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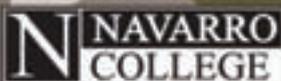
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Editor's Note

Dear Ennis,

Home: a place to go when all else fails, a shelter from the world's stresses. However, sometimes, in our economic hard times, even home itself fails. In that situation, there is A-CROSS, (A Christian Response of Shelter and Service), which provides assistance and temporary homes for families in need of shelter. A-CROSS keeps their four housing units full all the time, so they are hoping to find new property in Ennis to build some additional residences. They want to give more people a chance to get their lives back on track.



In order to expand, they need to pay off their current note. Join them on June 20, from 6:30 p.m. to midnight, for dinner, silent auction and dancing to the music of "Big Daddy Alright." Call (972) 872-9828 for tickets.

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Kelly Kovar
EnnisNOW Editor
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Endowing the Future

— By Kelly Kovar

Ann Peeler, past director of the Ennis Public Library, may have retired, but her dedication to the library continues. As a board member of the Library Endowment Fund, she is committed to raising funds to benefit the community via access to special exhibits and programs sponsored by the endowment fund. “Having an exhibit does so many things to benefit the community,” Ann enthused. “It brings people into the library and gets them excited about the library. Having the exhibit during the school year is best, because you can get the school children to come see it.”

“In talking to other libraries,” Ann noted, “the ones that really flourished had endowments.” A local Ennisite, Jim Templin, was very involved in getting the endowment fund started in 1990. “Jim really promoted bequests and two ladies from First Christian Church named the library in their wills.” That resulted in bequests for \$5,000 and \$3,000.

The endowment, which is under the corporate umbrella of the Friends of the Library, has its own board of trustees, responsible for administering the principal of the fund, which is always left intact, and deciding on how the interest will be used. Currently, Michael Wilson serves as chairman, Kathy Morris as treasurer and Ann as the board’s secretary. Carolyn Clayton and Mary Helen Smith are board members. Current library director, Ray Lowry, sits on the board as an ex-officio member. “Ray is instrumental in giving recommendations about ways the library can benefit from the use of the interest each year,” said Michael Wilson.



“This past year, we used the interest to buy racks for the video and CD collections at the library,” Ann mentioned. “One year, we brought in two different exhibits from the Texas Humanities Collection, one exhibit on black history and one that had a Texas theme.” The exhibits are freestanding in the gallery (between the reference section and the Learning Center). The costs for an exhibit run between \$300 and \$1,000.

“What I would like to see happen is that we would be able to count on a minimum amount of interest each year so that we could afford to bring in nice exhibits every year,” Ann said. “You need to book an exhibit up to a year in advance, particularly if you want a black history exhibit for the month of February or a Texas history exhibit for the month of March. We would like to have exhibits at different times of the school year, depending on what it is. When we had the exhibits before, in the '90s, we had considerable response. Also, we could bring in authors to do book reviews or workshops.

“Word is not getting out very well about the endowment fund,” Ann explained.

“After all of these years, the endowment is now up to about \$12,000 principal. We are going to provide brochures to local businesses and large corporations, encouraging annual commitments. Corporate grants can be specified to go into the endowment fund. A business that wants a tax-deductible donation can make it to the endowment fund. Individuals can give a memorial to the library and specify that they want it to go into the endowment fund.” They are also putting



Lisa Slaughter, Ann Peeler and Jessica Diaz share a love for the Ennis Public Library.



Larry A. Jinks,
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Internal Medicine



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

Dr. Silverman graduated from The Medical College of Virginia and completed his internship and residency at Wilford Hall U.S.A.F. Medical Center at Lackland A.F.B. in San Antonio. He has practiced in Ennis, Texas for the last 20 years.



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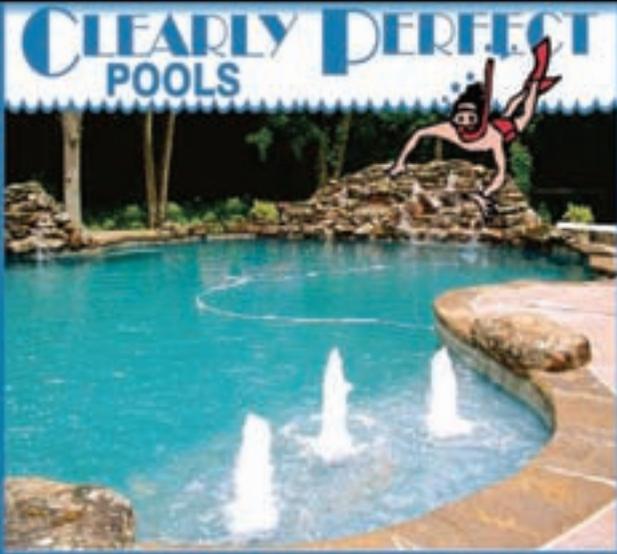
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general manager of the Taos newspaper in '69, Ann began as the librarian at the Taos elementary school. "When we moved back to Silver City again, they had just built a brand new elementary school and needed a librarian." She had the opportunity to set up the entire collection.

A job with Ennis Business Forms took Jim first to El Paso and then to Ennis in 1980, where Ann worked for the newspaper, setting type. With their four children all in school, the time was right for her to jump in with the Ennis library. "Ennis started their library in 1939 in the auditorium that is above the police department. In 1976, there was a group of people, including Jim Templin, who had a vision for having a library." Although it took some time for that vision to be realized, eventually the new library building was built in several phases, beginning in 1982 with a metal building. Ann applied for and received a grant in 1985. They were then able to get an architect and expand. The current building opened in 1987, with the community making generous donations for furnishings. A 1994 expansion added the reference area and the Learning Center. "A Bill Gates Foundation grant and a grant from the Texas Library System provided computers. The architectural plans for the '87 and '94 expansions included conduit for computers. There are floor plugs in various places so people can come in and plug in their laptop. Now, they have the wireless capability. There was a lot of thought and forward thinking in what happened."

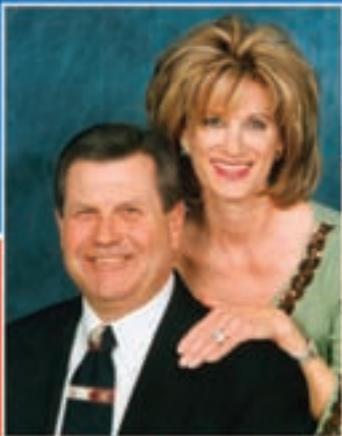
The 1994 expansion was a result of a bond issue. "We were pleased that it passed," Ann said, "because we really felt that the community saw our value because they voted for the bond issue and that was exciting. Now, our goal is to increase endowments, so when the endowment fund grows there would be the possibility of more cultural exhibits. We need to get people excited about the library and excited about what the library can offer them." **NOW**

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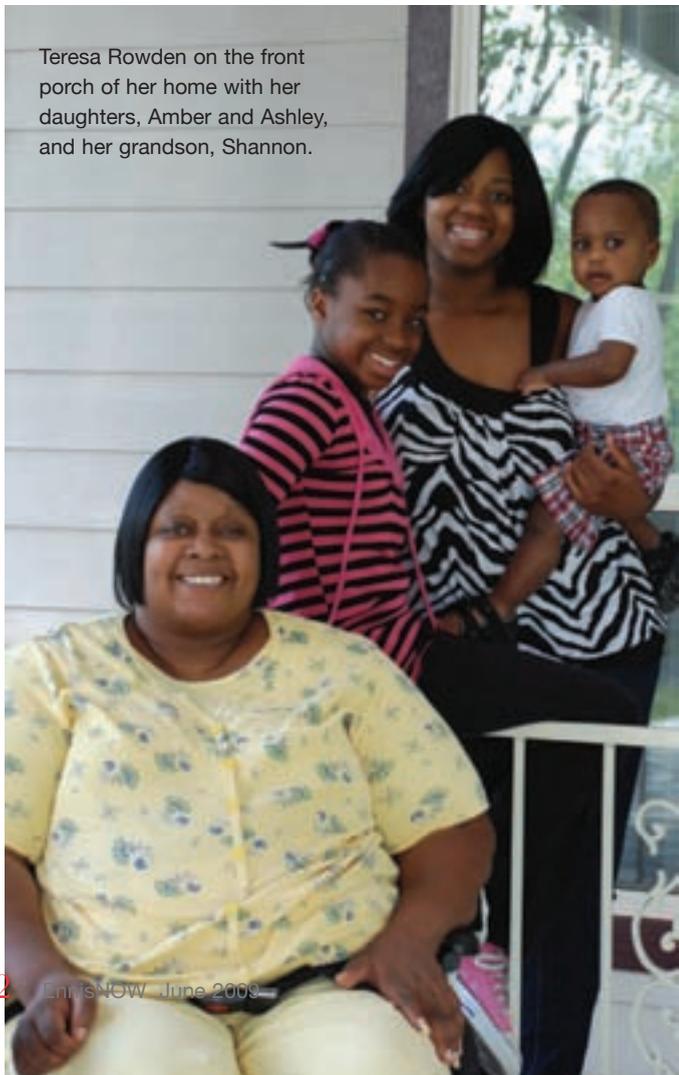
At Home With
Teresa Rowden

Seeing *is* Believing

— By Sandra McIntosh

Teresa Rowden is finally in her new Habitat for Humanity home, and she could not be happier. Although the wait was quite lengthy, it was well worth it. “It took a total of four years and four months for the house to be completed,” Teresa remembered. “At the same time volunteers were building my home, they were also building a home in Waxahachie.” It takes time for each Habitat home to reach completion because the building process is done solely by able-bodied volunteers, who work around each other’s schedules, as well as Mother Nature.

The once-in-a-lifetime journey began one Sunday afternoon



Teresa Rowden on the front porch of her home with her daughters, Amber and Ashley, and her grandson, Shannon.



when representatives from Habitat for Humanity visited Galilee Missionary Baptist Church. That day was life-changing for Teresa and her two daughters, Ashley, who lives across town with her son Shannon, Teresa's only grandchild, and Amber, who at age 14 still lives at home with her mom. "I listened closely to what they had to say," Teresa said, "and then I got started on the application process." Now five years later, Teresa is able to look around her and see what she feels God has provided. The two-bedroom, two-bath home is slowly becoming all she dreamed it could and would be. "You know, you hear people talk about Habitat for Humanity, but until you see a finished home in your own neighborhood, you don't really believe," she explained. "When the house was complete and we moved in, it allowed the community to believe, too. My home is a picture of the truth behind the words they spoke that day at church."

When building a Habitat home, the first thing that must take place before the foundation can be poured is to find a lot suitable for a home. With Teresa, land never posed a problem. "My grandmother, the late Roxie Cooper, used to have a home on this lot years ago," Teresa said. "My mother, Barbara Rowden, gifted the lot to me." Once ground was broken, the lengthy building process got underway. Everything from the materials to the labor was donated. In fact, the list of suppliers and donors is too lengthy to mention, but Teresa knows her home would never have come to fruition without the expertise and knowledge of each and every one of them.

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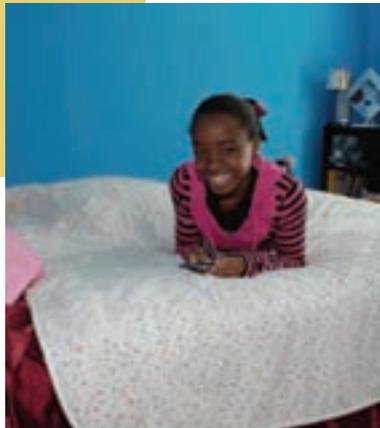
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“My home is a picture of the truth behind the words they spoke that day at church.”

Many unique features were made possible throughout the building process. Due to an inoperable cyst on her spinal cord, Teresa has been confined to a wheelchair for the past six years. It was imperative for her to have a home that was completely wheelchair accessible. “I got that and so much more,” she said, as she once again looked around at her surroundings, appreciative and forever thankful for her new home. The colors used throughout the home were choices Teresa was encouraged to make. In fact, she was surprised when Habitat representatives told her it was up to her to choose. “I picked colors that were bright and cheery, and all the trim is white,” she said. The living and dining areas are a custard-like color, while the kitchen closely resembles lime sherbet. Amber’s room, located at the front of the home, is the same deep, rich color one might find in a coconut-blue snow cone or a blue raspberry Icee.



Teresa could not wait to show off the colors in her own room. “If you like sherbet, you’ll really like my room,” she laughed. “We’ll just call this color orange sherbet.” She was adamant about the color choice of her own room. “I wanted something to remind me that God hasn’t forgotten me,” she shared. “I can’t wake up in this room and be anything but happy and cheerful.”

The window in her bedroom paints a wonderful picture, and reminds her of a special visitor. “This window is in the same location as the window was in my Granny’s old house.

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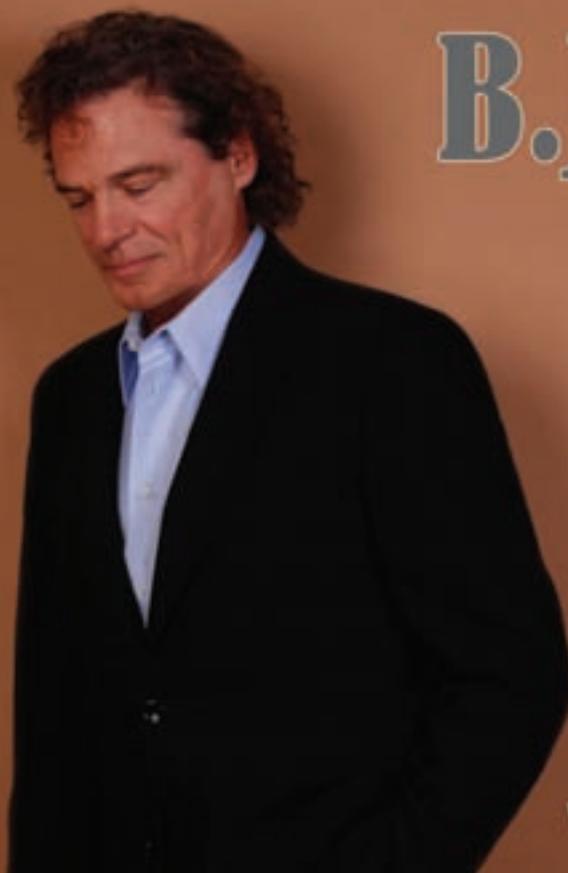
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It's sacred ground," she noted, as she moved from the center of her bedroom to the window itself. "When my brother, Roy Rowden, comes over, he just stands at this window and reminisces about his childhood days."

One of her favorite rooms is her customized kitchen with black appliances and plenty of cabinet space. This room allows Teresa to be self-sufficient when it comes to cooking and cleaning. "The stove was made low enough so I can wheel right up under it and cook meals for myself and my family," she said, also stating that since she has no feelings in her legs, she only cooks when someone is at home with her. "The sink is also low enough so I can rinse dirty dishes off before loading them in the dishwasher. The builders thought of everything. They even installed my garbage disposal under the sink so I could easily reach it."

Teresa mentioned that the floor plans in most Habitat for Humanity homes call for three bedrooms and one bath.



"Because of my special needs," she said, "they were able to take away a bedroom and add another bathroom, so Amber has her bathroom, and I have mine." Amber's bathroom is a reflection of her love for whimsical, green frogs. They are seen on the shower curtain and along the walls on matching decorative wallpaper trim, as well as on the throw rug. Small frog statuettes are displayed on the counter and on the shelf area above the cabinets. "My brother, Clifford Rowden, found a Texas frog in Denver, Colorado," she said, pointing to a frog

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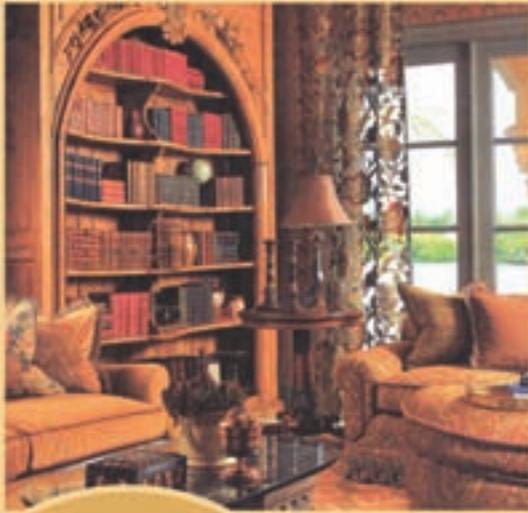
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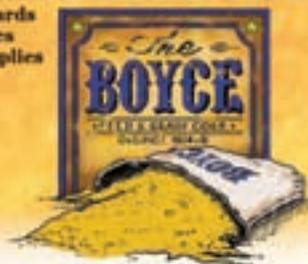
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In addition to the extra bathroom, Teresa also has a computer room designed specifically for her needs, fully equipped to take her anywhere she desires to go via the Internet. She is hopeful that one day she will find a job that allows her to work from the comfort of her home. The wood laminate flooring makes it easy for Teresa to travel from one room to another with ease. Ceiling fans circulate the air, while also adding beauty to the rooms. Even though she and Amber moved in on December 20, 2008, the decorating process will no doubt be ongoing as Teresa decides what she wants to move in and what she can live without in the way of furniture and wall decor.

Now that her home is a reality, she has no trouble finding the words needed to express her deepest feelings toward all those who gave their time, talent and money to make her dream for a new home come true. "Habitat for Humanity is a good organization. They're God's people working for God's people," she said. "The experience has been a true blessing in more ways than one, and seeing really is believing." **NOW**



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Let the Encouragement Begin

— By Sandra McIntosh

The little café has been open in downtown Palmer for 15 years, but the real fun actually started nine years ago. “Eddie Martin is the lead singer and he plays the steel guitar,” said Jenny Burnett, owner of Jenny’s Café. “The Friday night entertainment began with only Eddie. He’d come in and start playing his guitar.” It was not long before others in the surrounding communities started making the trip to the quaint little town tucked away in Ellis County. They wanted to do some “pickin’ and a grinnin’,” too. “As time evolved, individuals would show up to play with the group,” Jenny recalled. “Now we have no more than 13 pickers at one time at the stage area.”

Every Friday evening, the group known as The Used 2 Bs show up to do what they do best — perform for a packed house. “My goodness, the band is made up of so many,” Jenny said. “They come from all over. Leroy and Betty Simmons are in their mid-70s. They drive all the way from Cedar Creek. Ferris resident Dan White plays the drums. Don Nunn is from Ennis. He sings and plays the acoustic guitar. So many just drop in that it’s getting harder and harder to remember all their names.” There have been so many that come and go, Jenny has found it is best to get to know them by their first names only. “This is definitely the place where everyone knows your first name,” she laughed. “James is from Weatherford. He plays lead guitar. Jerry also plays the guitar. Pete, the fiddle player from Bristol, sits in from time-to-time. The harmonica player, Claude, is 87 years old and counting.”

Needless to say, everyone who loves down-home entertainment looks forward to these Friday night concerts. Those who do not play an instrument come to sing. “Gail Abbey is a singer,” Jenny said. “Horace Bratcher from Ennis comes to sing nearly every Friday.” When he arrives, the crowd claps and cheers because they know they are in for a real country treat when he takes his place in front of the microphone.



The crowd also gets boisterous when it comes time for Jenny to take her place on stage. Performing in front of a large group started when she was a young girl in church. “I was maybe 18 or 19,” she added. “I’ve been to Johnnie High six times. That was the biggest thing I ever did.” She has also performed at all the area oprys from Corsicana, Bristol and Bardwell to Waxahachie and Italy. “That’s all fun,” she admitted, “but I love stepping out of my waitress apron to perform on Friday nights.”

Jenny’s favorite song is “Sweet Thang.” “This is a duet I sing with Don Nunn,” she explained further. “It’s requested every Friday night without fail. Golly, I sing the same songs every Friday, but the audience loves it.” James Wester, longtime Palmer resident, also shares a special duet, “I’ll Fly Away,” with Jenny. “He absolutely enjoys himself,” she mentioned. “That in turn allows me to fully enjoy myself, too.” Jenny has so many new songs that she would love to perform, but those who regularly attend have their favorites. “So I just keep singin’ the old ones,” she smiled.

The band, just like Jenny, has devoted fans who show up



each week. "I guess you'd call them groupies," she said. "They come to see the same band play lots of the same songs." Jenny's parents, Doug and Cita Pugh, drive in from Lake Fork, located in East Texas, weekly to see and support their daughter. "My parents are my inspiration. They taught me by example how to be a hardworking, responsible adult," she said. "They are actually my best friends."

Jenny takes little credit for her voice. She feels that her singing ability is a gift. "I never take it for granted," she said. "Lots of people would like me to go professional, but I tell them I don't



want to mess up a 'good thang.' Going professional would turn it into a job. That would take all the fun out of it." Born and reared in Pikeville, Kentucky, Jenny's idol was Loretta Lynn and her favorite song then, "You Ain't Woman Enough To Take My Man," is still one of her many favorites today. "It's neat that Loretta and I both grew up in the same hills of Kentucky," Jenny said. "We grew up as close as Palmer is to Ennis. It's no wonder I've always loved her music."

When Jenny is not helping shoe horses or out buying groceries, she can usually be found fishing or spending quality time with her husband of 26 years, Sammy, and their two grandchildren. When Friday rolls around, though, you can be sure she is ready for the encouragement to begin. "Friday nights are down-home fun at its best," she smiled. "The atmosphere and the music are addicting!" **ARTS NOW**

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“When I started teaching swimming lessons, I knew this was what I was supposed to do.”

Kelly Little began thinking about being a lifeguard when she turned 15. “I just am comfortable in the water, and I always have been,” she reflected. “I took to it right away when my sister, Lauren, and I first took swimming lessons from Johna McGuire, who is actually the main reason I got into this.” Kelly, along with her younger sister, started two years of swimming lessons when they were 5 and 3 years of age.

The sisters later took an introduction to lifeguarding class from Johna. “I am not an outgoing kid; I was very reserved. But, Johna pushed me to get into that.” Kelly has been lifeguarding since she was 15. “I pretty much live at the pool during the summers,” she said.

From lifeguarding, it was a natural progression for Kelly to turn to teaching swimming by the time she was 17. “My junior year of high school, I went ahead and got certified, and I’ve been doing it ever since.” She is a Red Cross certified lifeguard and water safety instructor.

Kelly has taught swimming lessons to ages 2 1/2 to adult. Last summer, she did five two-week sessions of swimming

Meant to Swim

— By Kelly Kovar

lessons — three in the morning and two night classes. “This summer I am definitely going to be teaching swimming lessons at Sokol.” She is looking forward to using the kickboards she purchased at auction when the Tennis Club closed. “I am excited to teach a class using these really nice kickboards.”

When teaching swimming lessons, safety is paramount to Kelly. “When I teach, I always have a helper.” Kelly’s sister, Lauren, is also a Red Cross certified lifeguard, and they have worked together. Otherwise, Kelly makes sure to recruit a good lifeguard. “I limit my class size; my limit is usually 10. I typically never have more than two kids in a pool at a time; one with me and one with my helper. The rest are sitting on the edge watching. Also, my rule is only one person on a slide or dive board at a time.”

Kelly is naturally good with children. “I start lessons with 4 year olds, sometimes 3, but I am very cautious about my 3 [year olds]. They have to be comfortable with the water. With my older students, I have them swimming distance.” She also teaches an introduction-to-lifeguarding class. “I am hoping within the next couple of years I will be an LGI (lifeguard instructor).”

“When students come to swim lessons, I tell them what we are going to learn that day. I review what they learned before, we practice what they learned before, and then I teach them the new lesson. It is habit for me to do that in all my classes.” There are six strokes you can teach, and Kelly teaches five of the six to her students. They learn the front crawl/freestyle. She teaches the elementary backstroke, the backstroke, the breaststroke and the sidestroke. The sixth stroke, which she doesn’t teach, is the butterfly.

“I do swimming for exercise,” Kelly added. “For me, swimming 500 yards isn’t a big deal; that is what we had to swim to be a lifeguard when I started. Now, it is down to 250 or something. When I swim to work out, I do 500 yards.” To get an idea of how far that is, two lengths (from one end to the other) of the Sokol pool make up 50 yards, which is called one lap. Kelly swims 10 laps, which takes her 15 minutes, doing 200 yards of front crawl first, 200 yards of breaststroke, then 50 front and 50 breaststroke. “Different strokes use different muscles. With your front crawl, you are using your arms and your legs. If you swim it right, you are supposed to rotate your body, so you are using your back muscles. With a breaststroke, you are using more of your

shoulders and a lot of your legs. It is more of a leg-driven stroke. You are pulling with your arms, but the way you move is through your legs.”

Teaching swimming lessons has provided Kelly with a chance to share her love of the sport with others, and also it has helped her get an education.



“Always expect more of Aggie teachers.”



“I’ve used my earnings from teaching swimming lessons to help with college. Things I learned at Texas A&M University in my education classes, I have brought into my swimming lessons. Things I have learned from teaching swimming classes, I take into my classes at A&M.” Kelly did her student teaching this year in Ennis, and hopes to be an elementary school teacher in the fall. After her student teaching she received a special award, called “Always Expect More of Aggie Teachers,” from the A&M College of Education and Human Development. “When I started teaching swimming lessons, I knew this was what I was supposed to do. Teaching swimming has been my life; it is who I am. I get so much joy out of it.” **NOW**



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Jennifer Watson, back row right, and Kirk Wilson, bottom row right, and their three employees are available to help you with your extermination and property maintenance needs.

the Bedbugs Bite

— By Kelly Kovar

Proprietors Kirk Wilson and Jennifer Watson operate Lone Star Pest Services, as well as J & K Services. “We’ve had the pest control since 2002, and in October of 2008, we opened J & K Services,” Kirk said.

With the slogan, We Do “IT,” J & K Services was designed as a service company to offer debris removal, minor repairs and general cleanup on a customer’s property. “We currently service properties for HUD and are looking to provide our services to the general public as well as other proprietors in our area,” Jennifer said. Jennifer runs the office, Kirk does the pest control and

they keep a staff of three busy maintaining properties in Ellis County.

Lone Star Pest Services is a source to call for general pests, termites, bees, fleas and even wildlife trapping. “We provide one-time services as well as quarterly, bi-annually and yearly services,” Kirk said. “Commercial accounts are serviced once a month. On a normal day, I do five to six houses, spraying the outside perimeter and

the inside of the home.”

Kirk and Jennifer are animal people, and they take every precaution to treat the wild animals they deal with as kindly as they do their own pets. “He lets possums and raccoons go



in the wild,” Jennifer said. “But, he has been known to bring home baby raccoons and bunnies to bottle feed until they are big enough to be released.”

Insects, however, are another matter, and they are ready to help their clients with their extermination needs. “I try to use the greenest chemical possible for

“I try to use the greenest chemical possible for the situation.”

the situation,” Kirk said. He reminds the customers that by doing so, it takes two weeks for all the insects to be eradicated and, in some cases, a second treatment may be necessary.

With over 20 years of experience dealing with dangerous and challenging situations, Kirk has seen many different types of infestations. “Many bugs are sensitive to certain temperatures,” Kirk said. “You know how Texas is,” Jennifer interjected. “One day it is 85 degrees, and tomorrow it is 70 degrees.”

“When it gets above 70 degrees, termites are going to swarm,” Kirk continued. “Bed bugs are comfortable at 75 to 85 degrees and some insects are dormant in cool weather. Wasps will get up in your attic and go dormant in the winter, but they are still there.”

Using a professional pest control service is a more effective way to insure a pest-free home or business than trying a do-it-yourself approach. Some people try to buy a can of bug spray to do the job, but Kirk advised against it. “Some of that stuff, you are better off using the can to squash the bug than spraying it on the bug,” Kirk added with a laugh.

Contact Lone Star Pest Services at (972) 875-7125 to schedule pest control services. Inquire about maintenance for rental properties or handyman services by contacting Jennifer Watson at (214) 598-5448. **NOW**

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Quite A Ride!

— By Kelly Kovar

Kay Weathers, director of technology and library media services for the Ennis Independent School District (EISD), is at the pinnacle of seeing a dream realized. As a young girl growing up in Ennis, she frequented the city library, an un-catalogued collection on an upper floor of City Hall, above the Police Department. “When I was in school, the only library in the whole school district was the high school library; they didn’t have libraries in the lower grades at all,” Kay remembered. The high school library was only partially catalogued, due to damage. Kay had a vision and the drive to realize her goal. Her dream was for it to be possible for students to have the resources they needed in the public and the school libraries. Kay does not want any student in the Ennis school district to be unable to find what they need at the library.

Kay’s career journey in the EISD has given her the opportunity to bring her abilities and education to bear on this purpose. “I worked so hard on this technology, bringing it from nothing to what it is today,” she said. “But, I didn’t do it by myself. I have four technicians, and we have fantastic teacher volunteers on each campus. Scott Short is the network engineer and he manages all the servers.” When Kay retires in June, she will be leaving the department in his capable hands. He is the new director of technology. “I feel okay about retiring because of Scott; he can handle it,” Kay asserted.

“The technology used in the district would not look anything like it does now without Kay,” Scott interjected. “She deserves all the credit in the world for everything. She is an extremely humble person; she has been dedicated to this district for 44 years.”

“Life is full of choices,” Kay said. “Every day you are making choices. If I had to do it over, I would do exactly the same thing. It has been quite a ride!” Her adventure began when her family moved next door to the Weathers, whose son, Guy, was just about to go off to the Navy. “I was in the seventh or eighth grade and, ‘oh my gosh,’ I liked him! It



was one of those boy-next-door things.” Although Guy was gone to the Navy for four years, visiting Hong Kong, China, Singapore and the Hawaiian Islands, and then went to the University of Texas, Kay told her friends she was going to marry him some day. “When I was a junior in high school, they all dared me to ask him out for Sadie Hawkins Day and I did. I married him right at the end of high school and next year will be our 50th wedding anniversary.” While Guy worked full-time at AT&T, and went to A & M University part time, studying physics, math and computers, Kay got a bachelor’s degree in English and library science and then a master’s degree in English from Sam Houston State University.

Kay began her career in Ennis with three years of teaching seventh-grade English, while starting the junior high library. From 1968 to 1976 she taught senior English at the high school, also serving as the chair of senior class sponsors and the Ennis High School (EHS) National Honor Society sponsor. “As a senior English teacher, I found that my kids were not always finding everything they wanted in the library, and it just kept staying on my mind.” Kay went back to school for a counseling degree and worked for a year as the EISD career counselor. Along the way, she had the opportunity to serve on the board of the public library.

Education **NOW**

In 1977, Kay was asked to be the EISD director of library media services, enlisting the help of her National Honor Society students to catalogue the high school library. As she continued to increase her technical knowledge, she became involved in writing a grant proposal about communication between schools, for a \$220,000 private competitive grant, which was accepted. She was sent to Tufts University as part of the grant acceptance.

The state required schools to write a technology plan in 1992. "I submitted our plan based on Internet for the classrooms, computers at all the

"Every once in a while, I will hear from former students, and they will thank me. Nothing warms my heart more"

teachers' desks, in all the offices, computer clusters in classrooms and computer labs." As Kay's plans for the district began to be implemented, she was asked to be the director of technology. The educational technology, which has been installed in the new junior high and the high school, includes SMARTBoards, document cameras, subscription databases available in all the libraries, World Book online and the library catalogue online.

If Kay had stayed in the classroom, she would have blessed each of her classes, but by moving into administration, she has been able to put her heart and soul into bringing modern technology and library services to every student in the EISD. "Every once in a while, I will hear from former students, and they will thank me," Kay said. "Nothing warms my heart more." **NOW**

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The Ennis Jazz Ensemble, top left, did a great job this year with the revived jazz program at Ennis High School. • Bill and Lois Robinette met friends Edna Ellison and Sylvia DeLoach, top right, at the Christian Book Expo. • James and Jennifer Robinson, second row left, enjoyed an evening out during a recent Ennis Public Theatre fundraiser. • Diedra Douglas and Kim Goodwin, second row center, were in rehearsals for the musical *Crowns*, written by Regina Taylor. • A few of the local Bible drillers, second row right, got ready to do a practice drill as they prepared for the associational competition. • Henry Martinez, Jane Mize and Darrell Nelson, bottom right, gathered for an Impact Ennis Coalition meeting.



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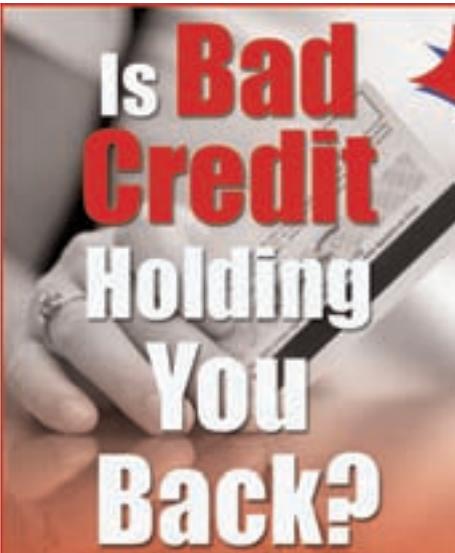


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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH JACQUI REJCEK

KISSES

2 egg whites
1/2 tsp. salt
1 cup sugar
a few drops vanilla extract
1 cup shredded coconut
1 3/4 cups corn flakes

Beat egg whites until frothy; sprinkle salt over top and continue beating egg whites until stiff. Gradually beat in sugar, then flavoring; fold in coconut and corn flakes. Drop from teaspoon onto greased cookie sheet. Bake at 350 F for 20 minutes. Do not overbake!

GINGERBREAD

2 cups flour
1 1/2 sticks margarine
1 box light brown sugar
2 tsp. ginger
2 1/2 tsp. cinnamon
1 tsp. baking soda

2 eggs (unbeaten)
1 cup buttermilk
SAUCE:
1 cup sugar
1 cup heavy cream
1/2 cup melted butter
1 tsp. vanilla

Cut in flour, butter and sugar. Mix in the rest of the ingredients. Pour into an ungreased 9 x 13-inch pan. Bake at 350 F for 30-40 minutes. Prepare sauce, mixing all ingredients together; heat before serving. Top with sauce and cut-up strawberries (if you wish).

CHEESE WAFERS

2 sticks butter
2 cups flour
1 tsp. red pepper
1 tsp. Lawry's seasoned salt
1 stick Cracker Barrel sharp cheddar cheese (grated)
2 cups Rice Krispies

Since she was a little girl, Jacqui Rejcek has loved to cook. "My best friend and I would cook spaghetti when she would come over to play," she recalled. "We would actually ride on our bikes to a store and carry the noodles and sauce (in a glass jar) back in our baskets."

Now, Jacqui loves cooking for her husband, James, and their children, Emily, Adam and Melany, plus a multitude of friends. "I try to make sure my kids know what I'm cooking and how to make it, so that it can be passed down," she said. "I hope to make them their own cookbook one day, so some of my favorite dishes will make it to my grandkids' tables and maybe even beyond." **NOVY**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

Blend all ingredients together, except Rice Krispies. Gently kneed in the cereal. Spoon marble-sized balls onto cookie sheet. Mash slightly with a fork and then bake at 350 F for 10-12 minutes. Do not overbake. Store in airtight container.

BAKED PARMESAN CHICKEN

3 to 4 lbs. chicken (I use chicken thighs/breasts.)
1 stick melted butter
2 cups dry bread crumbs
3/4 cup grated Parmesan cheese
1/4 cup parsley, chopped
2 tsp. salt
pepper, to taste
garlic salt, to taste

Dip chicken into melted butter. Combine bread crumbs, Parmesan, parsley, salt and pepper. Roll chicken in dry mixture. Place on greased, foil-lined pan. Sprinkle a dash of garlic salt on each piece of chicken and dot with a pat of butter. Bake at 350 F for 1 hour (do not turn).

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Five Reasons to be Bullish About Financial Markets — By Jeff Irish

During a long downturn in the financial markets, it's hard for some people to be cheerful about their prospects for investment success. And that's not surprising, because a daily diet of bad news can take its toll on investors' outlooks. Yet if you look beyond the headlines, you can actually find some reasons to believe that brighter days lie ahead.

Here are five of these potential causes for optimism:

1. Recovery may be near. The financial markets obviously are connected to the overall U.S. economy, so it makes sense to keep an eye on how the economy is doing. As you know, we've been in the grip of a long and painful recession — but that may change fairly soon. In fact, the recession is likely to end in the second half of 2009, according to a majority of the economists surveyed by the influential National Association for Business Economics. And since the stock market has historically anticipated an economic recovery by about six months — and begun responding favorably — now may not be the time to abandon your long-term investment strategy. Of course, past performance is not a guarantee of future results.

2. Market rallies can happen quickly. No one can predict the exact moment a sustained market rally will begin — but history has shown that rallies can start quickly and take off sharply. Consider this: In the first year of a recovery, investors have recouped an average of 82 percent of what they lost in the entire prior bear market, according to Standard & Poor's. And since 1932, the S&P 500 has gained an average of 46 percent in the year after stocks have hit bottom. Keep in mind, though, that we have experienced a larger-than-usual

drop in the market, so you shouldn't necessarily expect a rally to produce these results. Still, if you are out of the market when it does rally, you are likely to miss some of the strongest returns.

3. Low prices may mean good opportunities. By almost any traditional measure of value, investments are now very attractively priced. And when prices are low, returns over the long term tend to be higher. Keep looking for quality investments — like other investments, they've been hurt by the downturn, but if their fundamentals are still sound, they could offer the greatest potential for long-term rewards.

4. The Treasury and Fed are working overtime to support the U.S. financial system. While the problems of resuscitating our financial system are enormous, and the solutions are not clear-cut, the Department of the Treasury and the Federal Reserve are working hard to support the credit markets, boost liquidity, lower mortgage rates and take other steps that can ultimately benefit the economy and the investment markets.

5. Low inflation can help boost "real" returns. Inflation, as measured by the Consumer Price Index, is currently close to zero. As an investor, you have reason to welcome a low inflation rate, because when inflation is high, it can erode the "real" returns of your investments. Consequently, you may be rewarded by investing in vehicles that, for the moment, are producing only modest returns.

Keep the above factors in mind when you make investment decisions. Remember, if you're going to help achieve your long-term goals, you will likely need to keep investing in even the gloomiest of markets — and, as we've discussed, there might be more than a few rays of light ready to pierce the clouds. **NOW**

Jeff Irish is an Edward Jones representative based in Ennis.

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Quick Facts About Weight and Blood Pressure

— By Dr. Imad Alwan, Cardiologist

What Blood Pressure is Considered Too High?

Blood pressure of 140/90 or higher is considered high. This is called hypertension. Blood pressure between 130/80 and 139/89 is called pre-hypertension. This means that you do not have hypertension, but you are likely to develop it in the future unless you adopt lifestyle changes to keep your blood pressure under control. Blood pressure less than 130/80 is normal.

How Can I Prevent High Blood Pressure?

You can prevent high blood pressure by:

- Maintaining a healthy weight. Lose weight if you are overweight.
- Exercising more.
- Eating foods low in salt.
- Eating healthy foods like fruits and vegetables.

How is Blood Pressure Related to Weight?

As your body weight increases, your blood pressure rises. In fact, being overweight can make you more likely to develop high blood pressure than if you are at your desirable weight. Even small amounts of weight loss can make a big difference in helping to prevent and treat high blood pressure.

How Can I Lose Weight?

To lose weight, you need to eat fewer calories than you burn. But do not go on a crash diet to see how quickly you can lose those pounds. The healthiest and longest-lasting weight loss happens when you do it slowly, losing one-half to one pound a week. By cutting back by 500 calories per day, by eating less and being more physically active, you can lose about one pound in a week.

Here are some tips to help you lose weight and get on the road to healthy eating:

- Choose foods low in calories and fat.
- Choose foods high in fiber.
- Limit serving size. Stop eating before you are full.
- Exercise.

How Can I Reduce My Intake of Salt?

Americans eat more salt and other forms of sodium than they need. Often, when people with high blood pressure cut back on salt, their blood pressure falls. Cutting back on salt also prevents blood pressure from rising. Some people, like the elderly, are more affected by sodium than others. Since there is really no practical way to predict exactly who will be affected by sodium, it makes sense for everyone to limit intake of salt to help prevent high blood pressure. You can teach your taste buds to enjoy less salty foods. Here are a few tips:

- Check food labels for the amount of sodium in foods. Choose those lower in sodium most of the time. Look for products that say “sodium free or low sodium.”
- Buy foods that are fresh, plain frozen or canned with “no salt added.” Use fresh poultry, fish and lean meat, rather than canned or processed types.
- Cook rice, pasta and hot cereals without salt. Cut back on instant or flavored rice, pasta and cereal mixes, because they usually have added salt.
- Rinse canned foods like tuna to remove some sodium. **NOW**

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June 2009

Community Calendar

All Month

Inspiration, Inc. presents *Crowns*, by Regina Taylor. Tickets available at door. For more information, visit fanderson@inspirationinc.org or www.inspirationinc.org.

Summer Reading Program: Ennis Public Library. Grades K-6: Tuesdays: 10:00 a.m.-2:00 p.m. Thursdays: 2:00-6:00 p.m. Pre-K: Wednesdays: 10:00 a.m. (972) 875-5360.

Register for Teen Summer Read 2009 at Ennis Public Library. Open to those entering grades 7-12. (972) 875-5360. www.ennisteenthread.wordpress.com.

Navarro College SBDC seminars: 10:00 a.m.-noon, Waxahachie Chamber of Commerce, 102 YMCA Dr. June 2: How to Start a Small Business. June 23: Writing a Winning Business Plan. To register, contact (972) 923-6425 or sbdc@navarrocollege.edu.

June 5-6

7th Annual Historic Preston St. Garage Sale: 8:00 a.m., Templeton-McCanless Historic District. Rain or shine. For more information, contact Jim or Judy Ferguson at (972) 875-2696.

June 5-28

Ennis Public Theatre presents *Lu Ann Hampton Laverly*

Oberlander, by Preston Jones. Fridays and Saturdays: 8:00 p.m. June 28 Matinee: 2:30 p.m. Location: 2705-C N. Kaufman. For reservations, call (972) 878-7529.

June 6

Mid-Way Regional Airport Annual Pancake Breakfast and Fly-In: 8:00-11:00 a.m. Breakfast tickets \$6; one child under 8 free with paid adult ticket. Event and parking are free. Classic planes and fighters, plane rides, remote-controlled model flyers, The Classic Swing Band. For more information, contact Tammy at (972) 923-0080.

June 11-19

Warehouse Living Arts Center presents *Dearlly Beloved*. Location: 119 W. 6th Ave. (903) 872-5421. www.warehouselivingartscenter.com.

June 15-19

10th Annual Theatre Camp: Warehouse Living Arts Center, 119 W. 6th Ave. K-9th grades. Tuition includes T-shirt, snacks and a public performance for an invited audience. (903) 872-5421. www.warehouselivingartscenter.com.

June 17

Ellis County Christian Women's Connection luncheon: Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. \$13. Nursery available. Walk-ins welcome. For reservations, contact Kay at (972) 937-2807

or Mary at (972) 937-9984 or windchime423@yahoo.com.

June 19-21

DFW Summer Balloon Classic: Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking \$10. Featuring hot air balloons, mass ascensions, competitions, exhibits, food, arts and crafts. "Lite the Nite" sunset balloon display on Saturday. www.summerballoonclassic.com.

June 20

A Christian Response of Shelter and Service (A-CROSS) annual fundraiser: 6:30 p.m.-midnight, KC Hall. Dinner, silent auction and dancing to the music of "Big Daddy Alright." Casual dress. \$35. (972) 872-9828.

June 27

Bristol Opry Country Music Show: 7:00 p.m., Old Bristol Schoolhouse, 100 Church St., Bristol. Free admission, donations accepted. For more information, contact Jim Gattin at (972) 846-2211.

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