bank *m*Powered
Open an account online.



**Citizens
National Bank
Of Texas** MEMBER FDIC
Your Bank Since 1868

972-938-4300

1-877-938-4300

New Treatment for Osteoporosis related Kyphosis

Treatment Covered by Most Major Health Insurance Plans - Including **MEDICARE**



Common symptoms include the following:

- Stooped “hunched” posture
- Rounded back
- Loss of height
- Mild to severe back pain

Osteoporosis-related kyphosis can occur in both men and women, but is more common in females. As osteoporosis weakens the vertebral bones in the spine, the vertebrae are susceptible to fracture resulting in Kyphosis.

Degenerative kyphosis develops due to wear and tear on the spine over time. The underlying cause of the kyphosis typically is spinal arthritis with degeneration of the discs. Non-surgical treatments are typically helpful.

- **Dr. David Marcial, D.C.** Clinic Director
- **Dr. Michael K. Shrader, M.D.** Medical Director
- **April Morgan** Family Nurse Practitioner

Call now to change your life. You can live pain-free.

SPACE IS LIMITED



HOMETOWN PHYSICAL MEDICINE
2200 W. Ennis Ave. • Suite A • Ennis
972-875-8600

El Doctor Habla Español

CALL TODAY TO
SCHEDULE YOUR

FREE CONSULTATION
www.hometownchirotx.com

607 Ferris Ave. • Waxahachie
972-923-1003

Disclaimer: Due to Federal Law some exclusions may apply. Copyright © Epic Marketing 2013

OVER
1,000
 DIFFERENT
 TYPES OF
AMMUNITION,
 IN-STOCK,
 FROM
.17 REMINGTON
 TO
.505 GIBBS &
EVERYTHING
 IN BETWEEN
LIKE
.257 ROBERTS

ORDER NOW AT
SWFA.COM

1.972.SCOPE IT

(1-972-726-7348)

OR

COME SEE US AT

**5840 E. US HWY 287
 MIDLOTHIAN, TX**

**SEE WHAT
 YOU'VE BEEN
 MISSING®**



Like us on
 Facebook



**Seekins Precision
 Scope 30mm Rings**
\$118.95
 SEE3097M4



**BOG Gear Xtreme
 Shooting Rest**
\$36.95
 XSR



**Diamond Feeders
 The Judge 200 Feeder
 and Timer**
\$579.95
 DIAMJ200T



**CMC Tactical Drop-In
 Flat Small Pin Trigger**
\$167.95
 CMC91503



**Kershaw CQC-4K
 Knife**
\$30.95
 KERK6054KITX



**Glock OEM 22.40
 S&W Gen 3**
\$499.00
 GLOP12250203



**Kel-Tec KSG 12 Gauge
 Bullpup Shotgun Black**
\$799.95
 KELTECKSG12



**Savage Arms M-25, .17
 Hornet, S# J147030**
\$649.99
 SAV19739



**Hornady
 LeveRevolution .35
 Rem. 200 Gr. 20 Rd.**
\$27.95
 HORR2735



**Nosler Trophy .280
 Rem Ack Improved
 140gr AcuB**
\$52.19
 NOS60043



**Hornady Custom
 Pistol Ammo .454
 Casull 240gr XTP MAG**
\$27.95
 HORR148



**Hell-Bent Combat
 Wallet 2**
\$29.95
 HBCW2ND15M



**EOTech Visible Red
 Laser Battery Cap**
\$265.00
 EOTLBC



**Nikon Retractable
 Rangefinder Tether**
\$15.95
 NIKR172



**Weaver Magnetic
 Boresighter**
\$32.95
 WEAB49745



**Aero Precision
 Ultralight 30mm One
 Piece Scope Mount**
\$79.95
 AP210200



**FLIR
 FLIR 19mm Handheld Thermal
 Imaging Camera**
\$5,249.00
 FLI43100030700S



The Well-known Voice

— By Sandra Strong



Royann Farmer retired from Ennis ISD at the end of the 2011-2012 school year, after 25 years of consecutive service. Her career in the field of education began at Travis Elementary in the special education department. After three years there, she moved to Bowie Elementary, but her time at Bowie was short lived. “Don Walker was the assistant superintendent at that time,” Royann shared. “At the beginning of the first semester, Mr. Walker asked me to go to the high school for one day to see how I liked it.”

That first day, she worked with Brenda Collier. “I knew it would be a challenge, but Brenda was a dream to work with,” she stated. “I feared I’d never get it all down, but I did finally learn what switch on the callboard belonged to what teacher.”

The principal at the time was Bill Chapman. He *also* wanted to make sure the transfer to the high school would work out for the good of the whole. Royann had a daughter who was starting her senior year, and Bill wanted to make sure she would be OK with her mom working in the front office. Of course, she said it would be fine. “And it gave me the chance to see her a few times throughout the day,” Royann added.

In the receptionist position, Royann’s voice was the first one heard as the phone was answered. Her main duty was to be cordial. She greeted people with a smile and a kind word, and she taught her office aides to do the same. “Getting frustrated wasn’t in my job description,” she said. “I was there to serve, and I served with a smile.”

This 21-year journey at the high school filled Royann’s heart with so many wonderful memories. Although no day was perfect, she remembers that most of her days were quite pleasant. “You can make it a good day or a bad day. I had more good days than bad,” she said, referring to the philosophy she still holds true to in retirement. “It all depends on your attitude and disposition. I tell my grandchildren this all the time. If you do fail at something, do the right thing and get back up. It’s all about keeping a positive attitude.”

The transition from small children to young adults seemed to come naturally for Royann. The younger students took more time because their needs were greater, while the older students were more self-sufficient. “I feel you have to possess a passion for the school and its children in order to find joy and contentment in the job you’ve been hired to do,” she explained. “Students and co-workers know when you’re being ‘real’ and when you aren’t.”

Royann’s role as the well-known voice the community came to know and love proved very essential to so many. “I thought it was important to be in service to the children, staff, administration and parents,” she stated. “As the campus receptionist, I had so many dealings with so many individuals.” Those same individuals came to rely on Royann’s calm demeanor, listening ear and kind, sincere words of encouragement.

The changes that were implemented over her tenure didn’t bother Royann much at all. She was able to successfully “roll with the punches,” especially when it came to technology and heavier campus security. “I always looked for the positive in all things,” she said.

Peer pressure also grew during her time at the high school. Sometimes the pressure from athletics, testing and grades was too heavy for some students to handle. “Trying to keep up with others seemed so important,” she said, “but I always tried to teach them to be proud of where they were in life — to try their hardest and not worry about what others were doing.” When she’d see these

“I was there
to *serve*, and
I served with
a *smile*.”




IN APPRECIATION TO
**ROYANN
FARMER**
FOR 25 YEARS
OF SERVICE
IN EDUCATION
ENNIS
INDEPENDENT
SCHOOL DISTRICT

COMPARE AND SAVE

Carpet • Vinyl • Tile • Area Rugs
Wallpaper • Laminate Floors

Glenn's Warehouse Carpets

Decorator Store with Warehouse Prices!

301 North College • Waxahachie, TX 75165

(972) 937-8848 • Metro (972) 935-0584

www.GlennsWarehouseCarpets.com

GLENN SMITH
DAVID SMITH
FRANKLIN DOBBS
GEORGE BIRKINBINE



Kubota POWER TO DO GREAT THINGS Sales Event



Do great things with Kubota's **RTV-X1100C** utility vehicles.

\$0 Down, 0%^{A.P.R.} Financing for 48 Months*

Offer ends 12/31/15.

Check out our complete line of quality Kubota products.



www.centralkubota.com

**501 NORTH I-35E
WAXAHACHIE
972-938-1770**

Open Monday-Friday 8-5, Saturday 8-2



Kubota
kubota.com

*\$0 down, 0% A.P.R. financing for up to 48 months on purchases of new Kubota RTV-X Series equipment is available to qualified purchasers from participating dealers' in-stock inventory through 12/31/2015. Example: A 48-month monthly installment repayment term at 0% A.P.R. requires 48 payments of \$20.83 per \$1,000 financed. 0% A.P.R. interest is available to customers if no dealer documentation preparation fee is charged. Dealer charge for document preparation fee shall be in accordance with state laws. Inclusion of ineligible equipment may result in a higher blended A.P.R. 0% A.P.R. and low-rate financing may not be available with customer instant rebate offers. Financing is available through Kubota Credit Corporation, U.S.A., 3401 Del Amo Blvd., Torrance, CA 90503; subject to credit approval. Some exceptions apply. Offer expires 12/31/2015. See us for details on these and other low-rate options or go to www.kubota.com for more information. Optional equipment may be shown.



© Kubota Tractor Corporation, 2015



same students smiling later in the school year, it made her smile, too, because it meant they had found some joy deep down within themselves.

Several times, she was lovingly accused of being too easy with some of the students she served, but Royann has never regretted the way she treated others. "I am NaNa to so many people, still to this day," she confessed. "So many of my kids are married and now have families of their own."

Some would push the envelope to see how far they could actually go, but no one ever broke Royann's spirit or her desire to serve. As she reminisced, she remembered a couple of boys that seemed to find trouble or wait on trouble to find them. They would be

disrespectful, but Royann won them over with her one-of-a-kind brand of patience topped with lots of loving-kindness. “Three years later, on graduation day, those boys, then seniors, stopped by the office to give me roses,” she said, with emotion in her voice. “I will never forget that.”

The one thing that makes Royann feel her age is seeing students who she helped while they were in high school come back to the campus as teachers. “I’ve seen so many success stories,” she explained. “My greatest pleasure came when I’d see students with an ‘I don’t care’ attitude toward school and life change midstream. They would go on to graduate and become successful members of the community.”

Had it not been for her age of 75, Royann believes she would have served the district for several more years. But, spending time with her husband, her 13 grandchildren and soon-to-be 16 great-grandchildren is bringing so much joy to her retirement. “I’m able to take care of things here at home now,” she shared. “I can drive family to and from the doctor. I can pick up and deliver kids, when needed. And no one close to 80 needs to be driving back and forth to town every day to work.”

Before going to work at Ennis ISD, Royann never took naps. Since retirement, she now eagerly looks forward to her afternoon “power nap.”



Meg Sullivan, M.D.

Board Certified ~ Cardiology
Fellowship in Cardiovascular Disease
Baylor University Medical Center

Accepting New Patients

- Outpatient Stress Testing
- Echocardiography
- Preoperative Assessment
- Pacemaker Evaluation
- Preventive Cardiology

Happy Thanksgiving



Located inside
Ennis Doctors Center

802 W. LAMPASAS • ENNIS
972-875-4700 • METRO 972-878-4700



John M. Sullivan, M.D.

General & Laparoscopic Surgery

Accepting New Patients

BIG OPERATIONS

Small Incisions

- Hernias
- Skin Cancers
- Lumps/Bumps
- Minimally Invasive Hemorrhoid Procedures
- Colonoscopy and Endoscopy
- Laparoscopic Gallbladder



Located inside Ennis Doctors Center

802 W. LAMPASAS • ENNIS
972-875-4700 • METRO 972-878-4700



ENNIS PEDIATRIC AND ADOLESCENT HEALTH CARE CENTER
 Katherine Brown, MD, FAAP • Elaine Donet, MSN, FNP-BC • Becky Lucas, DNP, APRN, FNP

We are thankful for our friends and families

IT'S TIME FOR FLU SHOTS!

SATURDAY CLINICS Nov. 14 and 28 • 8 a.m.-noon

Ennis Pediatrics serves the needs of infants, children, and teenagers of our community.
 We provide: sick visits • check ups • ADHD management • school physicals • preparticipation physicals • prenatal visits for expectant parents.

805 South Clay St. • Ennis
 972-875-8300 • www.ennispediatrics.com



HAMIL, HARRISON & Co., LLC

HAPPY THANKSGIVING

TRANE COMFORT SPECIALIST

- Full service HVAC company
- Authorized Trane® dealer
- Quality heating, cooling, HVAC equipment installations and repairs

972-875-5747 • 805 W. Hwy 34

Since 1955 Hamil, Harrison & Co. LLC. has been serving customers in Ennis, Texas and the surrounding areas.

BBB A+ ACCREDITED

TACLA35040C

“I enjoy my 15-20 minutes of rest,” she confessed. “When I don’t get it, it sure does hurt.”

When the time to leave came closer, Royann told all those around her that she didn’t want or need a going away party. She wanted to walk out the door as if she were going home, much like the way she walked in that first day so many years ago. “I never had a day that was so bad that it made me want to quit,” she explained. “I met so many wonderful people along the way. I enjoyed every single minute of it.” **NOW**

Ammar Haque, MD.

Board certified Nephrologist
American Society of Nephrology
and Renal Physicians Association.

Dr. Ammar Haque, specializes in kidney disease and hypertension with Dallas Renal Group. He treats an entire renal spectrum including early chronic kidney disease, kidney failure requiring dialysis, and kidney transplant management. He cares for patients with poorly controlled hypertension, proteinuria, kidney stones or cysts, electrolyte abnormalities as well as many other ailments. Dr. Haque currently provides hemodialysis, peritoneal dialysis and home hemodialysis in Ennis and also in Waxahachie.



Ennis Doctors Center

www.ennisdocs.com

**NOW OFFERING
Extended Hours**
Mon.-Thur.: 7 a.m. to 7 p.m.,
Fri.: 7 a.m. to 5 p.m.,
Sat.: 8:30 to 11:30 a.m.

All services performed in one location for your convenience at a lower cost.

In-house Lab

Digital X-ray

Nuclear Medicine • Bone Density
Cardiac Echo • Stress Testing

Industrial Medicine
DOT Drug Screening

*Now Offering Immigration Physicals
and Allergy Testing



Meg Sullivan
M.D., Cardiology



Francis Nwafor,
M.D., Urology



Dilip Solanki
M.D., Oncology



Tonya Youngblood
M.D., A.B.F.P.



Larry A. Jinks,
M.D., F.A.C.P.
Internal Medicine



Robert A. Silverman,
M.D., F.A.C.P.
Internal Medicine



Kevin A. Williams
M.D., Orthopaedic Surgery
Sports Medicine



Shannon Childs
Family Nurse
Practitioner

802 W. Lampasas, Ennis

972.875.4700

Metro: 972.878.4700

www.ennisdocs.com



Merle Filecia
Family Nurse
Practitioner



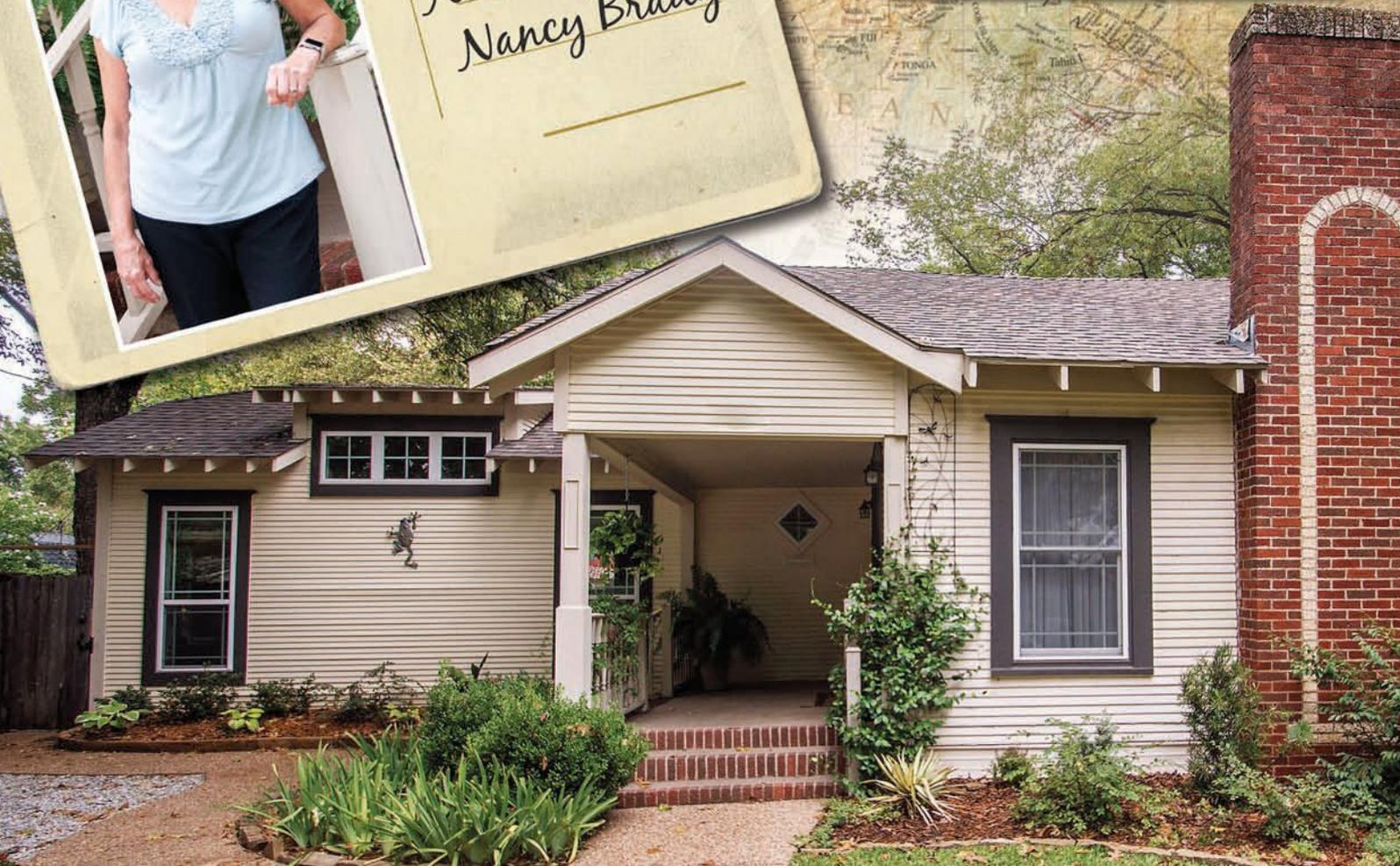
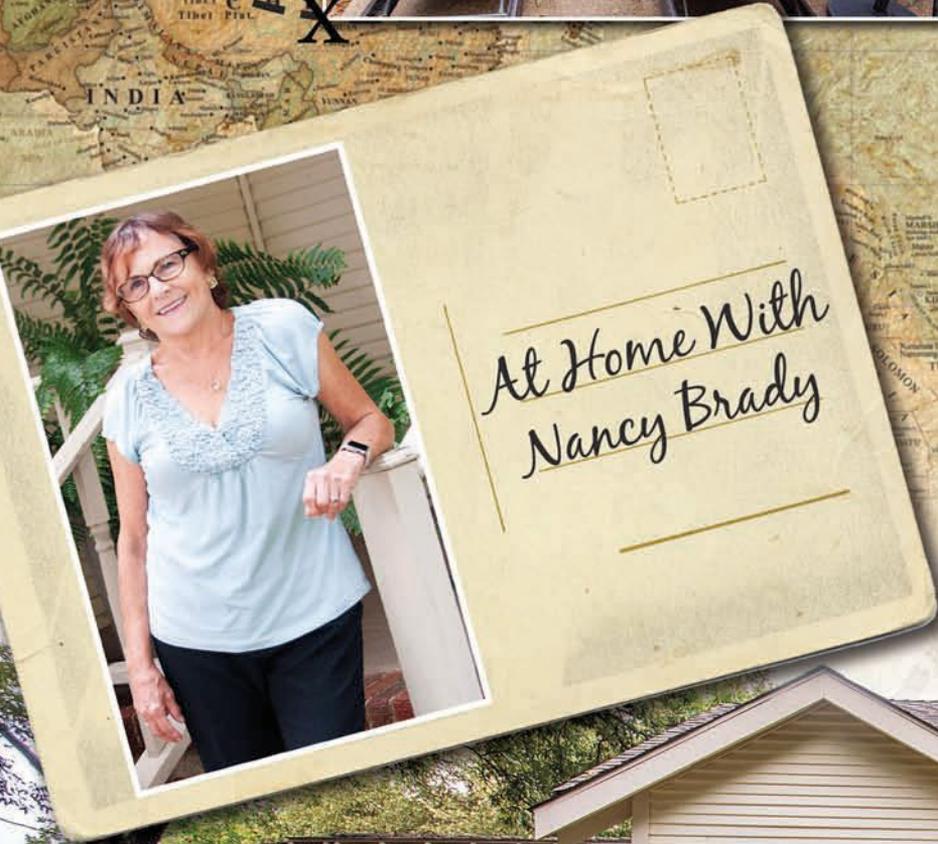
Chance Turner
Family Nurse
Practitioner



John M. Sullivan
M.D., General &
Laparoscopy Surgery

An Avid Traveler

— By Donnielle Tyner





Not many can say they've had a life of travel and excitement, but Nancy Brady can. She was born in Illinois but spent most of her young life in Michigan. Nancy was raised by her father to love science and respect the environment — two lessons that followed her throughout her life and inspired her devotion to organic gardening. Nancy graduated from the University of Michigan and went on to join the Peace Corps with her then husband. They lived in Bolivia, working with public health in a tuberculosis program. "It was a wonderful experience. I think Peace Corps volunteers learn a real appreciation for what we have here in America, and they get the chance to see other cultures," Nancy explained.

After the Peace Corps, they traveled around South America, through Morocco and Europe before coming back to the United States, where Nancy continued her education and had her first daughter,

Entertaining this Holiday Season?



Check out our Home Improvement Loans at www.esbmortgage.com!



972-878-5866 | 815 W. ENNIS AVENUE | ENNIS, TX 75119



Thankful to Serve Our Customers



Les Harris
VP/Loan Officer
15 Years



Irma Orduno
Motor Bank Teller
15 Years



Heather Estrada
Customer Service Representative
5 Years

Debra Morton
VP/Cashier
25 Years



Stacey Klever
Operations Clerk
20 Years



Amanda Mach
Loan Funding Clerk
5 Years



Cathy White
Loan Processor
15 Years



www.ennisstatebank.com • 972-875-9676 • 815 W. Ennis Avenue • Ennis, TX 75119



Jessica Zembala. Jessica passed away in 2003 from an unexpected and rare heart condition.

After moving to Washington, D.C., Nancy worked as a curator at the Smithsonian's Archives of American Art. Both she and her husband renovated houses and had their second daughter, Meg. Eventually, Nancy relocated to Baltimore to work as an archivist in the Medical Archives of Johns Hopkins, where she met her second husband, Joe Brady. She and Joe visited Turkey, Greece, St. Petersburg, England, Ireland, Puerto Rico, Hawaii, the Galapagos Islands, Mexico and Japan.

Meg married John Sullivan and moved to Ennis. When they had their first child, Nancy decided to purchase a house in Ennis for her and Joe to stay in when they came to visit their grandson. "When I first saw the house, I saw the oak tree out front and asked if the lot next door belonged with it. When they told me, 'Yes,' I was excited to see the inside," she remembered. "I thought it was the perfect size, close to my daughter and the large yard was very appealing."

The house needed a lot of work, but Nancy saw potential. Nancy and Joe would work on the house whenever they visited until he passed away in 2011. Soon



2200 W Highway 287 Business, Waxahachie
 972-937-0101
 landmarkeq.com

Need 100 horses? The mFORCE 105P!

4WD, Cab, 105hp, 95hp PTO, 24x24 Power shuttle
 Tier IV Final with no DPF to slow you down. **\$859/mo***



Offer good on all Mahindra mFORCE Series Showers mFORCE

5 YEAR
 POWERTRAIN
WARRANTY

Durable, Hard-working, and Dependable Performance
#1 Selling Tractor in the World
 Simple. Easy. Value.

Mahindra
 Rise.

* \$0 down, 0% interest for 84 months with approved credit. Program restrictions may apply. See dealer for details.



Nancy's life is displayed
in an array of forms.



**Oral &
Maxillofacial
Surgery**



Pedro F. Franco, DDS
www.dfwoms.com

Do YOU want to eat your
favorite foods again?

We can help make that happen by giving you
FIXED TEETH in just **ONE DAY!**

Call today (972) 875-7616 to schedule your **FREE**
BiteLock – Teeth in a Day Consultation

- ❖ Wisdom Teeth
- ❖ Facial Trauma/TMJ Surgery
- ❖ Dental Implants
- ❖ Oral Pathology
- ❖ Facial Cosmetic and Rejuvenation

2200 W. Ennis Ave. Suite B Ennis, Texas 75119

VETERAN'S DAY
11★11★15
 We are forever grateful for, and proud of, your service.



Visit the Beautiful Ennis Veterans Memorial Park located behind Lone Star Floorcovering

LONE STAR

FLOORCOVERING
 Interior Design Showroom

972-872-9811
 2203 W. Ennis Ave. in Ennis
www.lonestarfloor.com
 Like us on  **facebook**
 Hours: Tues.-Fri.: 10-6
 & Sat.: 10-3 or by appt.
FREE ESTIMATES

Lighting • Carpet • Hardwood • Tile • Laminate • Vinyl • Area Rugs & More



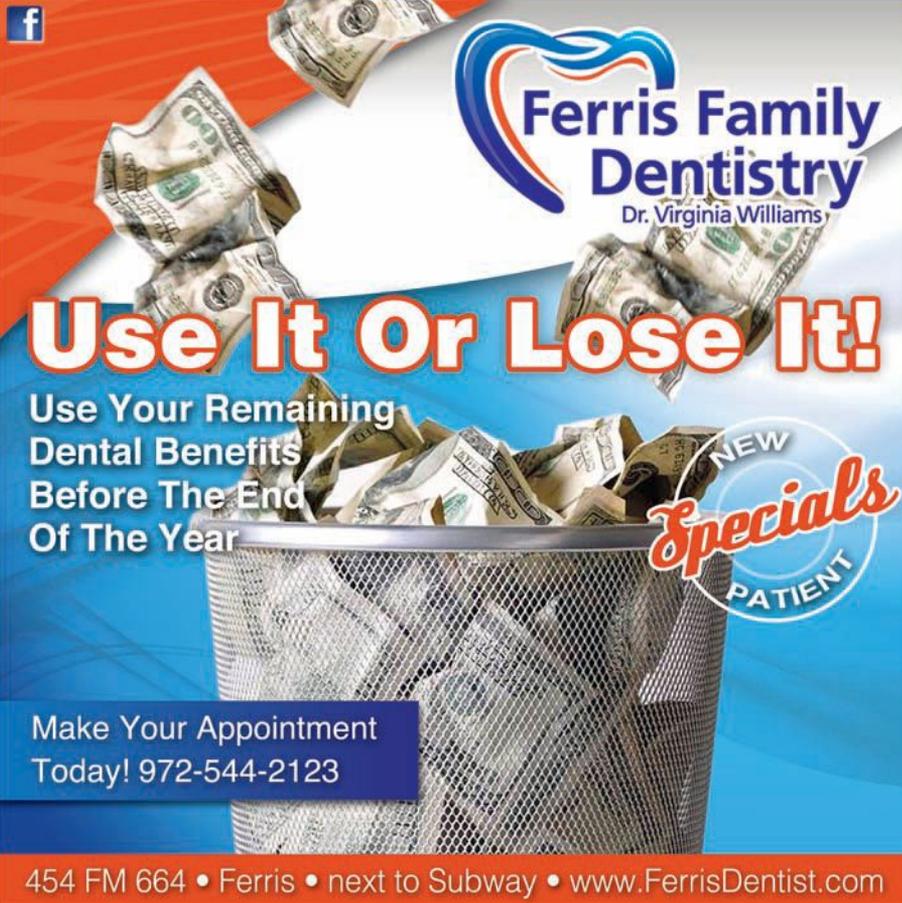
thereafter, Nancy moved to the home in Ennis, and she hasn't regretted it. "I have great neighbors, and I absolutely love living in the historic district," she added.

Since then, she has spent most of her time renovating the older home. Renovation turned out to be big, and in the end, there wasn't much of the original home to salvage, except the oak floors. First on the agenda, she noticed the house was sinking and needed to be leveled. The plumbing, electric and heating/AC needed to be totally replaced. All the windows were replaced with energy-efficient ones, and all the doors were replaced. "The house had a strange layout, so I tore out walls. Now the layout makes sense," she said. "I love doing that kind of stuff. I used to hang Sheetrock, paint and do simple electrical and plumbing work, but this time I hired professionals."

She added on to the house by expanding it into the empty lot and adding a saltwater swimming pool in the backyard. "At my age, I think swimming is just an excellent way to get exercise, plus, my grandsons love it," Nancy smiled. Besides swimming and fixing things, Nancy loves to garden. But learning to garden in Texas weather has been a bit of a challenge.

Nancy's travels are apparent throughout her home. The walls of her living room are adorned with prints from Japan that she brought home from a business trip, a rug turned tapestry bought in Portugal and a jazz poster bought in New Orleans while on vacation. In one corner hangs a beautiful handwritten Christmas card from her daughter, Jessica, informing Nancy that she donated to the Smithsonian in her mother's name in lieu of a gift. Beautiful new French doors separate the room from the rest of the house. "The couch and chair are old pieces," she noted, "and when I recently had them recovered, I decided to install the doors to keep my cat and dog off the nice furniture."

When walking into the dining room, visitors pass an inlaid china hutch next



Ferris Family Dentistry
 Dr. Virginia Williams

Use It Or Lose It!

Use Your Remaining Dental Benefits Before The End Of The Year

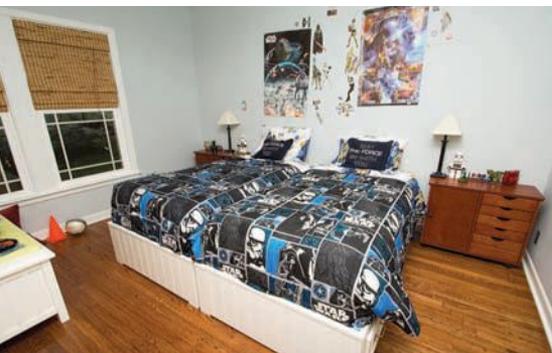
NEW Specials PATIENT

Make Your Appointment Today! 972-544-2123

454 FM 664 • Ferris • next to Subway • www.FerrisDentist.com

to a beautiful rosewood table. Hanging above it is a painting by one of Nancy's friends. "I loved this print called *Gossiping Cardinals*," she shared. "It was painted when the new pope was being chosen. I adore the geometric patterns in the tree."

The dining room is open to the newly added family room. Nancy added plenty of windows to the room, highlighting the open feel of the layout. A circular couch sits in the center of the room. It's a piece Nancy loves and has had recovered multiple times over the years that adds a touch of intimacy to the room. On one wall, a large bookshelf filled to the brim with books, showcases another of Nancy's passions — reading. The rest of the room displays more of her treasures from her travels. From a wood carving of



an Aymara Indian she brought back from Bolivia, photographs taken from her balcony of the fireworks in the Baltimore harbor and an exhibit poster from the Smithsonian of American Artists and Writers to a textile her oldest daughter brought back from India, Nancy's home is definitely filled with many wonderful memories.

In the original design, the kitchen was small, which Nancy did not mind. However, at the insistence of her daughter, she expanded the kitchen, almost doubling it in size and made a few changes to suit her own needs. "When I go over to my daughter's house, I have to get my son-in-law to reach the coffee cups, so when I remodeled my kitchen, I had one low level of cabinets installed that I could easily reach. I now have a short-person kitchen," Nancy proudly proclaimed.

Throughout the rest of her home, Nancy's life is displayed in an array of forms. Varied though they may be, all of them have led Nancy to where she is today. She may not be an Ennis native, but after spending years of her life traveling the world, she is happily settled down, eager to spend her free time fixing up her home and making new memories with her grandsons. **NOW**

Accepting New Patients

Ennis Orthopedic Surgery & Sports Medicine Center

- Sports Injuries
- Knee Replacement
- Arthroscopic Surgery
- Fracture Care
- Second Opinion
- Carpal Tunnel Syndrome

Located in Ennis Doctors Center
802 W. Lampasas, Ennis, TX
Call to schedule your appointment.
972-875-4700

www.ennisdocs.com

Most major insurances accepted: Medicare, Medicaid & Workers' Comp



Kevin A. Williams, MD
Over 15 years private practice experience.

KJ CPA **McDONNELL RICHARDSON CPA, PC**
Certified Public Accountants

Happy Thanksgiving



Principal Office:
714 Ferris Avenue
Waxahachie, TX
(972) 923-2881
www.kj-cpa.com

TAX FILINGS | BOOKKEEPING | PROPERTY TAX CONSULTING | TAX DISPUTE RESOLUTION

Living with **asthma?**

A local research study for people ages 12 to 75 with asthma is enrolling now.

- Investigational drug for asthma at no cost
- Your current asthma medication at no cost
- Study-related care from a local doctor
- Compensation for time

To be eligible to participate, you or your child must:

- Currently take medication for asthma (other than a rescue inhaler)
- Have had at least 2 asthma attacks within the past year that may have required steroid use or a visit to the ER or Urgent Care Center

Corsicana Medical Research, PLLC
Karen Hanna

903-875-7226

khanna@msacorsicana.com



Get inspired

to help future generations.

Learn more about a clinical research study evaluating the safety and efficacy of an investigational drug on LDL-C, or bad cholesterol, and cardiovascular events like heart attacks and strokes.

**Take a step today.
You might make
a difference
tomorrow.**

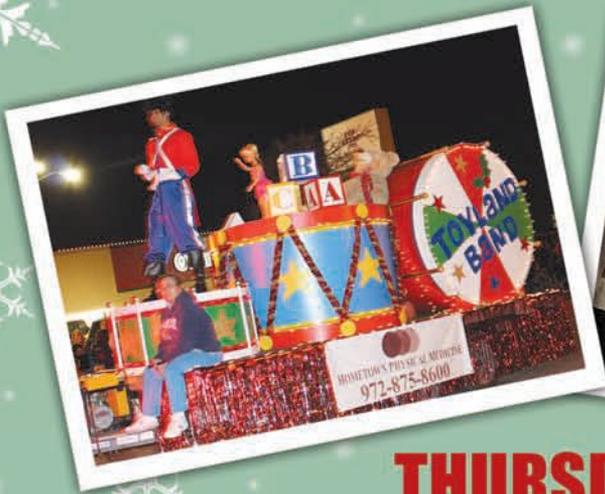
Karen Hanna 903-875-7226

For more information please visit
SpireStudies.com

Pfizer Cardiovascular



2015 Holiday Shopping Guide



Support
Your Local
Businesses.
Eat and Shop
Local.

THURSDAY, DEC. 3

Christmas Parade of Lights & Block Party

Photo Opportunities with Santa, Mrs. Claus, The Grinch, Shrek, Live Music, Free Children's Activities, Ennis Railroad and Cultural Heritage Museum, Food Trucks and more!

THROUGHOUT THE HOLIDAY SEASON

Window Display Decorating Contest, 30-Foot Christmas Trees Downtown,

12 Days of Christmas *Ennis Style* Display, Life Size Nativity,

New Hope Christmas Celebration on Dec. 4, 5, 6 at 7pm

A Broadway-style extravaganza featuring the singing, dancing and acting of a cast and crew of 150 in 400 costumes. Tickets are free. Call (972) 330-4673 to reserve tickets,

Lucky's CC Car Show & Toy Drive on Dec. 5 from 10am - 4pm



Lights of Ennis

972-878-4748 | Downtown Ennis

For more information on Ennis Events, visit

www.visitennis.org   #LIGHTSOFENNIS



2015 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



**Ho! Ho! Ho!
Holidays Are Near!**

Need Fresh Flowers, Live Plants, Custom Fruit Baskets & Candy Bouquets?

.....

Apple Annie's
Garden Gate Floral & Gifts

112 West Knox St. • Ennis
972-878-6616
AppleAnniesGardenGate.com



COTTON PATCH CAFE

Ennis

706 N. I-45
(972) 875-8591
CottonPatch.com

Order Now FOR THE Holidays!

ASK US FOR A CATERING ORDER FORM

Gift Card \$25 ON CH \$5 Café Cash

GIVE \$25, GET \$5

*See store for details!



BUBBA'S BAR-B-Q AND STEAKHOUSE

CATERING
Custom Cooking
Dine-in & Drive-thru

Now Serving: Grilled Tuna Steak, Mahi Mahi, Salmon & Red Snapper, Chicken & Chicken Sandwiches

972-875-0036

210 South I-45 in Ennis, Exit 251B

Open 7 Days A Week:
Mon.-Sat. 11-9
Sun 11-8:30



Christmas Rug Headquarters

Various styles to choose from
Rugs Measure 18"x30"

Glenn's Warehouse Carpets
972-935-0584 • 301 N. College • Waxahachie
South of the Post Office



Interior Ideas
Small Town Charm, Big City Chic

Open House
Thur., Nov. 5th
10 a.m. - 7 p.m.

Hot cider & appetizers while you browse our charming shop. The halls will be decked out with beautiful Christmas decorations with decorating demonstrations at 3 p.m. with Mary Caverly.

211 W. Knox St., Ennis, TX *It's Bloomin' Good!*
972-878-6868 • iibg@sbcglobal.net

Vera Bradley
Lots of Fashion Jewelry, Scarfs & Ponchos

Jack Black®
Authentic and Original

THYMES

Fontanini

Enjoy Lunch at the **Wildflower Café**



Happy Thanksgiving!

Lisha & Co.
Beauty Salon • Day Spa

Thank You Ennis For All Your Support!

972.875.0077
805 W. Lake Bardwell Dr. • Ennis



Felcman's
LADIES WEAR, GIFT SHOP
DRY CLEANERS & LAUNDRY

- Gift Baskets
- Keepsake Ornaments
- Jewelry

111 W. Knox St., Ennis • **972-875-7341**

2015 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

Under
THE BRIDGE
Steak & Seafood Restaurant

Rudy Amberlie Roxanne Richard

STEAKS • SEAFOOD • BURGERS • SALADS • PIZZA • TEX-MEX

NOW SERVING ALCOHOL
Tues-Wed 5pm-10pm • Thurs-Sat 11am-12am
514 S. 7TH ST. • CORSICANA
903.602.5160

www.underthebridgecorsicana.com

From Our Family to Yours

Happy Holidays

Little Caesars®
1011 E. ENNIS AVE. • ENNIS • 972-875-2621

Happy Thanksgiving

Cars • SUVs • Trucks
SERVING ELLIS COUNTY FOR 37 YEARS

ROBERTS
Motor Co.

We Finance
972-878-8581
www.robertsmotorco.com

1201 S. Kaufman Street • Ennis

SUGAR RIDGE Winery

Christmas Wine Baskets
Available for a Limited Time Only!

Gift Certificates Available

353 Sugar Ridge Road • Bristol, TX
214-557-1405
www.sugarridgewinery.com

972-576-5582

Thanksgiving

Last Day to Order Nov. 14
View Holiday Menu Online
Pickup Nov. 24 & 25 11am - 8pm

600 METHODIST ST, RED OAK | WWW.UNCLEWILLIESPIES.COM

Awards 2014

KOZLOVSKY'S COLLISION REPAIR

We work with all insurance companies!

COME IN FOR A FREE ESTIMATE

From all of us have a Happy Holiday!

972-875-3900 • 902 S. Kaufman St., Ennis, TX



2015 Holiday Shopping Guide

STAY ON TARGET

Don't miss the mark for Christmas

**SPECIAL ORDER
EARLY!**

**SPECIAL ORDER
EARLY!**



Guns

Ammo

Parts

Uppers

Lowers

Holsters

Training

**FFL
Transfers**

SHOOTERS EDGE

SEGUNS.COM

1037 W HWY 287 Bypass, Suite A, Waxahachie
972-938-2800

Owned by Texas Families for Texas Families

Denim & Diamonds

*dining &
dancing*



Opening Friday, November 13th

3701 N. I 45 (Garrett exit)

Doors open
at 4 p.m.



**Preston
Scott**

Friday, Nov. 13

LIVE



**Bustin'
Loose**

Saturday, Nov. 14





The Power of PERSEVERANCE

— By Stephanie Marchbanks

From his beginnings in Waco, through a storied academic career, teaching at three colleges at once, writing four books and serving as a pastor, Dr. Bob Uzzel knows how to take a fall and get back up. And it's that kind of determination that brought him to where he is today. "Time, patience and perseverance accomplish all things," Bob explained.

Today, Bob and his wife, Debra, reside in Ennis. Married for 38 years, they have four children, eight grandchildren and one great-grandchild. Debra's 82-year-old mother, Aldessa Henry Bass, makes five living generations on her side of the family. Bob teaches government and history classes at Navarro College in Midlothian, Cedar Valley College in Lancaster and Hill College Center in Burseson. He is also the pastor of Wayman Chapel African Methodist Episcopal (AME) Church, a position he came to Ennis in 2002 to fill. In addition to being the wind beneath Bob's wings, Debra does private duty nursing in Corsicana.

Somehow, Bob finds time to serve his community as a 32nd Degree Scottish Rite Mason and a Shriner. First exposed to Freemasonry in the Order of DeMolay as a teen, Bob joined the Masons in 1972 at Waco Lodge No. 92. He currently participates via the Pride of Ennis Lodge No. 420.

But in the beginning, Bob's career began with a love for history, birthed in the fourth grade. He so impressed his teacher by memorizing the first 35 presidents, that she urged him to dress up as Uncle Sam and recite them. Wearing red, white and blue, Bob did just that. From that beginning, he never looked back. "History is just something I'm passionate about," Bob pointed out. "When I was in college, I knew I wanted to write books."

Bob's college career spans two decades. Earning a bachelor's degree in sociology and religion from Baylor University in Waco in 1973, he went

ALL EYE & OPTICAL CARE

New Patients Welcome

- Eyeglass & Contact Lens Prescriptions
- Glaucoma Treatment
- Diabetic Eye Care
- Cataract Surgery

Already have a Rx?
We gladly accept outside prescriptions!
Come browse our selection of eyewear from budget packages to designer names.



Dr. Raj Rugwani
Board-Certified Ophthalmologist

972-937-4433
800 N. Hwy 77 Ste 100
Waxahachie • Next to HEB

AllEyeCare.com
AllOpticalCare.com




TRANE
Authorized Dealer

JPH MECHANICAL SERVICES
AIR CONDITIONING • HEATING • ELECTRICAL

CALL US TO HAVE YOUR FURNACE SERVICED.

Happy Thanksgiving!

972-878-7604
110 N. Kaufman • Ennis, TX
www.jphmechanical.com
Jon Paul Honza, Owner

TACLA017700C/TECL31353



WALKER
FOOT & ANKLE

Accepting New Patients

Monday-Friday 8:30am-5:00pm
2203 W. Lampasas, Suite 102 • Ennis, Texas 75119
MAIN 972.875.6320 • FAX 972.875.6332

Now Hiring Production

Must be proficient in Indesign CS5 or greater and possess basic Photoshop knowledge. Prior production experience required.



Please email resumes to

jill.rose@nowmagazines.com



on to receive his master's degree in church state studies from Baylor in 1976 and his Ph.D. in world religions, also from Baylor, in 1995. This makes Bob a three-time graduate of Baylor. He also completed a second master's degree in political science from The University of Texas at Arlington in 2008.

Sometimes dreams come true, and Bob's dreams about writing were realized in 2002 with the publication of his first book, a biography titled *Blind Lemon Jefferson: His Life, His Death and His Legacy*. Blind Lemon was a successful and influential blues and gospel artist from Texas, whose untimely death in Chicago is shrouded in mystery. In fact, Bob's interest in Lemon began while standing over Lemon's grave in Wortham, Texas, nearly 30 years before he wrote the biography. And in the gap, there is a story.

The story is about Debra, the woman Bob would marry. In 1974, Bob moved to Teague, about 18 miles from Wortham, to work as a social worker with the Texas Department of Human Services. At the time, he was writing his master's thesis at Baylor, but he found time to put in extra hours at his job, which he loved. Debra, a nurse since 1973, worked at Fairview Manor in nearby Fairfield. Through what was known at the time as the

JELLYSTONE PARK™
Yogi Bear's
Burleson CAMP-RESORT Texas

LIMITED TIME OFFER

FREE

2016

CAMPER WATERPARK TICKETS

RENT A CABIN

DURING NOV, DEC, JAN, OR FEB

1 NIGHT GET 2ND NIGHT

50% OFF

PLUS GET 4 FREE TICKETS

RENT AN RV SITE

DURING NOV, DEC, JAN, OR FEB

1 NIGHT GET 2ND NIGHT

100% OFF

PLUS GET 2 FREE TICKETS

NOTE :
• Must stay at North Texas Jellystone Resort when using the 2016 FREE Waterpark tickets • New Reservations Only
• Not valid with other offers

NORTHTEXAS JELLYSTONE.COM ★ 817 426 5037

ABD (Aged, Blind and Disabled), Bob and Debra found themselves working together. "I really didn't care for him at first," laughed Debra as she retold the story.

In 1976, Debra became ill and was hospitalized for several weeks. Bob had a client in the same hospital and was visiting. He checked the register to see if there was anyone else whom he knew that he should visit, and he saw Debra's name. He visited her, and that was the beginning.

Eventually, Bob asked Debra to dinner, and her first thought was, *Well, it will be something different to do.*

Different is a good word to describe their first date, because at the time, interracial relationships were far more taboo than they are today. They had dinner on October 21, 1976, and were engaged on Christmas Day. They married on February 19, 1977, and it was a day they will always remember. Although life as husband and wife has had its challenges, it's also had many fun times that lend to the memories the couple share. "I could tell you so many funny stories," Debra related, good-naturedly.

In 1981, Bob remembers three major, life-defining events. The first is that on April 15 of that year, he became a Prince Hall Mason. Prince Hall is the branch of Freemasonry that is comprised of predominantly African-American men. The second event was on April 20, when he became a social worker at Terrell State Hospital in Terrell, Texas. And the third event occurred on June 12, 1981, when his son, Robert Elton Uzzel (Rob), was born. It was Loving Day, the day on which the Supreme Court decreed that all laws against interracial marriage were unconstitutional, in a decision known as Loving vs. Virginia. Joining Ericha, Eric



At this time of year we are
Thankful for our **Friends and Patients!**

**Thanks for Voting us
BEST Ennis Dentist for 2015!**

- GENERAL DENTISTRY
for Children & Adults
- BRACES
Traditional, Cosmetic & Invisalign
- WHITENING
At-home & In-office
- COSMETIC & LASER DENTISTRY
- ASK ABOUT OUR
SENIOR DISCOUNT

Most Credit Cards, Care Credit & Insurance Accepted • Se Habla Español

STEPHEN DURBIN, DDS
"Your Bite is Our Business"
 Serving Ennis since 1983
400 W. ENNIS AVE. • 972.875.9031
 WWW.DOCTOOTH.COM

*Free Yourself
From Pain!*

- Headaches & Migraines
- Back & Neck Pain
- Shingles
- Shoulder, Knee Pain, Leg & Arm Pain

Relief Starts Today!

128 Hwy. 77 North • Waxahachie | 521 N. Beaton St. • Corsicana
 972-938-7319 | 903-872-4777
 www.txapmi.com • texaspaindoctors@gmail.com

Adam G. Arredondo, M.D.
Pain Management

**GIVE THE GIFT OF A LIFETIME ...
EDUCATION!**

*Training Academy 4 U specializes in training
for Massage Therapy, Dental & Medical Assistant
and Medical Secretary.*

• Day & Evening Classes **Enrolling NOW!**

213 W. 6th St. in Ferris, Texas
 TA4U.org • 972-842-2999





RICHARDSON AUTO GLASS **CRACKED WINDSHIELD?**

\$150*
Windshields Installed
In shop only.
Plus, shop fees and sales tax.
Please call for appointment.
-LIFETIME WARRANTY-
Inventory Special!

SAVE \$50 - \$150*
Off Your Deductible on a
Windshield Replacement
Valid with participating
insurance companies only.
Present at time of estimate.

Free Estimates

Burlison 200 Centre Dr. 817-295-2278
Waxahachie 150 W. Butcher Rd. 972-923-0402
www.richardsonautoglass.com

*Not valid with other discounts, coupons or offers. Applies in most cases. Offers expire 11/30/15.

- Lifetime Nationwide Warranty
- Insurance Claims Welcome
- Fast, Same-Day Service
- American Owned and Operated

Mobile Service Available



just for kids.

**Board Certified Pediatric Dentists
Jon Ousley, DDS, MSD & Associates**

- Kid-Friendly Atmosphere
- Balloons, Stickers, Prizes
- Wii Games & Movies
- Hospital & In-Office Sedation Available
- Most Insurances Accepted

972.351.9700 972.875.5437
1710 W. 287 Bus., Suite 140 Waxahachie, TX
711 S. Clay St., Ennis, TX

Schedule Online Now
JustForKidsDental.com

JUST FOR KIDS

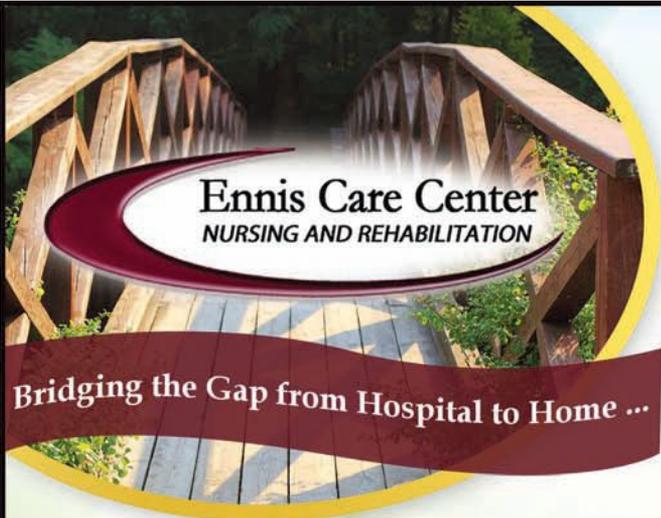
and Joanna, Rob completed Bob and Debra's family.

Bob's involvement as a Mason sparked an enthusiasm that led to the publication of his next two books. In 2004, *Prince Hall Freemasonry in the Lone Star State: From Cuney to Curtis, 1875-2003*, was published. This book chronicles the history of his beloved fraternity. Bob's subsequent book, *Éliphas Lévi and the Kabbalah: The Masonic and French Connection of the American Mystery Tradition*, was published in 2006. This book represents Bob's doctoral dissertation. It took him 11 years to get it published, but he pressed on until it was accomplished.

Bob's fourth book was published in 2014 and is called *The Durams of Fairfield: An African American Genealogy*. This book traces Debra's family history through 10 generations, from a slave named Gobi to their great-grandson, Chaz. Inspiration for this book came from *Roots*, the well-known work by Alex Haley. Bob's research took him from Fairfield, Texas, to DeSoto Parish in Louisiana and, finally, to Fairfield County, South Carolina. Bob discovered striking coincidences, but the consistent theme for him and Debra was family.

As to their current lives in Ennis, both Bob and Debra enjoy ministering to others. Of particular impact for Debra is being a part of Unity in the Community and Give a Kid a Chance. For Bob, in addition to being a pastor, his years working with the mentally ill, including with a former group home in Ennis, stand out.

And in the end, Bob and Debra just never gave up. "Some things in my life have taken years to come to fruition," Bob reflected. "I believe in the power of perseverance." **NOW**



TRANSITIONAL CARE UNIT

- Private Rehabilitation Rooms with Options for Guest Accommodations
- Flat Screen TV
- Free WiFi Internet Access
- Staff Supervised Smoking Available
- Transition to Home Therapy Program
- Individualized Nursing and Therapy Care Plan

Zero Deficiency State Survey in 2015



Five-Star Quality Rated
by Centers for Medicare and Medicaid Services
2013, 2014, 2015

Now Accepting the Following Payer Sources:

Medicare | United Healthcare | Secure Horizons | PacifiCare | Multiplan
BCBS | Aetna | Cigna | Coventry | Medicaid | Medicaid Pending | Private Pay
Molina | Superior | Tricare Military | Wellcare | Scott & White MA Health Plan

(Many additional plans accepted, some require pre-certification.
Individual plans must be verified by our business office to insure coverage.)

For more information, please visit our website at enniscarecenter.com, call us at **972-875-9051** or stop by anytime at **1200 South Hall Street, Ennis, TX 75119.**

For every \$50 gift card,
get **\$5 FREE BONUS CASH**
to use on any service or product!

ELLIS COUNTY MEDICAL ASSOCIATES 800 W. Lampasas, Ennis

www.ecmamedspa.com 972-875-4700

Hydrafacials

Teeth Whitening

Botox & Fillers

Laser Hair Removal

Holiday Nail Art

Massage

NEW!
Professional Airbrush Makeup



Felicia Lewis, MD

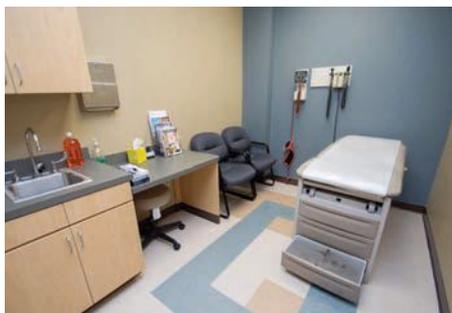
2203 W. Lampasas St.
Suite 111
Ennis, TX 75119
(972) 875-7770
lhinternalmedicine.com/location-ennis-
medical.htm
Facebook: Lakewood Hills Internal Medicine Ennis

Hours:

Monday-Friday: 8:00 a.m.-5:00 p.m.



Dr. Felicia Lewis, pictured with medical assistant Alicia Suitts, enjoys being on a life journey that involves helping others.



A Partnership With Patients

Dr. Felicia Lewis, a primary care physician, listens to patients. — By Virginia Riddle

Getting to know her patients and their family caregivers is of utmost importance to Dr. Felicia Lewis, a specialist in internal medicine. Dr. Lewis believes it is critical to a patient's well-being that a partnership is established between herself, the physician and each patient. She values patients' questions and concerns and takes time to counsel patients, so they can make informed decisions pertaining to their health care. "It's a joy when I establish a long-term relationship with a patient and his or her family. I strive to have a positive impact on lives, and I appreciate being on the journey through life with people," Dr. Lewis stated.

Services offered include: bioidentical hormone replacement for both men and women; traditional and alternative medicine approaches to menopause symptom management; flu shots;

annual physicals; treatment of acute illnesses and infections; wellness and prevention counseling; diabetes management; hypertension management; preoperative, osteoporosis, cancer and cholesterol screenings; breast exams; Pap smears and HIV testing; contraceptive management; and urinary infections and incontinence. Yamika Dunn, medical assistant, greets patients before they visit with Dr. Lewis. The practice accepts most major insurance plans and Medicare. Medicaid is accepted as secondary insurance, only. New patients are being accepted, and for patient convenience, the necessary new patient forms can be found online and faxed to Dr. Lewis' office prior to the first scheduled appointment.

Additionally, Dr. Lewis counsels patients concerning their lifestyle choices. The safety and well-being of patients is her

priority, so she keeps an open mind when discussing treatment options with patients that might include alternative medical practices, such as homeopathy, massage therapy and acupuncture.

A grandmother who was a nurse, and other family members who held lab tech and other positions in medicine, inspired Dr. Lewis to study medicine. "Before I went to college, I had watched as my grandmother's health declined for years with a condition that was difficult to diagnose," Dr. Lewis explained. She received a degree in molecular biology from Harvard University before returning to her home state to study at The University of Tennessee Health Science Center College of Medicine.

In 2007, Dr. Lewis established Lakewood Hills Internal Medicine in Richardson, Texas. "My husband, Claude Baily, a Ph.D. in engineering, had a job offer in Dallas," she recalled. Life in a smaller community agrees with this family. "Our 4-year-old son, Colin, is having fun attending Pre-K in Ennis," she said.

The practice of medicine is challenging, but Dr. Lewis feels no greater challenge than when she cannot effect a positive change in a patient's outcome. "There are days when, as a doctor, you give your best, but you are not going to alter someone's time to go," Dr. Lewis reflected.

Weekends are, for the most part, reserved for important family time. Being a mom to an active young child doesn't leave much time to rest, but Dr. Lewis does take time to occasionally enjoy her relaxing pastimes of reading and cooking.

Dr. Lewis is board certified in general internal medicine by the American Board of Internal Medicine and is licensed to practice in the state of Texas. She has hospital privileges at Ennis Regional Medical Center. "I volunteer through the hospital whenever the staff holds sports or wellness clinics," Dr. Lewis said. "I love feeling like part of the Ennis community and seeing my patients around town in restaurants and while shopping." **NOW**



A1A Moving

- Portable Storage Containers • Boat & RV Storage
- Local & Long Distance Moving **f**

A1A Moving

- LOCAL & LONG DISTANCE MOVING **f**

972-921-6515



Open Enrollment is right around the corner.
Are you ready?

Confused about health coverage?
I am here to help with the right coverage that will meet your needs & budget. Call or email anytime.

Don't stay confused. Call or email me for a face-to-face appointment. We will go over your options for coverage together. I want you to know the agent that is working for you, your family or small business.

USHEALTH™
ADVISORS

Health & Life Insurance Agent
Marvin L. Brooks
(972)-921-0354
marvin.brooks@ushadvisors.com
www.ushagent.com/marvinbrooks

Insurance underwritten by
Freedom Life Insurance Company of America
National Foundation Life Insurance Company

*Not all products are available in all states.
Exclusions and limitations apply.
#ADMB0915

**Flexible, Affordable,
Customizable Insurance Coverage**
24-hour Coverage, On & Off the Job!

Supplemental Coverages for

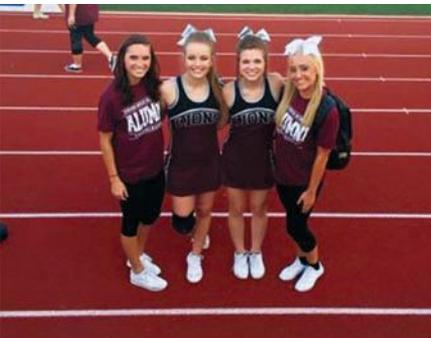
- Critical Illness Insurance*
- Excess Medical Accident Insurance*
- Short-term Accident Disability Income Insurance*
- Dental PPO Insurance*
- Premier Vision Insurance*



Luke Holland gets his first haircut by Melissa Allen as his Uncle Byron Betik captures the moment.



Raegan Davis celebrates her 8th birthday with her friends, Kaylee Wickliffe, Elle Marie Hintz, Brayden Thompson and Kylah Smith.



Cousins Ashley Knott, Jalena Pruski, Christian Mach and Bailee Ervin get to cheer together again at the EHS Homecoming where all alumni cheerleaders come back to show their support.



Brayden and Wyatt Thompson at Travis Elementary BBQ Bash.



Stefanie Davis, Shawn McMillan and Trella Salinas at Lummus Meet the Teacher night.



Elizabeth Eastham shows off her hat and her beautiful smile while shopping with her mom, Angela Eastham.



Brett and Tate Norton are all smiles.



Zane Robinson opens presents during his birthday party where he celebrated turning 2.

Dining DEALS



The area's only
Authentic Japanese
Restaurant.



Klopfers Haus

Authentic
German Food



Call today to reserve our Banquet room for your Holiday Party!

Full Bar • Fine Wine • Rare Bourbon • Rare Scotch • 11 Beers On Tap
100 N. College St. • Waxahachie
in the Historic Rogers Hotel
972.923.4425

Happy Hour 5-7
Monday - Thursday
Open Sundays

\$6 OFF

Purchase of \$30 or more
Not valid with other offers. Code:ENN Expires 11.30.15

Voted #1
SANDWICH SHOP
IN WAXAHACHIE AND ELLIS COUNTY

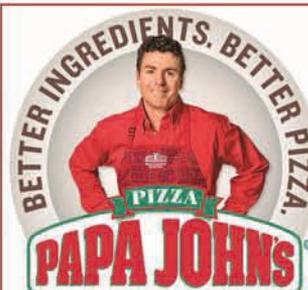
Come see what all the fuss is about!

**BUY ONE
6" CHEESESTEAK
GET ONE FREE**

NOT VALID WITH OTHER OFFERS. CODE:ENN EXPIRES 11/30/15



CHEESESTEAK • CHICKEN CHEESESTEAK
BURGERS/FRIES • FRESH SALADS
GRILLED/FRIED CHICKEN SANDWICHES
KIDS MEALS (CHICKEN NUGGETS/STRIPS)
972.923.0202
110 E. MAIN ST., WAXAHACHIE
ACROSS FROM THE ROGERS HOTEL



Rated #1
Customer Satisfaction
ACSI 2015

Carryout
or Delivery!

Get a LARGE
2 Topping Pizza,
Garlic Knots and
2-Ltr Soda for only
\$15.99!!

Get a Large 2 Topping
Pizza for only
\$8.99!!
ADD A COOKIE / BROWNIE
FOR ONLY \$5.99

875-7272

1012 E Ennis Ave Ste G, Ennis TX 75119
(NW CORNER OF I-45 and Ennis Ave)



Enjoy Our Fabulous
Daily Specials

WE CATER!

Come in and Savor the Flavor

219 SW Main St. • Ennis, TX (corner of Main & Crockett)
972-875-8353 • www.firehousegrillennis.com

**\$5
OFF
TWO
ADULT
ENTREES**

Dine in only.
Exp. 11/30/15

No Secrets to Investment Success

Many people look for the secrets to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the ground floor of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let's take a look at some steps you can take that can be effective in helping you work toward your financial goals.

It's time in the market — not market timing. Some investors think they can succeed at market timing — buying when the price is low and selling when the price is high. And this would indeed be a good strategy if they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you're likely to feel from short-term price swings. And if you're always invested, you'll always be in a position to benefit from the next market rally.

It's buy and hold — not buy and sell. Even if you aren't trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You're better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

It's building a strong foundation — not getting in on the ground floor. Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don't achieve anywhere near that level of success. So, instead of looking for the next big thing on the ground floor, try to build a strong foundation consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the shifting winds of market forces.

It's cool-headed thinking — not chasing hot stocks. If you browse the Internet or watch one of the investment shows on cable television, you are bound to read or hear about hot stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren't any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there. **NOW**

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

HAPPY THANKSGIVING

Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the very best.



Jeff Irish, AAMS®
Financial Advisor
1905 W. Ennis Ave., Ste. 401
Ennis, TX 75119
(972) 875-4706
www.edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

Do you have severe COPD and are you struggling to breathe?

Many people with severe chronic obstructive pulmonary disease (COPD) struggle for every breath. A clinical research study may be an option.

If you or a loved one is living with severe COPD and struggles to breathe, you may be eligible to participate in a clinical trial.



Learn more about your options.
If you have severe COPD and are
at least 40 years old, ask your doctor
if the DYNAGITO study may be right for you.

**CORSICANA
MEDICAL
RESEARCH**_{INC.}

Contact Karen for more information:
903-872-3005 Ext. 350

 **Boehringer
Ingelheim**

DYNAGITO

Ready for the Road?

As you prepare for your holiday travels or plan ahead for that next great vacation, you have probably carefully noted the items that you must carry with you. After all, most of us can recall a time when we left something really important behind, and we don't want a repeat performance. All the while, we are keenly aware of the capacity limitations of our vehicle, or airlines as the case may be. Of course, a little room must be left for that special souvenir or Aunt Sally's signature dessert to return with you. But what if your travel carries you far from home, even to another country? If it does, some consideration should be given to prepare for possible medical needs along the way.

For instance, don't forget the Band-Aids, gauze and some adhesive tape. These will serve most needs in case of minor cuts or abrasions and may also be invaluable to treat and possibly prevent blisters arising from extended walking. Throw in a little triple-antibiotic ointment to act as a barrier to infection. Always bring your routinely prescribed medications and perhaps a mild analgesic, such as acetaminophen or aspirin in their original containers.

If you are traveling to an area in which certain infectious diseases are endemic, you will need to make immunization plans several weeks in advance of travel. This information can be obtained through the CDC (Centers for Disease Control) website or through a visit to an international travel clinic. If your travels involve a boat and motion sickness is an issue, there are great prescription medications for that purpose, but they should begin hours before the boat leaves in order to achieve maximal effectiveness.

When traveling to areas in which traveler's diarrhea is prevalent, some people like to take antibiotics preventively and will often buy them in countries allowing over-the-counter access. Most physicians believe this is a potential prescription for disaster. By altering the normal bacterial flora in the bowel, antibiotics will often cause diarrhea or worsen previous symptoms. A better approach is to reserve antibiotic use for established symptoms and, even then, after counsel with your personal physician. Antibiotics for minor respiratory symptoms generally should be avoided as most of these illnesses are viral and do not respond to antibiotics. Repeated use may lead to antibiotic resistance.

Finally, every traveler should carry a list of his or her medications, including dosage. A list of any medical problems should also be included along with the name and phone number of the individual's personal physician. Any medication allergies or sensitivities should be listed. Before leaving on an out-of-country journey, one should check with their insurance carrier to determine coverage for services in their travel destination. Supplemental coverage may be desired in select circumstances.

Travel is a great privilege and can be loads of fun. A little advanced preparation may prevent a medical misadventure from shortening the trip of a lifetime. **NOW**

Larry A. Jinks, M.D., F.A.C.P.
Ennis Doctors Center

Family Practice Since 1996

Experts in Creating Beautiful Smiles!

DENTIST

Main Street
Dental Arts, PC

BRACES

Quiet, private atmosphere!

Most insurance accepted
even if we are not on your list

Free Bleaching

with Cleaning
Please present coupon.

Accepting New Patients!



Personal general & cosmetic dentistry & orthodontics

Craig V. Smith, DDS
516 W MAIN STREET • WAXAHACHIE
Located across from Sims Library
972-937-1841
Weekend and evening appointments available



V-Care Health Services

.....Live Life Pain Free

WE OFFER A MULTITUDE OF SERVICES - WE SPECIALIZE IN:

STOP SUFFERING FROM _____
Back Pain, Neck Pain, Joint Pains
Including Shoulders, Elbows, Hips,
Knees and/or Ankles



We have a great solution for you

- FDA approved natural medications with **NO SIDE EFFECTS**
- Treatment is very safe and effective with **NO surgery required**
- Treatments are covered by most insurances including Medicare

NEUROPATHY

Do you suffer from:

- **Neuropathy**
- **Diabetic Neuropathy**
- **Numbness and tingling**
- **Pins and needles**
- **Painful hands and feet**

Come learn about a safe, new, advanced treatment for **NEUROPATHY!**



RELIEF AT THE SPEED OF LIGHT!

Lose Weight Now
Ask Us How

Lose up to **30 POUNDS** in 30 Days



Introducing Our New

Medical Weight-Loss Program

- Safe and Effective
- Affordable
- Physician Supervised
- Rapid Weight Loss
- Sustainable Results
- Special Focus on Problem Areas

Ask about our introductory offer!

We Accept almost all Major Medical Insurance Including Medicare

GET INSTANT RELIEF FROM HEADACHES

MEDICAL BREAKTHROUGH IN THE TREATMENT OF HEADACHES AND MIGRAINES

Do you suffer from:

- Pounding, throbbing pain that affects your entire head?
- Sensitivity to light, noise or odors?
- Constant band-like pain around your head?
- Pain that lasts from 30 minutes to several days?
- Pain on one side of your head?

Try Our New Headache Treatment

- Very Safe and Effective
- Immediate Results
- FDA Approved Medicines
- Insurance Covered Treatment



CALL NOW FOR FREE CONSULTATION
214.550.0680

University Plaza, 401 N. Hwy 77 Suite #1
Waxahachie, TX 75165
Visit us at www.vcarehealth.org

The Heart of West Texas

Historic downtown Abilene sports surprisingly sophisticated western flair. From cattle auctions to BBQ, opera to ranching, Abilene has a bit of everything with a West Texas flavor. Founded in 1881 by the T&P Railway, Abilene has become the heart of West Texas.

Oil strikes and lucrative crops led to Abilene's success in the 1920s, when the Downtown District was constructed. Abilene Historic District preserves the architecture and cultural landscape created through civic progressiveness with strong western heritage in a family atmosphere. Relive Abilene's early days at Frontier Texas! via teepees, a buffalo stampede or an exploration of 1770-1880 countryside. Frontier Texas! presents first-person hologram narratives about the frontier with big-screen special effects.

The Historic Paramount Theatre opened in 1930. Now fully restored, the art deco movie theater shows classic films and hosts art films, plays and concerts year-round.

Housed in a beautifully restored 1909 hotel, the Grace Museum consists of three museums. The Abilene Historical Museum, the interactive Children's Museum and the Art Museum. The Mallouf Boot Shop highlights the unique craft of custom cowboy boots.

The National Center for Children's Illustrated Literature is in the restored Rhodes Auto Building, with many well-known authors and illustrators, including William Steig, creator of *Sherk*, Stan, Jan and Michael Berenstain of the famous *Berenstain Bears* series and Leonard Marcus, of *Golden Legacy: Original Art from 65 Years of Golden Books*.

The Center for Contemporary Arts has four galleries with rotating exhibits and 10 studios showcasing the vision and work of artists. The center also coordinates monthly programs, such as ArtWalk.

The ruins of Fort Phantom Hill, built in 1851, still stand north of Abilene along the Texas Forts Trail. The fort, manned by Bluecoats of the U.S. cavalry and infantry, was part of a chain that protected frontiersmen and their families against Indian raids. Although the fort burned, the stone commissary, a

guardhouse, a powder magazine, numerous chimneys and foundations remain.

Camp Barkeley, which housed over 60,000 troops and POWs, and Abilene Army Air Base were located in Abilene during WWII. Dyess Air Force Base, which opened in 1956, houses the 7th Bomb Wing with two B-1 Lancer squadrons and the 317th Airlift Group with two C-130 squadrons. The 12th Armored Division Memorial Museum portrays the men who risked their lives for your future.

Abilene offers an assortment of fun-filled activities. PrimeTime Family Entertainment Center's 43,000-square-foot indoor facility features bowling, NASCAR simulators, laser tag, X-D theater, bumper cars, billiards and over 70 arcade games. Play Faire Park is considered an Abilene staple, offering affordable, family fun in a well-shaded, outdoor environment.

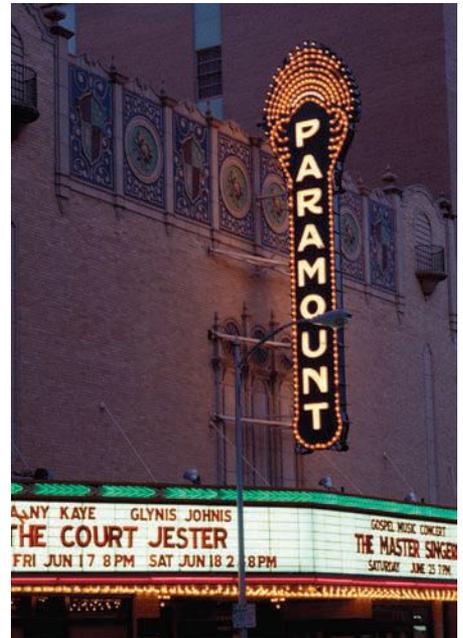
Each June, Abilene hosts the magical Children's Art and Literacy Festival (CALF), featuring illustrators, such as Dr. Seuss and Walter Wick. It's the only U.S. city displaying the entire Dr. Seuss Storybook Garden Collection at Everman Park. Other children's places include the Abilene Zoo, Abilene Splash Park or Fort Imagination.

Abilene's proud heritage includes cattle, railroads and oil. Buffalo Gap Historic Village is filled with buildings and artifacts from West Texas, presenting the last 50 years of the Texas frontier (1875-1925) with exhibits, historic structures and living history.

For Texas-style excitement visit the annual spring Western Heritage Classic and Ranch Rodeo for a chuck-wagon cook-off, cowboy poetry, the largest bit-and-spur show, cowboys, dances and horse races. West Texas Fair and Rodeo features food, rides, exhibits and amusements. Abilene hosts numerous cutting horse and western equestrian events year-round at the Taylor County Expo Center.

Abilene has not lost its frontier soul. To discover yours, call the Abilene Convention and Visitors Bureau at (800) 727-7704 or visit www.abilenevisitors.com. **NOW**

Copy by Nanci Lyles. Photos by Steve Butman.





Get your smile
"selfie"
ready!

Laura Morgan, D.D.S.

Your Smile Specialist

Orthodontics Children & Adults



104 Professional Place • Waxahachie
www.morganortho.com



Promo Code: GO MO
**FREE
CONSULTATION**



\$200 OFF!

Braces or Invisalign
Must start by November 30

TAG US With a SELFIE
On FACEBOOK For an ADDITIONAL

\$50 OFF
(new treatment)

Call us today
972-268-6065



**WAXAHACHIE
PREPARATORY ACADEMY**
WARRIORS FOR CHRIST • PARTNER WITH PARENTS • ACADEMIC EXCELLENCE

BRING THIS
AD & GET
\$100 CREDIT
TOWARDS 1ST
MONTH TUITION

A University-Model® school since 2001
Blending the best of home education
With the best of traditional education

972-937-0440
1000 Butcher Road
www.wpacademy.org
info@wpacademy.org

Call or email to reserve your spot at one of our upcoming Information Meetings

November 1, 6, 7, 8

I'll Be Back Before Midnight: 7:30 p.m., **Friday** and **Saturday**; 2:30 p.m., **Sundays**. For more details, visit ennispublictheatre.com or call (972) 878-7529.

November 6, 7

Waxahachie's Old Fashioned Singing Project: 8:00 p.m., **Friday**; 3:00 p.m., **Saturday**, Chautauqua Auditorium, Getzendaner Park, Waxahachie. Tickets will be available at the door. For more information, visit www.waxaofs.com.

November 12

Veteran's Day Celebration: 7:00-8:30 p.m., Ennis High School Auditorium, 2301 Ensigen Rd.

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

November 14

First Look Boutique Christmas Open House: 10:00 a.m., 210 W. Brown St. For further details, call (972) 875-8055.

November 26 — December 19

Ennis Police Officer's Santa Cop: Toy donations may be dropped off at the Ennis Police Department or at Dollar General. Monetary donations need to be made at Ennis State Bank. For more information, visit Ennis Police Department on FB.

November 28

Turkey Bowl: 6:00-11:00 p.m., 85 Speedway, 3118 FM 85. Call (972) 875-8500 for more information. Visit www.official85speedway.com for a full schedule of the evening's activities.

December 1 — 31

Lights of Ennis: thousands of twinkling lights will illuminate the downtown area. For more information, call (972) 878-4748.

December 3

Christmas Parade and Block Party: 7:00-9:30 p.m. Call (972) 878-4748 to find out more about the event.

December 4, 5, 11, 12, 18, 19

A Christmas Story: 7:30-9:30 p.m., **Friday** and **Saturday**; **Sunday** matinees, Theatre'

Rocks, 505 N.E. Main St. For more information, call (972) 878-5126 or visit www.theatrerocks.com.

December 5, 6, 10, 11, 12, 13

Shrek the Musical: 7:30 p.m., **Thursday**; 7:00 p.m., **Friday** and **Saturdays**; 2:30 p.m., **Sunday**, Ennis Public Theatre. For more information, call (972) 878-7529 or visit www.ennispublictheatre.com.

Ongoing:

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 for more information.

Fourth Saturdays

Bristol Opry: 7:00 p.m., featuring local singers and musicians. For more information, contact Jim Gatlin at (972) 846-2211.

Submissions are welcome and published as space allows. Send your current event details to sandra.strong@nowmagazines.com.

Scentsy Open House Find Great Gifts for Everyone!

Fri, Nov 13th, 12pm – 5pm

Sat, Nov 14th, 1pm – 4pm

805 Amherst Dr

Waxahachie, TX 75165



Order Today!
Phone Orders Welcome
Or Call for an
Appointment Today

Debi Mangan

Independent SuperStar Director

www.eFlameless.com

debimangan@sbcglobal.net

(972) 937-1440 Office • (903) 258-3513 Cell

Scentsy
INDEPENDENT
CONSULTANT

NEW! Now Offering Boarding!

GOING OUT OF TOWN?
NEED SOMEONE TO
CARE FOR YOUR
FUR BABIES?

**BOARDING & IN-HOME
PET SERVICE**

30-Minute Stay • Overnight stay
from scales, feathers, to fur (even livestock)

Contact Samantha at Pet Lovers
in Ennis. (469) 766-8954
brock.petlovers@gmail.com

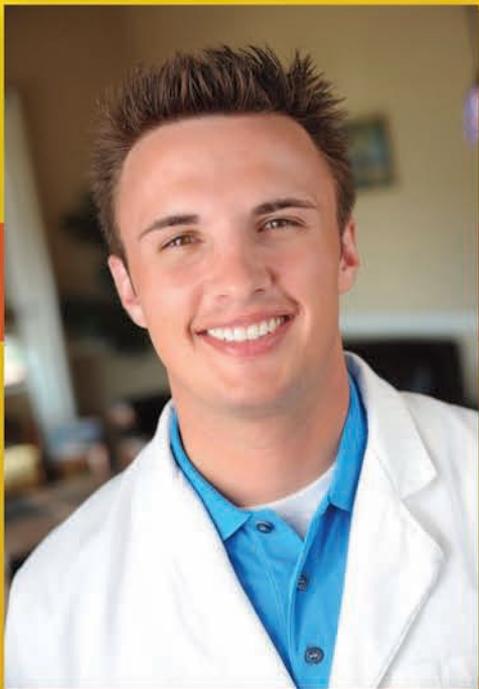
CHECK US OUT ON FACEBOOK!
[FACEBOOK.COM/BROCK.PETLOVERS](https://www.facebook.com/brock.petlovers)

BIOLOGY

**PREPARING FOR COLLEGE MEANS
TAKING THE TOUGH CLASSES NOW!**

FIND OUT WHICH CLASSES
YOUR STUDENT NEEDS TO TAKE AT
KnowHow2Go.org

Ad Council LUMINA



Seth Atkins, DDS
General Dentistry



ELLIS COUNTY
FAMILY DENTISTRY

New Patients Welcome

Providing healthy, beautiful smiles for your entire family.

We accept most insurance plans,
all major credit cards and
financing through Care Credit.

Have a safe and

Happy Thanksgiving

Visit our new website at
www.elliscountydentist.com

1408 W. Jefferson, Waxahachie
972.937.8433



 **invisalign**
The Clear Choice for Straightening Teeth



In the Kitchen With Kathey McIntosh

— *By Virginia Riddle*

Family Sunday dinners after church give Kathey McIntosh and her daughter, Becky, the joy of satisfying everyone's choice of recipes that have been handed down from her husband, John Lee's, aunt and grandmother. At age 5, Kathey was learning from her mother how to make biscuits that her dad called terrapins, for their turtle shell shape.

This former medical receptionist is a canner. "In the late '60s and early '70s, I canned pickles and chow-chow and entered jars in the State Fair of Texas. I'm a very proud winner of many blue ribbons," Kathey smiled. These days, she enjoys teaching others to can vegetables and tweaks recipes John Lee finds on the Internet. "We share the blessing of being Wednesday night cooks at our church, Baylor Baptist," she added. **NOW**

Sweet Turnips and Baby Carrots

- 1 8-oz. pkg. baby carrots
- 6-8 small turnips, peeled and cut like French-fried potatoes
- 4 Tbsp. butter
- 1/2 cup sugar
- Salt and pepper, to taste

1. Place carrots and turnips in a small skillet; cover with water.
2. Add butter, sugar and, if desired, salt and pepper; stir to mix well.
3. Add more water, if necessary, and simmer slowly until vegetables are fork tender and the liquid begins to caramelize.

Skinny Broccoli Salad

- 2 stalks broccoli, cut into small florets
- 1 head cauliflower, cut into small florets
- 1 red pepper, diced
- 1 green pepper, diced

- 1 large tomato, diced
- 1/2 red onion, diced
- 1 cup black olives, sliced
- 1/2 cup shredded cheddar cheese
- 1 1/2 cups ranch dressing

1. Place all cut, diced and sliced vegetables into a large bowl; stir to mix well.
2. Add cheese and ranch dressing; stir again until mixed well.
3. Cover; chill before serving.

Apple Parmesan Walnut Salad

- 4 cups fresh spinach
- 1 Granny Smith apple, halved and thinly sliced
- 1/3 cup walnuts
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 3 Tbsp. maple syrup
- 2 tsp. Dijon mustard
- Salt and pepper, to taste
- 1/2 cup Parmesan cheese

1. Combine spinach, apple and walnuts in a large salad bowl.
2. Combine remaining ingredients, except Parmesan, in a jar; shake until well-blended.
3. Drizzle the dressing over the salad; toss well.
4. Just before serving, top with Parmesan cheese.

Bacon Wrapped and Stuffed Chicken Breast

- 1 6-oz. box of Stove Top stuffing, personal choice of flavor
- Dried cranberries and nuts (optional)
- 4 boneless, skinless chicken breasts
- 8 bacon slices
- Salt and pepper, to taste

1. Prepare stuffing according to box directions; add cranberries and/or nuts, if desired; set aside.
2. Cut a slit in each chicken breast; fill the breasts with prepared stuffing.
3. Wrap 2 pieces of bacon around each breast; season with salt and pepper.
4. Place prepared chicken, seam side down, on baking rack.
5. Cook at 350 F for approximately 45 minutes to 1 hour.

Railroad Cake

- 3 eggs
- 1 cup sugar
- 3 Tbsp. unsalted butter, melted
- 1 cup flour
- 1/3 tsp. salt
- 3 Tbsp. whole milk
- 1 tsp. vanilla
- Cinnamon and sugar combined for topping, to taste

1. Preheat oven to 350 F. In a mixing bowl, cream eggs and sugar together. Add butter; mix well again. Blend in flour and salt.
2. Mix in milk and vanilla until mixture is smooth. Grease and flour a 9x9-inch cake pan; pour in batter. Bake for 20-25 minutes.
3. Remove from oven. While the cake is still hot, sprinkle top with desired amount of cinnamon/sugar mixture. Serve warm with hot coffee.

To view recipes from current and previous issues, visit www.nowmagazines.com.



Your Best You
Optimize your vitality.

General Internal Medicine and Hormone Replacement



Felicia Lewis, MD
Internal Medicine
Board Certified

**Dr. Lewis provides care
in the following areas:**

- Peri-menopause and menopause management
- Male and female hormone replacement
- Bio-identical hormone replacement
- Low testosterone syndrome treatment
- Certified Wiley Protocol provider
- Well woman exams
- All primary-care services
- All-natural nonhormonal options also available

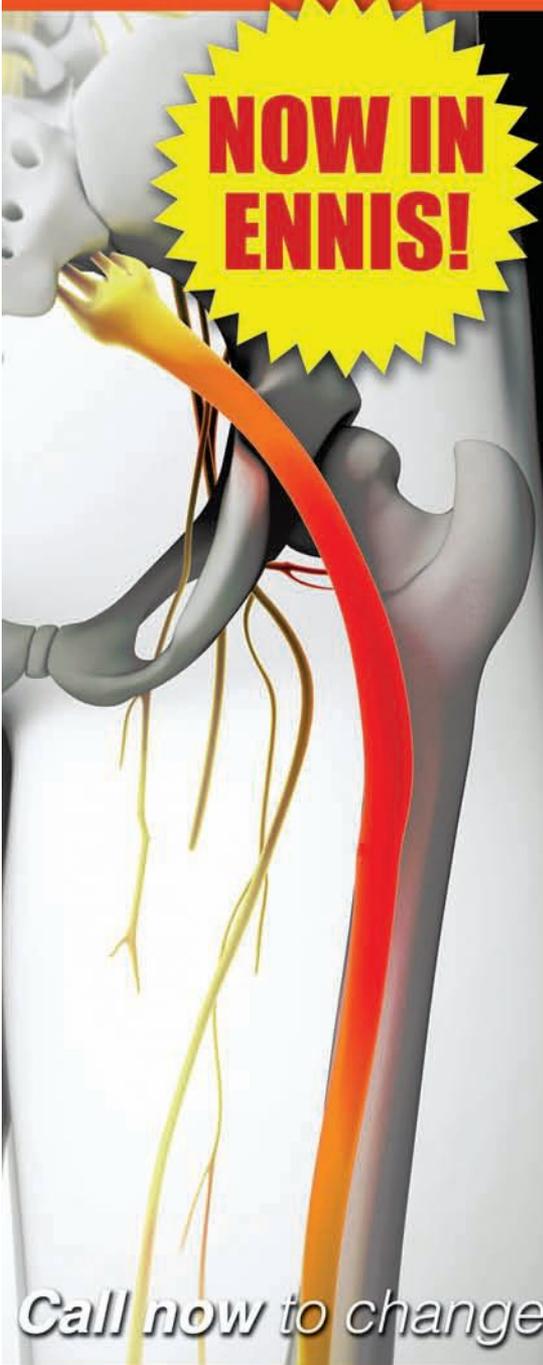
CALL TODAY
to schedule a consultation.

927-875-7770

Most major insurance plans accepted.

WE SPECIALIZE IN SCIATICA

Treatment Covered by Most Major Health Insurance Plans - Including Medicare



**NOW IN
ENNIS!**

Common symptoms of *sciatica* include:

- Pain in the buttocks or leg that is worse when sitting
- Burning or tingling down the leg
- Weakness, numbness or difficulty moving the leg or foot
- A constant pain on one side of the buttocks
- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately, your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

We are so confident that we can help you eliminate your pain that we are offering a free consultation to see if treatment can help you. There is no obligation, and the only thing you have to lose is your pain.

Call now to live pain-free without drugs or surgery.

- **Dr. David Marcial, D.C.** Clinic Director
- **Dr. Michael K. Shrader, M.D.** Medical Director
- **April Morgan** Family Nurse Practitioner

Call now to change your life. You can live pain-free.

SPACE IS
LIMITED



HOMETOWN PHYSICAL MEDICINE
2200 W. Ennis Ave. • Suite A • Ennis
972-875-8600

El Doctor Habla Español

CALL TODAY TO
SCHEDULE YOUR

FREE CONSULTATION.

www.hometownchirotx.com

607 Ferris Ave. • Waxahachie
972-923-1003

Disclaimer: Due to Federal Law some exclusions may apply. Copyright © Epic Marketing 2013