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M A G A Z I N E

June 2010



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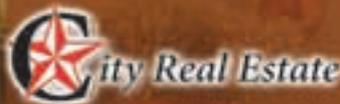
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## On The Cover

The Atchley family proudly shares their home remodeling story.

Photo by Amy Ramirez.

# Editor's Note



## *Swinging Into Summer!*

It is June and summer will arrive on the 21st. I am looking forward to getting back out on Lake Bardwell with friends. Maybe this will be the summer when I finally learn how to "slalom" with Terry Moore, Brian Mahagan and Daveo Locklear as my water skiing instructors. If not, I will have something to look forward to again next year. Even if I never learn to ski on one ski, I will still enjoy the sun, the water and the camaraderie we share as friends. Oh, and I cannot forget the Oreo cookies!

June also marks the day we honor our fathers. Be sure to circle June 20 on your calendar so you do not forget that special man in your life. I already know I will be taking a trip to Whitney to see my dad on his special day. We may just sit quietly watching the birds and the butterflies, but that will be more than enough for me.

Sandra Strong  
EnnisNOW Editor  
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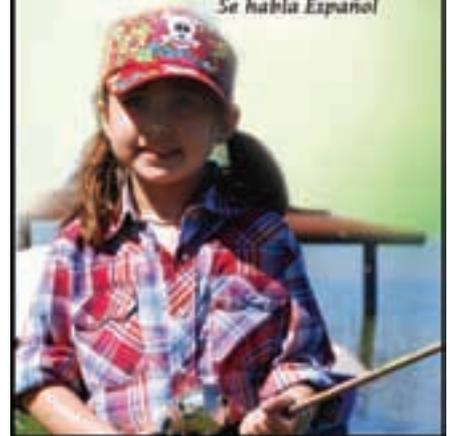
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# Making —Every— Moment Count

— By Sandra Strong

John thought he was dying. Paramedics said he had ruptured his spleen, but all he broke were a few ribs. This was the first blessing; one that John would not fully understand until later.

The realization that he needed to change came in the ambulance ride, but making “the change” did not come until later when he attended a church youth meeting. “I heard the guy speak, and what he said changed me,” he remembered. “I literally changed overnight. It was a 180-degree, Saul-to-Paul moment.”

Reminiscing about the past ambulance ride, John recalled the word “repentance” as the night’s events replayed in his mind, but until that youth meeting, he never really grasped all that the word implied. John quickly understood he had been saved for a life bigger than even he could have imagined.

The turnaround was complete. He started playing his guitar in a Christian band. He was “walking in faith” as he traveled all over the United States. At one such concert, he met Jill, his second blessing. “I met her at a concert we played in Canton, Texas, her hometown,” John said. “We were married a year later. Jill is the best part of me. She is my wife, my best friend, my soul mate. I wouldn’t be the man I am today without her.”

The band phase of his life brought him to Ennis, where he ministered to area youth. After some prayer and the influence of his good friend, David Binford, John and Jill decided to make Refiner’s Fire Ministries International (RFMI) their church home. “We had served several places before we felt called to RFMI,” Jill explained. “We found a family here.”

As John’s life continued to evolve, the blessings just kept coming. He soon found himself in a dream job as a radio personality at 94.9 KLTU, one of the most popular Christian radio stations in the country. Leaving his band behind, he began to play in the church band and work closely with the youth. He and Jill recall the mission trip to Mexico they took

**“I have so many  
‘God’ stories  
I could share.”**

*Some may label him as overly excited and full of nervous energy. Others see him as being hyperactive and a bit “too happy” all the time. But when John Hudson looks in the mirror, he sees someone who has been blessed beyond measure. “I’m the 24/7 guy,” he laughed. “My life is almost unbelievable.”*

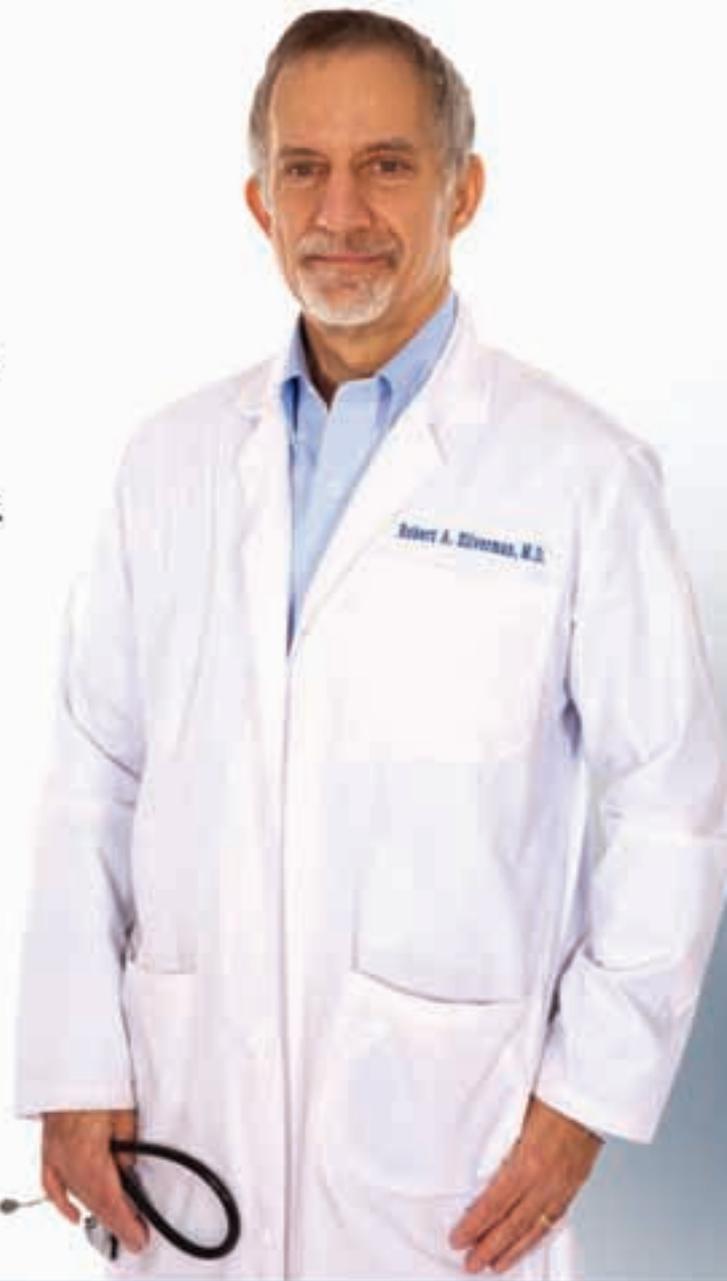
Needless to say, everyone comes to the “proverbial table” with a life story. The one John shares today started on the back of a bull. “I used to ride bulls,” he explained. “Back then I didn’t believe in God. If there was one, I didn’t want anything to do with Him.”

That empty mentality changed for John in the back of an ambulance as he was rushed to a nearby hospital after being thrown from a bull. “God met me in the back of that ambulance,” he confessed. “He told me I was going to hell. I argued with Him, but soon had to admit that it was true. If I didn’t make some changes in the way I was living my life, I was destined for hell.” Arriving at the hospital that night,



**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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with the youth several years ago. "We visited a special needs orphanage. Our hearts broke for those children," John said, as Jill agreed by nodding her head. "The kids had no parents and they needed medical attention in a big way."

This trip prompted another addition to John's already "full plate." He and Jill understood their calling as husband and wife to be one that included medical mission trips in the near future. "It all began with a few simple certifications," John said, explaining the process of gaining all he needed to become a qualified medical missionary. "It grew into something much bigger." Next month, John will complete his medical studies at Methodist Hospital in Dallas.



He will have earned both his Emergency Medical Training (EMT) and paramedic certifications.

John gained valuable experience while at Methodist Hospital. Working in the emergency room, labor and delivery and ICU has more than prepared John for the mission at hand. He not only gained medical knowledge, he learned a great deal about people, too. "I have so many 'God' stories I could share," he stated. "My full schedule causes me to miss church, but I have church every morning on the way to the [radio] station and again on my way to the hospital. These are my prayer times, and I need them to sustain me. With my crazy schedule, I need to be grounded. Prayer and a relationship with God keep me grounded." Staying "plugged into" his iPhone and "twittering" also help keep him focused on the journey. "And it's all

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about the journey,” he added with an all-knowing smile.

After John’s graduation in July, the couple will be adding one more thing to their schedule. They have been asked to head up a ministry in the Ennis area for the age group that seems to be “falling through the cracks.” With great excitement John stated, “It’s a ministry that will be geared for young adults from age 18-25. It’s a different kind of ministry that focuses on relationship.



We’re going to meet them where they’re at.” Their main goal is to help this age group answer the “big questions” everyone seems to have at this age.

“Our calling is to help them find answers to their questions,” Jill added.

At 30, John looks back on his life. He finds comfort in recalling all those individuals who helped him trade a life of self-destruction for a life filled with one blessing after another and another. “I’ve always dreamed big,” John said, “and God has answered all my dreams in big ways.”

When people meet John, they immediately see something different; something unique and special. They see a man who has a heart for those who are hurting; a man who cares for his fellow human beings. “It’s all about offering hope for the hopeless,” he explained. “It’s striving to be the hands and feet of Jesus to those around me every day. I was dying in that ambulance that night. It wasn’t long after that I learned I must never take a single day for granted.”

John has accomplished so much in such a short time. He readily admits he also has his “bad” days, but he has never lost his hope. Now that John knows the importance of each day, he wants to share his knowledge with others and he wants Jill to be at his side as he continues to “walk further into his calling.” Their goal — continue making every single moment count. **NOW**

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# BUILT ON *Love*

— By Virginia Riddle

*Colorful flowers planted with love greet friends and family who visit the two-story bungalow home of Cody and Mandi Atchley. After all, many of those same friends and family members feel right at home after having helped remodel this 1950s home. “This has been a family and friend affair,” Mandi stated with a smile. “Everyone showed up, helped and even brought food.”*

Both Mandi and Cody have many extended family members in the Ennis area. Mandi, daughter of Alan and Debbie Prachyl, graduated from St. John High School, while Cody grew up outside the community of Bardwell on his family’s farm, graduating from Ennis High School. They met in an algebra class at Navarro College’s (NC) Waxahachie campus. Cody wanted a tutor so he kept coming over to Mandi’s parents’ home to study in the evenings. Mandi graduated from the NC nursing program and is now employed by the state of Texas as a registered nurse in the Early Childhood Intervention Program in Ellis and Navarro counties. Cody graduated from Texas State Technical College (TSTC) in Waco with a biomedical engineering degree

At Home With *Cody and Mandi Atchley*



and is employed by GE Healthcare, where he installs GE X-ray and CT scanners in area hospitals.

Simultaneously planning a wedding and building their first home was a challenge, which helped prepare the couple for the later remodeling of their current home. By the time 5-year-old daughter, Emma, joined 12-year-old daughter, Paige, their starter home was beginning to feel a little tight. So the couple started looking for a larger abode. Cody spotted their new home first, just after it had come on the market. He wanted to “flip it,” but Mandi immediately saw the possibilities. Mandi knew of the home having grown up near it, but Cody was not easily convinced it



was the house of their dreams. Mandi remembers Cody remarking, “Are you insane?” after touring the house.

The beautiful hardwood floors they found under the carpet along with Mandi’s comment, “This is where we’re going to raise our children,” convinced Cody to purchase the house.

Drawing on experience working in construction during his college days, Cody had done a great deal of work on their first home. “It sold in 13 days, and

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we had to be out immediately,” Mandi recalled. Since the couple planned to do major remodeling on their new home, the family of four stored their furnishings and moved in with Mandi’s parents and younger teenage sister.

With help from everyone the work proceeded quickly. “We bought our home in November 2007, started the demolition in December and moved in on April 4, 2008,” Mandi said. A key element in the five-month remodeling was hiring Zack Tenpenny of Zaco Ventures, a building contractor and friend, who had inspected the home and pronounced, “This is a house with good bones.”

“They [the bones] really made the difference,” Cody said. Floor plans were designed with the consensus of everyone involved by using a computer-aided design (CAD) program.

The demolition phase of the project was extensive, gutting the house to the exterior walls. A large open living, kitchen and dining area was created by knocking out three walls. Paige and Emma lived every child’s dream while knocking holes in walls and spending “demo-with-dad” time. Old linoleum tile was tediously scraped from the underlying hardwood, while ceramic tile was chipped out of the bathrooms. The dusty, dirty work became even worse when a long-ago dead squirrel was found in the attic. One accident occurred when Jared, a friend, fell through the attic flooring. Zack had an unexpected experience when he found all the flooring in the master bath had to be removed because it was rotted. “Those were the only times I panicked,” Mandi admitted.

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Today the home stands proudly on its corner lot. Natural light streams in through 190 window panes in the downstairs windows alone, along with dormer windows in the converted attic. The gleaming refinished hardwood floors are joined with updated ceramic tile and covered with decorative throw rugs throughout. The kitchen and dining area serves as a daily family gathering place. Homework, meals and projects are conducted around the large, granite covered work island. The kitchen has beautiful cabinetry with the storage and commercial appliances that Mandi wanted, along with a newly created utility room. The home is decorated with family mementoes, such as Cody's grandfather's framed baseball glove beside a picture from his playing days and family antiques.

Cody's favorite parts of the home are the yard and the "man cave" located in

the three-car garage, which houses his treadmill, motorcycle, workbench and a table around which "the guys" gather to play cards. The garage and its upstairs apartment, as well as the backyard, are works-in-progress. "Cody always needs a project," Mandi said with a smile.



The three-bedroom, two-and-a-half bath home, features a master suite decorated in calming, restful tones, while the girls' rooms each feature a small chandelier which brings out the warm, pink feminine hues. Emma snuggles under a quilt made especially for her by Grandpa and Grandma. "Club Paige" does not begin to describe Paige's upstairs, preteen haven. Even though she has to give way to a small nook for Dad, who offices at home and she shares a play area that is enclosed with a distinctive, wrought-iron banister with Emma, Paige still "owns" the upstairs with her very private bed and bath suite. Mandi stated, "The girls' rooms were a labor of love."

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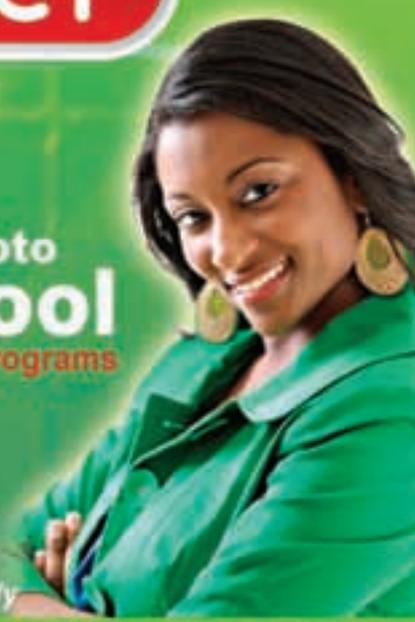
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relate to and understand the family's dynamics. Family support was another key element to their successful remodeling venture. "It just blew my mind watching my grandparents, parents, aunts and friends rolling paint and scraping floors. It's a memory I will always cherish," said Mandy, who has used her skills in scrapbooking to put together pictures of the project. The final recommendation is that homeowners must be open to learning construction skills, so they can do a lot of the work themselves. "It was actually fun; we had a good time," Mandy remembered.

The Christmas dinner of 2008 was the first official family gathering of many to come. Even as this active family looks forward to venturing away from home for T-ball, school activities, hunting, fishing, vacations and camping trips, they know they will always return to the home that was built on the love of family, friends and one another. **NOW**

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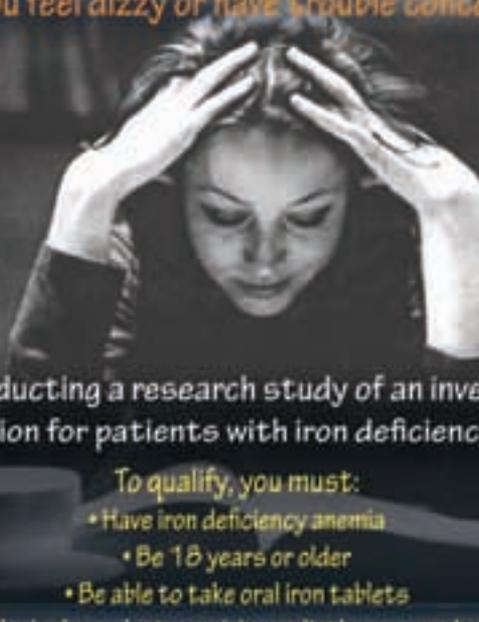


Several supporters and walkers participate in the Ennis Relay For Life held at the Texas Motorplex. From left: Nikki Salik; Jan White and her grandchildren, Nash and NaLee Nichols; Kim Woods.



The Bluebonnet Festival brings visitors of all ages. From left: Twins, Madison and Sydney Davis; Kerri McGilvray and her mother, Dee Anderson; Linda Lopez and her granddaughter, Mikayla.

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When Kimberly Baker, an Ennis native, decided to bake and design her own cake for her son's first birthday party in 2006, she had no idea it would be the beginning of a newfound talent. She is quick to admit her baking talents did not manifest until her adult years and actually branched out of her creative interests. "It's been a learning process," she explained. "I've always enjoyed art, and then I tied art to baking."

These artistic talents were honed at Sam Houston State University where Kimberly studied graphic design. She then returned to Ennis with her husband to be closer to her family, including her mother, Pam Stokes. "Mom is the baker, and I am the designer," Kimberly explained.

Her mother uses family recipes, including one for cream cheese sugar cookies. Then, depending on the design, Kimberly chooses the icing, coloring and technique she will use. Kimberly designs cupcakes, cakes and cookies for a variety of occasions. She has baked for bachelorette, engagement and birthday parties in addition to weddings and holiday events. She admits it is easier if she designs using a napkin or picture from a themed occasion, but she also enjoys coming up with her own ideas. "If they give me the freedom to do what I want,

# A Baker's Touch

— By Alana Williamson

it requires more planning," Kimberly explained. "I have to sketch out the design and play with it a little bit."

She begins the evening before or the day of the event to ensure the creations are fresh. Between two and five hours are necessary for both the baking and designing due to her self-proclaimed perfectionism. "I need the whole day to design," she said. "If I don't like it, I have time to start over."

With the exception of the Christmas season, when Kimberly makes a large number of cookies in the shapes of trees, stockings and snowmen, she averages about one design a month. Cookies and cupcakes are the most popular and easier to perfect because as Kimberly admits, if she messes up on one, she can start over on a new one. She usually makes between two and three dozen per design. "We just do it on the side for fun," she said of her time spent designing.

Her most challenging creation so far has been designing 300 cupcakes for a friend's wedding. "Thank

She cut out oval-shaped sugar cookies and baked them. Then she used brown, blue and green icing to create stripes, thus transforming them into the design of feathers.

Kimberly gains inspiration for her designs from several different sources. She enjoys watching a variety of different cooking television shows and often browses the Internet and books on cookie designs for ideas. One book-inspired design features cupcakes arranged in the shape of an alligator. In addition to green icing, Kimberly uses marshmallows and candy to create scales, claws and eyes.

Her favorite designs are those for Valentine's Day. Kimberly enjoys making heart-shaped cookies with red, white, pink and purple icing. To create her unique effects, Kimberly focuses on the shape of her designs and the color of her homemade royal icing or butter



goodness it was a basic design," Kimberly added jokingly. One of her early and most unique creations was a peacock feather cookie design for a themed bridal shower.



cream frosting. For example, she is able to manipulate shapes to create a three-dimensional effect, as she did with farm animal shaped cupcakes. By arranging cookies on top of the cupcakes, Kimberly was able to build faces for the animals, including using Oreo cookies for monkey ears. "I like creating things, and making them realistic," she said of her efforts.

For cakes, Kimberly often uses novelty cake pans in a variety of shapes that she purchases online or at a Dallas-area cake design store. For one occasion, she used a tractor shaped cake pan to create a John Deere themed cake to go along with tractor shaped cookies.

Kimberly continues to try new decorating techniques. Up next for her is decorating a birthday cake with fondant icing. This often challenging craft requires rolling the icing onto the cake leaving the cake with an almost satin like finish.

When not designing treats, Kimberly works as a preschool teacher and is mother to two boys, ages 1 and 3. They



often join her in the kitchen to create batches of cookies for the family. "I also like to decorate for my boys' birthdays and school parties," Kimberly said. "I make cookies as party favors."

Part of Kimberly's popularity is attributed to the taste of her made-from-scratch creations, and also to the artistic touch she places on each batch. "I personalize each design. People always say they taste so great and look so cute at the same time," she said.

This popularity began with compliments and requests from attendees at parties Kimberly hosted, and has expanded, as has her confidence in her craft and hopes for the future. "It's always been my dream to open a little bakery with my mom," Kimberly said. "There's nothing I think I can't do."**NOW**

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# Not Just a *Pretty* Face

— By Teresa Maddison

Have a girl who loves all things pink? Does she like to cheer, perform stunts and have fun? Ennis has tucked away an amazing resource for her at Pink Athletics with Cheer Coach, Jessica Burns. Jessica, a teacher in the Ennis Independent School District for 10 years said, “I always wanted to be a Dallas Cowboy Cheerleader. Who didn’t really? Growing up in this area, especially with a grandfather who was a die-hard Cowboys fan?”

Curiously, cheerleading only recently took on the look it has today. According to the National Cheerleading Association (NCA), an organization founded by the “grandfather of cheerleading,” Lawrence Herkimer, it was not until 1950 that Mr. Herkimer invented and introduced the pleated skirt, pom-pom and spirit stick. The first high school cheerleading competition took place in 1981 in San Antonio. “NCA is the leader in the industry,” Jessica explained. “They set the standards which most all other organizations follow.

“I was a cheerleader in junior high and for two years in high school, but it was very different than what I teach now,” she added, alluding to the huge changes competitive cheerleading has seen in recent years. “The most obvious change over the past three or four years has been the level of difficulty and the increase in competition. It is hard to compete against bigger gyms that can pick and choose their girls. I take the girls I have and train them to match the highest level competitor, whereas

they might have 50 girls trying out for 20 spots who can already do every skill in the level they are competing for!” Jessica continued, showing obvious pride in the challenges her small town presents. “It’s frustrating, but we do our best. As long as my girls improve from one competition to the next, I can’t ask for more.”

She is not a “performance trophy” kind of cheer coach; Jessica works to win. “I’m not of the ‘everybody wins’ mindset, nor do I feel competition is bad for kids. I want to win everything I do!” Jessica stated passionately, “Why work as hard as we do and put as much time, effort and money into the program just for fun?”

Jessica got her start in competitive cheerleading while teaching gymnastics. “I taught competitive gymnastics for over 10 years. The problem was, once the girls hit sixth grade, they would quit and try out for cheerleading — and they would make it because they were excellent gymnasts!” An opportunity to help with a peewee cheer team created a natural addition of competitive cheerleading within the gym. That aspect grew very quickly and has now (after several changes over the years) become Pink Athletics. Noting the gymnastics element of competitive cheer, Jessica said, “These girls really are more than ‘pretty faces in skirts’ — they are highly talented athletes.”

Competitive cheerleading has specific criteria for its grading. “There are six different elements a routine must have: tosses, pyramids (height, difficulty, transitions into and out of), jumps (technique, variety, combination), dance, tumbling and overall performance.” With all of this activity demanding not only energy, but flawless precision, safety is of the utmost concern. Jessica explained, “Safety is always ‘drilled’ into my kids’ heads. I teach them correct spotting techniques, we have the proper equipment and we train with safety mats. In addition, everyone

is required to warm-up with stretching, conditioning; strength training is included in every class.”

Jessica received most of her training over the years from the American Sokol Organization and now trains future instructors in a program, which allows her to give back some of the valuable knowledge she was given. “When I was young, there were people putting in the time to make sure I learned everything I needed to; this is my way of paying it forward,” she smiled.

When asked about her greatest responsibility as a cheer coach, Jessica answered smoothly, “I make sure the girls are learning skills in a safe, progressive way. Mostly, I hope I’m making a difference in their lives. I have a special bond with each one of them. We are a family at Pink Athletics. We spend a lot



of time together, and since our routines are so dependent on every single girl, it’s imperative I keep a close watch on my students.”

What about those who come to the program without a cheer or gymnastics background? “I don’t turn anyone away. If someone needs a little extra time, then I will work with them. I can make anyone a cheerleader. If that is what you want and you have the heart, then I have the skills and the facility to do so,” Jessica said. “I love kids! I think the one thing that sets me apart from other coaches is I can read my kids, because I have taken the time to develop a personal relationship with them. So in the end, it’s [about] the life of an athlete, and it comes down to how much you want it. It’s really not about a pretty face in a skirt, so if that’s what you are thinking, then you better look for another activity!” **NOW**



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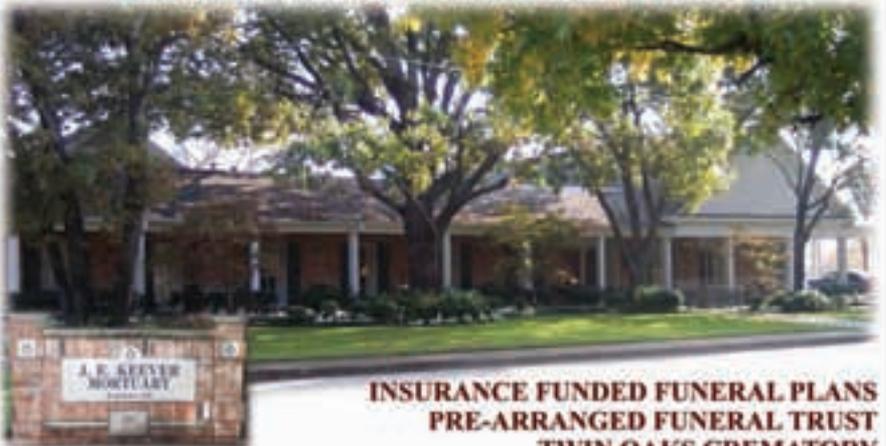






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*From left:*

Drs. David and Natasha Marcial, owners of Hometown Chiropractic; Dr. David explains xrays in detail to a new chiropractic patient.

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— By Sandra Strong

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Diagnosing the cause of a patient’s problem is the first concern for Drs. Marcial. A thorough history and examination, including X-ray, muscle function study, orthopedic, neurological, as well as chiropractic evaluation are performed to make the correct diagnosis and determine treatment recommendations. “If, after the evaluation, it is determined we can effectively treat your condition, you will be accepted as a patient,” Dr. David explained. “If we are unable to help you, we will refer you to the appropriate healthcare provider.”

“It is our policy to only accept those patients we truly believe we can help,” Dr. Natasha added.

At Hometown Chiropractic, Drs. Marcial mainly treat patients with neck pain, back pain and headaches. With over 15 years of combined training and experience, they cover many areas of chiropractic care, including: pediatric, geriatric and prenatal. "We provide patients with full spinal X-rays at the beginning of treatment," Dr. David stated. "We also provide advanced spinal correction using state-of-the-art chiropractic techniques."

Dr. David and Dr. Natasha attend numerous continuing education conferences and programs, always mindful to stay abreast of new developments in patient care, since patient care is their first priority. Never in the history of chiropractic care have chiropractic doctors been able to provide the level of help and expertise which now exists. "These newer methods are safer, more comfortable and more effective than ever before," Dr. Natasha said.

The spinal and postural screenings offered can reveal important health information, which can unlock the door to improved health and well-being. Hometown Chiropractic provides screenings at community events, health fairs and individual places of employment. The goal is to educate individuals on the benefits of chiropractic care.

Many services and programs in rehabilitation are also offered. They include: a state-of-the-art rehabilitation center, corrective exercises, home-care programs, physiotherapy, as well as programs focused on shoulders, wrists, elbows, fingers, necks, backs, hips, knees and ankles. "We teach our patients special 'blueprint' exercises designed just for them, to help them strengthen and correct their own unique problem," Dr. Natasha stated. "Specific exercise and stretches can help your body stay in a healthy balance."

Good health is essential to a happy life; this is a documented fact. Unfortunately, realization does not often come until we are threatened by loss. Make the Hometown Chiropractic choice for friendly courteous service with a professional and comfortable atmosphere — because it is important to take good care of your health. **NOW**

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# HER Whole Heart

— By *Sandra Strong*

The “educational journey” for Sherri Longoria started 16 years ago. “My daughter, Colby, was a student here,” she said, referring to Austin Elementary. “I would come to campus to eat lunch with her. While I was here, the children would make me feel so special.”

Before long, Sherri began to pray for exactly what she wanted — gainful employment at Austin Elementary. “I asked God to please not send me to the cafeteria or to a special needs student,” she remembered with a smile. But, the

Lord had something different in mind for Sherri when she was offered a position as an aide. “I worked side-by-side with Felicia Stampley, a special needs student, for two consecutive years,” she said. “God saw more in me than I saw in myself.”

When her two-year tenure with Felicia came to a bittersweet end, Sherri moved on to the world of math. “I became a math aide,” she confessed. “I tutored with all grade levels. I was always moving from one classroom to another, but it was fun.” As the math aide, Sherri also

had time leftover during the day to spend in the front office, helping then-secretary, Sue Martz, with whatever was needed. Sherri, seeing the bigger picture, learned as much as she could under Sue’s tutelage. When Sue made the decision to retire following 32 years of dedicated service, it opened the door for what Sherri had originally prayed for three years prior. “The experiences with Felicia, being a math aide and working alongside Sue thickened my skin, but I think they also softened me around the edges,” Sherri said. “All three responsibilities taught me to listen with my whole heart, not just my ears.”

When asked if it was all she expected to be, Sherri laughed aloud and shook her head, still remembering the overwhelming feeling she had once she had taken her rightful place behind the front desk. “It started out being a lot more than I’d bargained for,” she admitted. “There was, and still is, a lot to do; there’s a lot of responsibility that comes with the job of school secretary.” The small things added up and made for many busy, and sometimes stressfully hectic, days. But on the flip side, the position still offers a great deal of variety and has given Sherri memories she will hold dear for a lifetime. “There are never any dull moments and no two days are ever the same,” she explained further. “I still go home every day and know I’m appreciated. I can go home knowing I’ve done a good job. Oh, and I pull more teeth than anybody,” she added, with a smile.

Sherri is in charge of scheduling, ordering supplies, receptionist responsibilities, always keeping the copy machines in working order and answering a myriad of questions to the very best of her ability. She recalls her first year as one of learning things by the “trial-and-error” method. It took that first 12 months for Sherri to realize and learn what item of business took precedence over another. Answering to more than one person made this job difficult, to say the least. “Wow, that first year was hard. I had to learn what was expected of me. I not only answer to the campus principal, but I also take direction from central office and the campus teachers, too,” she said. “I may not have gotten it all done, but I

did learn how to prioritize accordingly.” Now when she leaves the office, she will no doubt leave a stack of work behind. “I get a stack ready for the next day,” she said, “so I can get right on it when I get here the next morning.”

In her 13 years behind the desk, things in the world of elementary education have changed. “There’s so much more responsibility now,” she said. “There’s more of everything.” More students means more teachers. More teachers means more paperwork. And finally, more paperwork means more hours of keying input into the newer, more-advanced computer system. One other big change Sherri mentioned was the “bumped-up” security system. Sherri also commented on what happens when she

**“There are never any dull moments and no two days are ever the same. I still go home every day and know I’m appreciated. I can go home knowing I’ve done a good job. Oh, and I pull more teeth than anybody.”**

sees past students while she is away from her desk. “I see kids now that are in their second year of college or married having their own children,” she stated. “My goal is to retire from Austin. I can’t see myself doing anything else.”

As the 2009-2010 school year ended, Sherri reminisced about her time working with only one principal, Jan White. “When she announced her retirement, it was a sad and happy day all rolled into one,” Sherri said, also mentioning that Jan had been the only principal she had ever worked with in the Ennis Independent School District. “It’s bittersweet to see her leave, but I’m looking forward to what the new campus leadership brings to the position.”

When asked what she would miss most if the job of school secretary was taken from her, she quietly said, “I would miss the contact and interaction with the students and the teachers most. They are by far the best part of my job.” **NOW**

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# In The Kitchen With Linda Campbell

— By Faith Browning

Linda Campbell has lived in Ennis all her life. Her children and grandchildren live in Ennis or close by, so they can have family get-togethers at the drop of a hat. She credits her mother for loving to prepare special meals for her own family. "My mother was a wonderful cook so I have always enjoyed cooking," she expressed. "I came from a large family and food was our entertainment. Anytime

there was a holiday we would have a big family get-together."

Linda gets most of her recipes from church cookbooks and a *Betty Crocker COOKBOOK* her mother gave her 40 years ago. "Church cookbooks are a very good source for recipes, and my old *Betty Crocker COOKBOOK* has the best recipes in the whole world," she explained. "I still use it!" **NOW**



## MAMA'S SQUASH

**6-8 med. yellow squash, sliced**  
**1 1/2 Tbsp. bacon fat**  
**1 sm. onion, chopped**  
**Salt and pepper, to taste**

1. Steam squash in a steamer basket until tender.
2. Heat bacon fat in a heavy skillet; add squash, onions, salt and pepper.
3. Cook, stirring often until all the water cooks out of the squash and it begins to brown.

## CABBAGE ROLL CASSEROLE

**1 lg. head of cabbage, shredded**  
**1 lg. onion, chopped**

**Salt and pepper, to taste**  
**2 lbs. breakfast sausage, hot or regular**  
**1 14-oz. can tomato sauce**  
**1 14-oz. can petite diced tomatoes**  
**1/2 cup water**  
**1 1/2 cups long grain rice, cooked**  
**1 Tbsp. chili powder**

1. Place cabbage in a large casserole or lasagna pan. Add onion, salt and pepper.
2. Brown sausage in a skillet. Add tomato sauce, tomatoes and water; simmer for several minutes.
3. Spread rice over cabbage; evenly sprinkle chili powder over the rice.
4. Spread meat mixture over the rice; cover with foil. Bake 1 hour 15 minutes at 350 F. Serve with corn bread.

## CHICKEN CORDON BLEU LOAF

**1 can refrigerated pizza dough**  
**1 pkg. spreadable cream cheese with chives**  
**Garlic powder, to taste**  
**Deli ham, thin sliced**  
**Deli chicken, thin sliced**  
**Provolone cheese, sliced**  
**1 jar roasted red bell peppers, drained on a paper towel**  
**1 egg, beaten**  
**Grated Parmesan cheese**

1. Heat oven to 400 F. Spray cookie sheet with oil.
2. Unroll dough onto cookie sheet. Pat and stretch dough until it is almost to the sides.
3. Add desired amount of garlic



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powder to the cream cheese. Spread a 3 1/2-inch layer down the center of the dough.

4. Layer ham, chicken, Provolone and peppers on top of the cream cheese. Fold dough 1/2-inch on top and bottom. Next fold over each side to make a nice loaf.

5. Brush loaf with egg; sprinkle with Parmesan cheese. Bake about 20 minutes or until dough is golden brown.

### APRICOT WHITE CHOCOLATE COOKIE

2/3 cup butter flavored Crisco  
 1/2 cup brown sugar, packed  
 1/2 cup apricot preserves  
 1 egg  
 1 tsp. vanilla  
 1 1/2 cups flour  
 1/2 tsp. soda  
 1/2 tsp. salt  
 1 cup pecans, chopped  
 1 cup white chocolate chips

1. Combine first five ingredients.
2. In a separate bowl, combine flour, soda and salt. Add to wet mixture. Stir in nuts and chips.
3. Bake at 350 F until lightly browned (approximately 6-8 minutes).

### GERMAN COLESLAW

(This was the late Ray Rickert's recipe.)

2 eggs, beaten  
 1/4 cup vinegar  
 1/2 pint Miracle Whip  
 2 Tbsp. salt  
 4 Tbsp. sugar  
 1 tsp. black pepper  
 1 tsp. celery seed  
 1 head cabbage, grated  
 1 med. onion, grated  
 1 lg. carrot, grated  
 1 bell pepper, grated

1. In a pint jar, place eggs and vinegar; place lid on tight. Shake vigorously until well-blended. Add Miracle Whip, salt, sugar, black pepper and celery seed; shake until smooth.
2. In a large bowl, combine remaining ingredients. Pour dressing over the vegetables; refrigerate 8 hours or overnight.

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# Answering Five Questions Can Help You Pursue Your Goals

— *By Bob Irish*

As you strive to achieve your long-term goals, such as a comfortable retirement, you may, at times, feel frustrated over events you can't influence, such as the up-and-down movements of the financial markets. Yet there is much you can control — once you determine the answers to just five key questions.

## Where am I today?

Take stock of all your assets — your IRA, 401(k) and other savings and investment accounts. Then, do the same for your debts, such as your mortgage and any other financial obligations. On your financial journey through life, it's essential that you know your starting point.

## Where would I like to be?

Once you've established where you are today, you'll need to identify where you'd like to be tomorrow. How much will you need to pay for the retirement lifestyle you've envisioned? Will you be able to help pay for your children's or grandchildren's college education? Will you need to support any other family members? At this stage, you'll want to write down all your goals and put a price tag on each one.

## Can I get there?

After you've identified your goals, determine if they are, in

fact, achievable. By considering a variety of factors — including your likely future income stream and your family situation — you should be able to determine if you can attain your goals or if you need to modify them in some way.

## How do I get there?

Now it's time to put a strategy into action. Specifically, you need to choose those investments that can help you pursue the goals you've selected. Your ideal portfolio will depend on your risk tolerance and time horizon, but in general, you'll want a diversified mix of quality investments. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility. As you put together your holdings, make sure you understand what you can expect from your investments. For example, growth stocks may offer the highest potential returns, but they also carry the greatest risk. On the other hand, investment-grade bonds can offer a steady income stream and, barring the default of the issuer, will repay your principal when they mature.

## How can I stay on track?

Once you've built your investment portfolio, you'll need to review it regularly — at least once a year — to help ensure it's still meeting your needs. After all, many things can and will change in your life, such as your family situation, your goals, your employment and your risk tolerance. To address these changes, you'll need to adjust your portfolio over time.

As you can see, answering all these questions will take both work and expertise. That's why you may want to work with a professional financial advisor to help you identify your goals and create a strategy for pursuing them.

In any case, though, start asking — and answering — these five key questions as soon as you can. It's easier to reach your financial goals if you put time on your side. **NOW**

*Bob Irish is an Edward Jones representative based in Ennis.*

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# Liquid Gold

— By Betty Tryon, R.N.

To donate blood for the need of others is truly a gift of life. To state the obvious — human beings cannot live without blood. Blood is the liquid gold our bodies need. It carries everything we need in nutrients and oxygen, removes our bodily wastes, helps us fight infections and has countless other functions. The only way a person in need of more blood can receive it is if it is donated by another human. Blood cannot be manufactured or harvested.

Without sufficient quantities, life will not sustain itself. Countless numbers of people have benefited from the kindness and generosity of others who took the time to donate their blood.

The need for donors is great. Many who donate do so because they want to help others. Some donate because they see it as a way of giving back if they

or a family member has received blood in the past. A tangible advantage for donors is you get information from the screening process that normally would come at a cost from your health care provider. You get a blood test to determine if your red blood cells are within normal range, blood pressure, pulse and temperature checked. An extra bonus is you find out your blood type. All of this medical information is provided to the donor for free.

Your donated blood goes a long way because as many as three to four people can benefit from your generous donation. Some of the separated components used are: red blood cells for trauma victims or surgery needs; platelets to aid with clotting; plasma for burn victims or those with liver disease; and cryoprecipitate, which is used to help those with hemophilia.

In order to donate your blood, the minimum age requirement varies between 16 and 17 years of age. Parental consent may be necessary for 16-year-olds. Weight is important. If you are underweight, it may not be healthy for

you to donate. Your health history will also determine whether you are eligible to donate. All information given is confidential. Some conditions, such as cardiovascular disorders, bleeding disorders, HIV positive and malignancy, make you ineligible for donating. Temporary conditions, such as some viral infections, pregnancy, recent tattoos or recent surgery, are all eligible with the appropriate passage of time. Contact your local blood bank or the Red Cross for specifics.

According to the Red Cross, only three of every 100 Americans donate blood. Donated blood cannot be stored forever. It is good for only 42 days, so the need is great and ongoing. Some people use their birthday or an anniversary date as a reminder to donate. Give an invaluable part of yourself: donate your blood. **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

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# Happening **NOW**

## Every Thursday

Celebrate Recovery meeting: 7:00 p.m., 408 Water Street, Waxahachie. The purpose of this group is to help people live free from addiction, compulsive or dysfunctional behavior. For information, contact Brandon Jones at (214) 949-5725 or Brandon@thefrontiercommunity.org.

## Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. Visit [www.elliscountyyaggiemoms.org](http://www.elliscountyyaggiemoms.org) for information.

## First and Third Tuesday

Ennis Cancer Support Group: 7:00 p.m., Ennis Regional Medical Center classroom. For more information, call Kathy at (972) 878-6927 or visit [www.enniscancersupport.com](http://www.enniscancersupport.com).

## First and Third Thursday

Mom's Connected: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Free fellowship for moms of all ages. For information, contact [ennismoms@sbcglobal.net](mailto:ennismoms@sbcglobal.net).

## Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue. Guest speaker: Kari Ott with her program on "Repurchasing Vintage Fabrics."

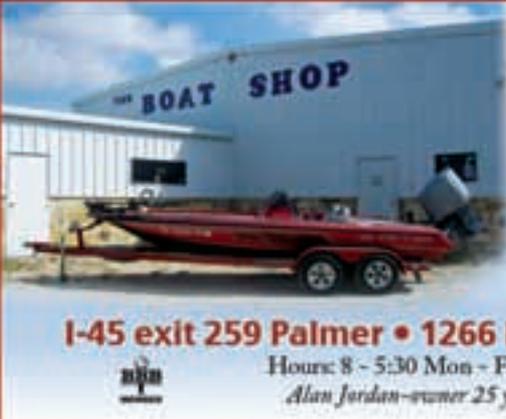
## June 4-27

Ennis Public Theatre presents *Dearly Departed* by David Bottrell and Jessie Jones. New evening show time: 7:30 p.m.

## June 5

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, located off Highway 287 between Waxahachie and Midlothian. The public is invited. The event and parking are free. Breakfast tickets: ages 8 and above, \$6; ages 3-7, \$3; and all those 2 and under eat free. For information, call Tammy at (972) 923-0080.

Antique auction: 1:00 p.m. at Ennis Auction House, 210 N. Dallas St.



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# Happening **NOW**

**June 7-11**

City of Ennis summer recreation program will be held. For information, call (972) 875-1234.

**June 8-July 15**

Ennis Public Library reading program gets underway. For age groups, specific days and times, call (972) 875-5360.

**June 11-13**

DFW Summer Balloon Classic will be held at Mid-Way Regional Airport, located off Highway 287 between Waxahachie and Midlothian. The event that offers something for all ages is free to the public. Parking is \$10. For information, visit [www.summerballoonclassic.com](http://www.summerballoonclassic.com) or call Debby Standefer at (469) 644-4576.

**June 12 and 13**

Trade Days of Waxahachie, Ellis County Expo Center, 2300 W. U.S. Hwy. 287, Waxahachie. Free parking and free admission. Operating hours are Saturday from 9:00 a.m.-5:00 p.m. For information, visit [www.tradedaysofwaxahachie.com](http://www.tradedaysofwaxahachie.com) or call Les Clemons at (972) 617-8156, James Scott at (214) 202-1788 or Jean Davis at (972) 816-3644.

**July 16 and 17**

Creative Quilters Guild of Ellis County will hold their annual quilt show at the Midlothian Conference Center from 10:00 a.m.-5:00 p.m. both days. This year's theme is "Stitches Around the World." This will be a judged show where more than 100 quilts are expected to be displayed and available for judging. For information, contact Carol Sawyer at (972) 921-8576.

**June 26**

Bristol Opry Country Music Show, presented by the Bristol Cemetery Association and Caring Hands of Bristol, will be held at the Old Bristol Schoolhouse, 100 Church Street, beginning at 7:00 p.m. Admission is free, but donations are always welcomed. For information or to be a sponsor, call Jim Gatlin at (972) 846-2211, Randall Willis at (972) 666-2151 or Roland Jones at (972) 666-2273.

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## "When I got hurt..."

I knew it was over. I knew football, track, and anything else was out of the question. I was a little scared because I never had surgery prior to this.

Dr. Moore treated me like a friend. That's how I like doctors to be.

## "My experience..."

The surgery was very good. The nurses were very nice. They explained to me everything that was going to happen before the doctor walked in. Rehab was fun. The people were friendly and cool. I feel great.

I am going to play in college and maybe even run track."



**JYAVON KING,**  
EHS All-District Senior RB/WR

Jyavon King underwent ACL reconstruction utilizing some of his own hamstring tendons. In addition to it being the strongest graft available, this type of procedure reduces the risk for disease transmission or graft rejection. With no appreciable hamstring weakness relative to the uninjured leg, Jyavon will return to the high level of athletics he loves so much.

The Sports Medicine Program at ERMC is home to advanced routine diagnostic imaging, post-injury treatment, high-touch Physical Therapy to surgical procedures ranging from minor surgery to total joint replacement.

For more information call 469-256-2340.

