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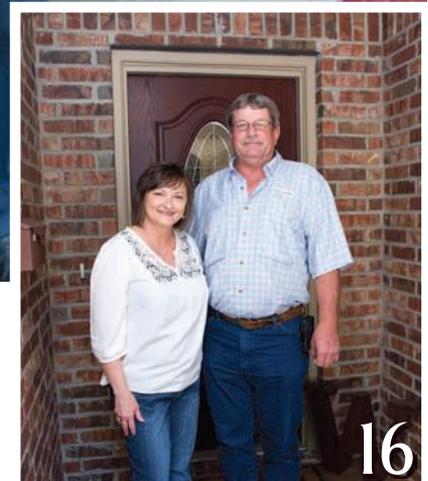
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## Editor's Note

*Hello, Ennis Family and Friends!*

I have a dresser drawer reserved for the grandsons' clothes — the ones they wear at Granny's house. There's "soft pants," comfy T-shirts and socks and underwear stamped with images of Spiderman, SpongeBob, Mutant Ninja Turtles and Lightening McQueen. As I was going through the drawer, I realized some of Easton's clothes can now be handed down to Zane. What is now too small for one will fit the other one perfectly.

My dilemma is what to do with the clothes that no longer fit Zane. I can't hand them down to Karleigh, our new granddaughter. Her parents wouldn't be happy if I sent her home in SpongeBob socks and a superhero T-shirt. At Granny's, soft pink pants and a matching T-shirt will have to do. But, I think I will trade the Texas-sized hair bows for a tiara fit for the little princess she is!

Have a great October!

### Sandra

Sandra Strong  
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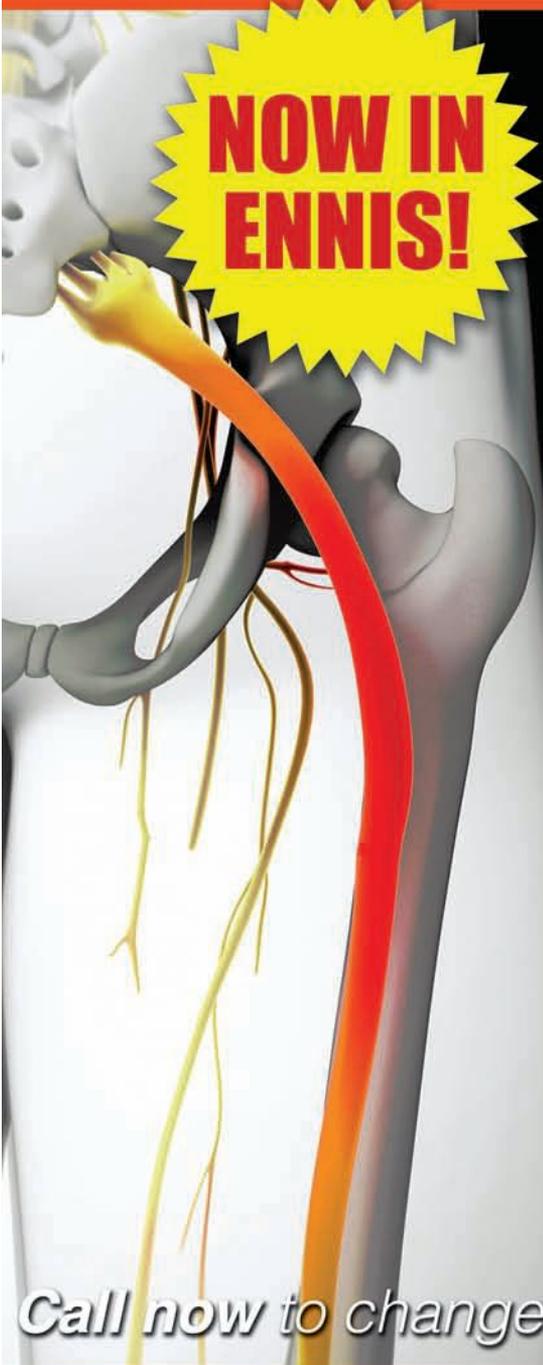
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# STOP, DROP, & ROLL

— By Sandra Strong

*Over 30 years ago, Mike Preston took an oath to protect and serve the community of Ennis and its citizens. He's protected and served in so many capacities over the years that it's difficult for him to remember when one set of responsibilities grew into the next. "I started volunteering with the department in 1980. When I hired on in 1982, I was a probationary firefighter for 12 months," he recalled. "Nearly 18 months later, I earned the credentials to be a paramedic." Mike's job responsibilities over the years have truly included "a little bit of everything" in relation to the Ennis Fire Department.*

The job as a fireman has brought Mike more career enjoyment than he could ever have imagined. "He's loved it all," Evelyn, Mike's wife of 43 years, said. "When they had the opening for a firefighter, I told him to go for it, and it wasn't long before he got on," she shared. She also told him to "go for it" when he first voiced the desire to be a paramedic. "If it makes him happy, that's great," Evelyn added.





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Mike has seen so many changes in the department since hiring on. “The fire pole was gone before I got here, and Martin Luther King Boulevard had yet to be named. The pavement stopped at the fire station’s parking lot driveway and continued to the Interstate service road,” he explained. “More streets just mean the city’s footprints have gotten larger.” All firemen used to have to live in the city limits, and memorizing every street in town was a must, especially if you were hired or worked as a driver. Firemen used to also be the ambulance service back when Mike was first hired.

October was designated as Fire Prevention Month not long after the Great Chicago Fire and the Great Peshtigo Fire, both taking place on October 8, 1871. The fire that ravaged Chicago, Illinois, burned from Sunday night until the morning hours of Tuesday, October 10. At least 300 people perished and thousands of dwellings were completely destroyed. Well over 1,200 individuals lost their lives in the Great Peshtigo Fire in Wisconsin. The reason cited for both of these fires was severe drought conditions. “The death toll from these two fires prompted the beginning of the fire prevention program that’s still shared throughout the country today,” Mike stated. “Those in high positions knew they needed to do something to keep this same thing from happening again. We educate people of all ages on how to get out if they find themselves in a fire and how to get to a safe place.”

Although fire safety is important all year long, October is the time when firefighters all over the country go into schools to educate the youngest students about Stop, Drop and Roll and

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EDITH, an “Exit Drill In The Home,” providing family members with a safe escape method in case of a home fire. The program the Ennis Fire Department has had in place for as long as Mike can remember is one that works. “In the beginning, a fireman would suit up and stand in front of the kids,” Mike remembered. “We wanted to remove the scare factor for the kids. We did this by talking to them, explaining the ‘stop, drop and roll’ method of safety and also the importance of not playing with matches.”

Over time, the fire safety program has progressed to full groups of firefighters going into the schools, teaching toward the students’ grade levels and attention spans. “We must present a program that holds their attention,” Mike explained further. “What we do must be working because we’ve had no reported structure fires caused by children who have been playing with matches.”

When educating the youngest students, Mike and his fellow firefighters instruct them on the importance of staying low to the ground, so they move under the smoke. They are told to “hug the ground.” Today’s program also uses technology that wasn’t available when fire prevention programs first began. “We operate any puppets used to pre-recorded music and voices,” Mike shared. “We normally always have a time of Q and A. Some of the questions they ask will make you laugh, while others will bring tears to your eyes.”

Fire prevention safety begins with students in kindergarten and continues through the junior-high level. As the students get older, the questions get more detailed, opening the door for more detailed and descriptive answers. “The older kids learn that you have to think

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fast in a fire,” Mike stated. “We cannot stress to them enough how important fire safety is. Knowing what to do in case of a fire saves lives and protects property.”

When teaching adults about the importance of fire safety in the home, the EFD encourages parents to lay down the law about matches and lighters. Those two items are not toys, and children must understand not to use them under any circumstance. Parents will also want to explain fire safety rules to their children and include the dangers found in playing with electrical outlets and cords. The stove and oven are also “off limits,” unless they are being supervised by an adult. “All it takes is talking to your kids,” Mike reiterated. “Make sure they know and understand the rules, that they know and understand the exit route and to leave lighters and matches alone.”

Mike is a self-proclaimed jokester who knows when to be serious. Preventing fires of any kind is critical business to him and his fellow firefighters. “It’s a life and death matter,” he stressed. “There are no clowns or clowning around in our program. Fire safety is important business.”

Even more changes came after 9/11, thus making continuing education very important for the entire fire department. The classes they take keep them abreast of all they need to know to keep themselves and the people they serve safe. As evidenced by the goodies received on a regular basis, it’s apparent that the community loves their firefighters. “You never know,” Mike added, “one day, we might get a pizza delivery, just because, and another day, the ladies from the American Legion will drop by with homemade pies and cookies.”

“People really do appreciate them and all they do for the community,” Evelyn said with pride in her voice. “I hear people talking all the time.”

When Mike isn’t at the station or in the classrooms teaching others or learning new things himself, he can usually be found at home taking care of the yard or working on his “honey-do” list. He still considers himself to be a work in progress, especially when he’s at the fire station. “You’re never too old to learn new things,” he admitted. “And you really can teach an old dog new tricks.” **NOW**

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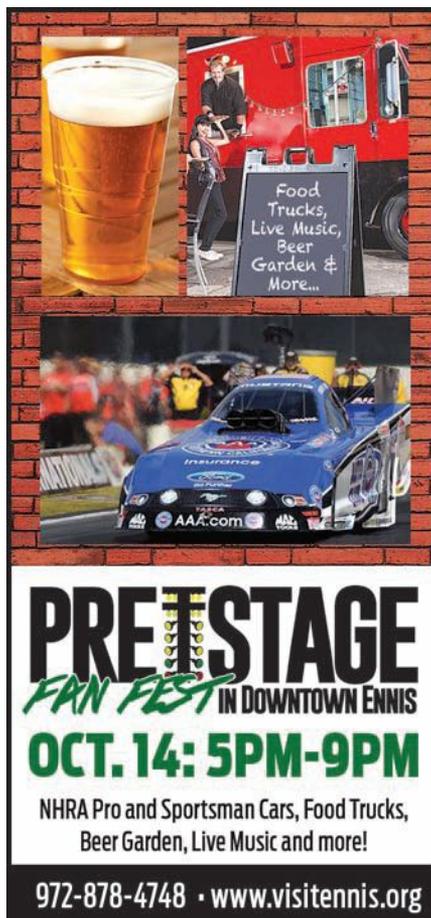
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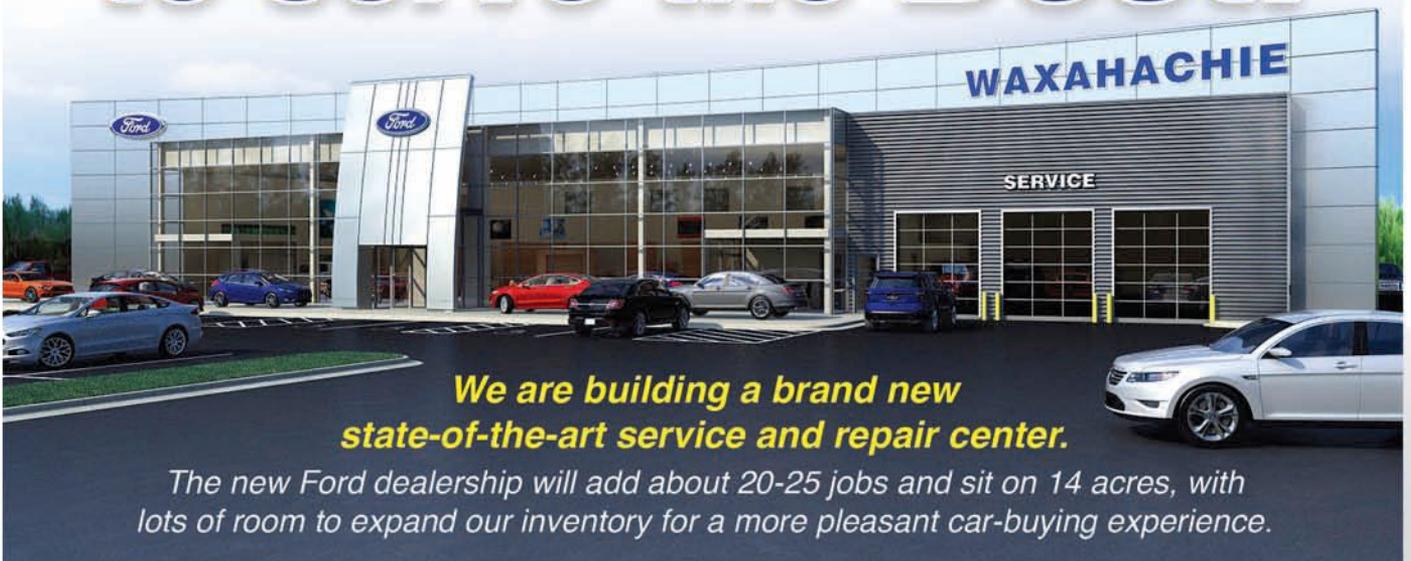


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— By Donnielle Tyner

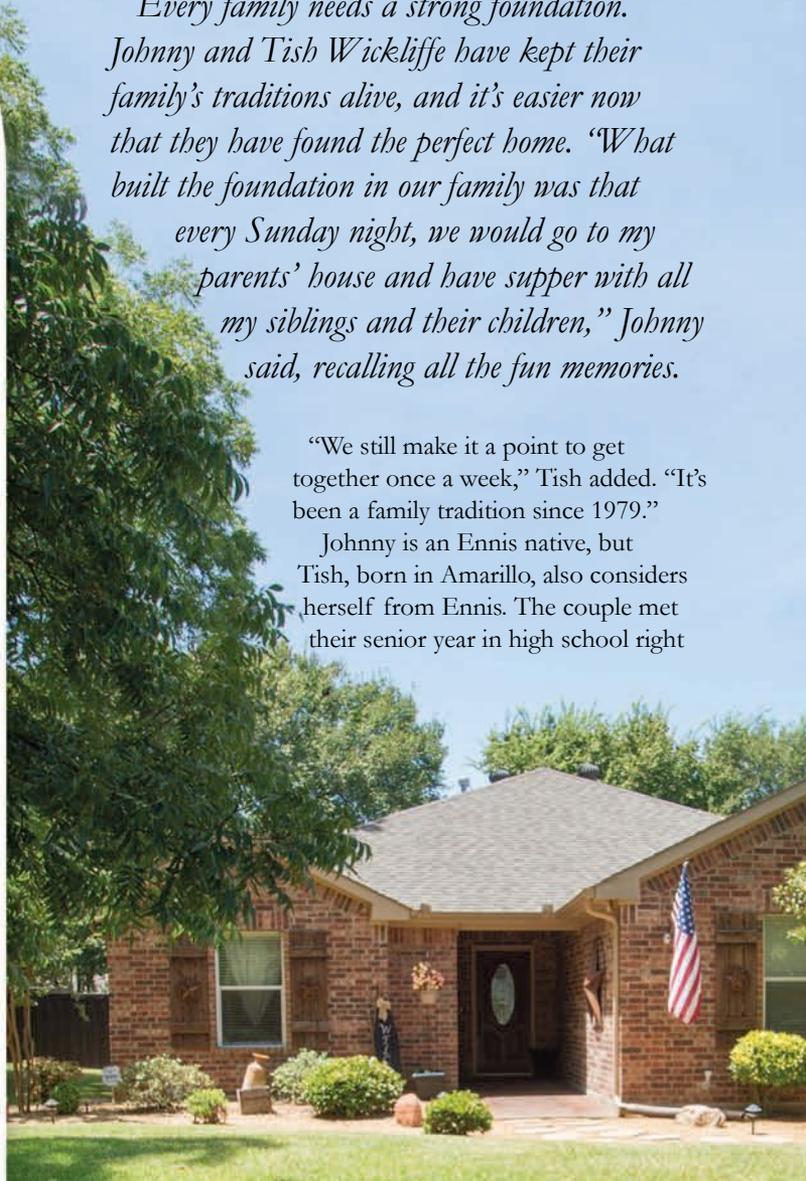
## At Home With Johnny & Tish Wickliffe



*Every family needs a strong foundation. Johnny and Tish Wickliffe have kept their family's traditions alive, and it's easier now that they have found the perfect home. "What built the foundation in our family was that every Sunday night, we would go to my parents' house and have supper with all my siblings and their children," Johnny said, recalling all the fun memories.*

"We still make it a point to get together once a week," Tish added. "It's been a family tradition since 1979."

Johnny is an Ennis native, but Tish, born in Amarillo, also considers herself from Ennis. The couple met their senior year in high school right





outside the old 7-Eleven. Tish smiled as she reflected, "One of my friends was using the payphone, and Johnny drove up in his GTO with one of his friends," she shared. "His friend got out to talk to my friend, so I jumped in the car and told him that I liked his car."

"We've been together ever since," Johnny said. The couple graduated in 1978, having never had a single class together before that fateful meeting.

They married a year after graduation. "What made me want to be with Johnny was when we first went out, he took me to see his family." Tish choked up remembering their lost loved ones. "They were a big part of our lives." A few years after they were married, the couple had a son and daughter. After the kids were grown and the couple was left with an empty nest, they sought a



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new home in the country, or even in the Waxahachie area, to be closer to their church, Saint Joseph's Catholic Church. However, every time they put an offer on a home, they were outbid or too late. As soon as their current home came on the market, they were the first to see it and put an offer on it right away. The home, although situated on a busy street, sits on a beautiful half-acre lot.

"It was raining the day we came to look at this house, which made it more peaceful. We live at the back of

the house, and we tend to not hear the traffic," Johnny explained.

The large, covered stone patio has a fully functional kitchenette area, and a large, outdoor fireplace is perfect for entertaining. The space inside and the inviting backyard is what enticed the Wickliffes, especially Tish. "The home we were in before was smaller, and we like to have company. When you don't have the room, it's really hard to fit everyone inside, but now that we have a slightly larger home, we are just so happy to have



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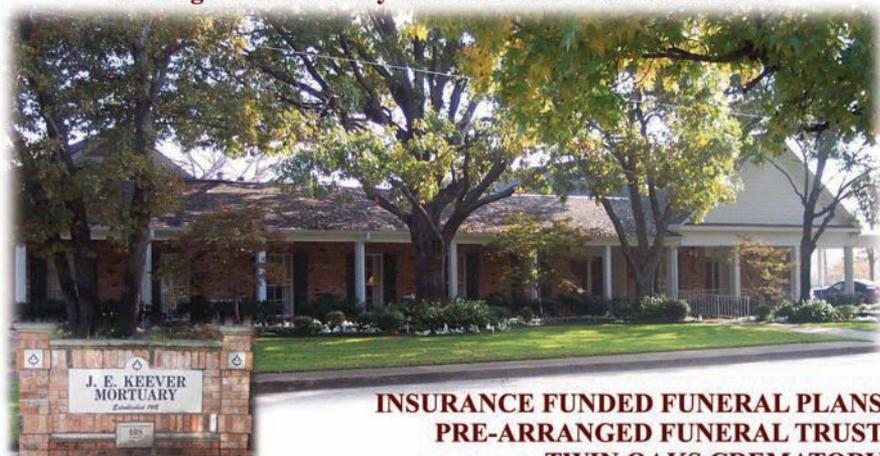
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everyone over," she said. Since 2000, the Wickliffe family has hosted a fish fry every Good Friday in honor of Johnny's dad. They also invite extended family to join in on the festivities, and Johnny and Tish were excited to host this past year at their new home.

Inside the home, the importance of family and God are conveyed throughout each room. In the living room, the tables and walls are decorated with family portraits, motivational signs and Scripture quotes that mean something to the family. The interior was updated by the original owner, Mr. O'Neal, who was also a carpenter. He added crown molding above every window and door, creating an illusion of height and a simple elegance to the home.

The open kitchen, decorated simply, is adorned with various rooster accents, most of which were hand-stitched by Johnny's mother. "Johnny's mom did a lot of needlework. When they were going through her things, I found these roosters. I couldn't let something like that go. It was something special that she did with her hands," Tish explained, as she lovingly caressed the framed treasure. Above the tall cabinets, family heirlooms from Tish's grandmother's kitchen are displayed, including an antique sifter, egg beater and percolator, among other items.

Also, gracing the wall in the kitchen is a red cross with Psalm 23 inside. This Scripture holds a special place in Tish's heart. After being denied another home, the Wickliffes went to church and this song played. Tish realized that material things and what house you live in don't matter. She bought the cross to remind them that God will provide what they need, and *that* is what matters.

Every corner in the hallway holds family history, as evidenced by the display of recent family photographs, mostly taken by their daughter, Melanie, who is





the photographer and artist of the family. The buffet was bought with the house and proudly displays old family photos of Tish's family. Her grandfather was a Bing Crosby doppelganger. The display case was built by Johnny's father.

Both spare bedrooms are simply decorated and force attention on the small, yet important objects found throughout the rooms. One bedroom boasts an inlet bookshelf filled with photos from multiple decades. The other room is what Tish lovingly calls The Fishing Room after her father-in-law and son, who is also an avid fisherman. Above the bed, fishing reels are lovingly displayed next to a photo of their son, Chris, fishing as a youngster. An old hand-held wood planer found in Johnny's father's shed hangs on the opposite wall. It has been repurposed and is now used as a hat organizer.

The master bedroom is the only room in the house the Wickliffes updated themselves by changing the wall color from yellow to the neutral tan that is present throughout the home. A king-size bed is the focal point of this room, but it doesn't distract from the antiques. Across from the bed is a family piece of furniture Johnny repurposed to store Tish's jewelry.

Whether it is furniture or family pictures, the old and new proudly meet and blend together quite well throughout their home — from the bench in their front yard made from Tish's childhood bed, to the small sign exclaiming *God's love never fails*, which Tish made for each member of her family. Every item in their home not only has a memory attached to it, but conveys to those who visit Johnny and Tish that their focus is on God and family, and they wouldn't have it any other way. **NOW**

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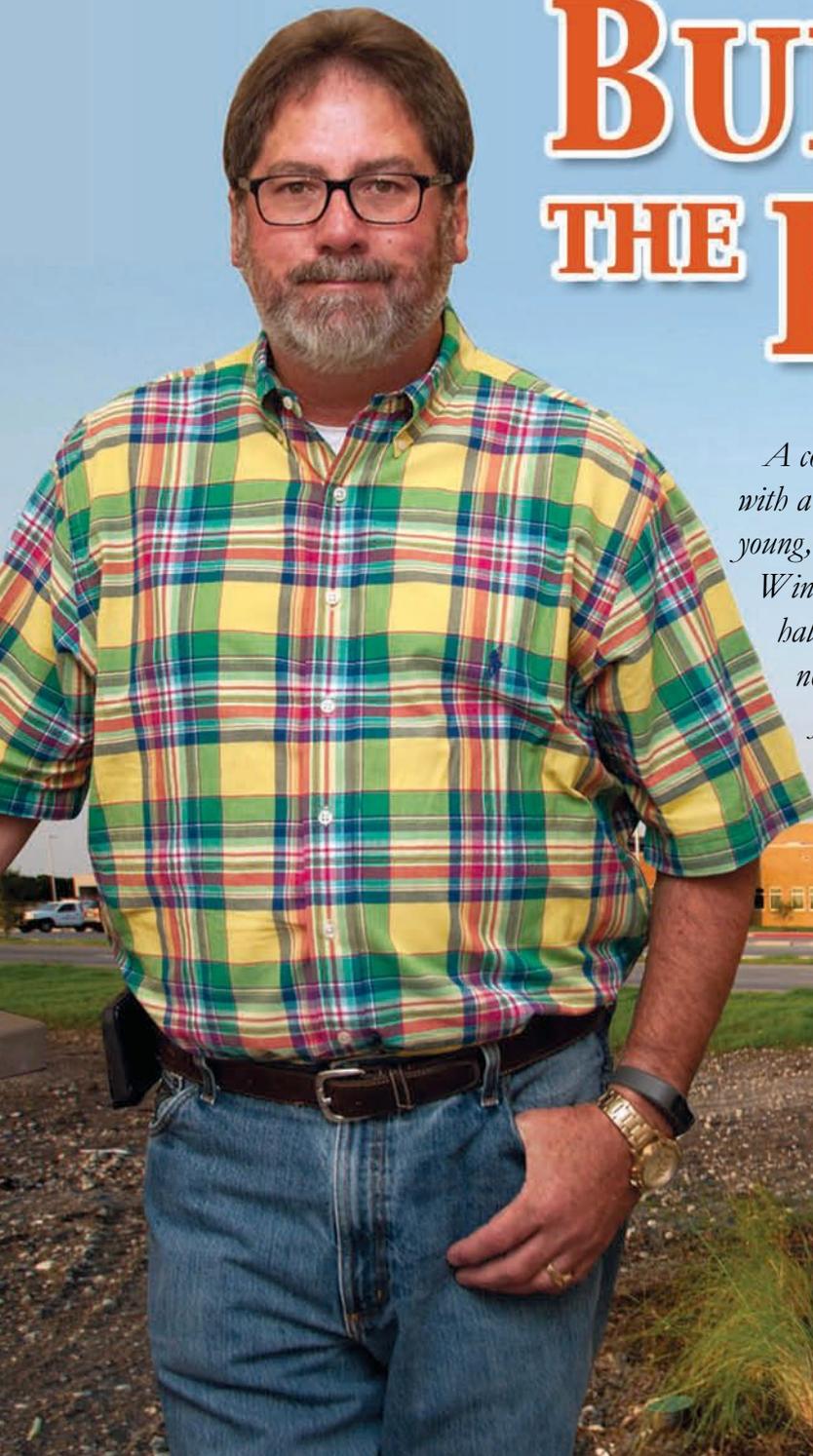
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# BUILDING THE FUTURE

— By Virginia Riddle

*A colorful ocean scene built into the library's ceiling, along with a reading loft, is going to help make stories come alive for young, curious minds who make visits to this reading haven. Windows flood classrooms with natural light, and broad hallways with soaring ceilings are dotted with reading nooks and brightly lit with LED lighting. These are a few of the enticing features of the newly constructed Palmer Elementary School — Janie Barron Campus.*



PALMER ELEMEN  
JANIE BARRO



The beginning of a new school year is always a magical time for young children and their teachers. This year, however, Palmer ISD had a special treat for the community when it premiered its elementary campus designed to enhance the learning and teaching experience, while providing a safe environment. As always, there were a few tears shed in the pre-kindergarten/ kindergarten wing, mostly from moms, dads and other family members. However, the children couldn't help but have anticipatory smiling faces as they experienced the sights and smells of the "new" that permeated their home-away-from-home building dressed up with its new furnishings. "The community and children deserve this building. Everyone is pretty excited," Kevin Noack, superintendent of Palmer ISD, said.

The voters of the district saw the need and passed a bond issue in November 2013 to finance the construction and furnishing of the new school. "The old elementary school had been the high school at one point and was never meant to be a school



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for younger children. It had two additions that didn't work well. For instance, there were only 10 toilets for 400-plus students and staff!" Mr. Noack recalled.

The ISD's enrollment figures have remained steady to date with only a slight increase over the last two years from 1,120 students to 1,150, so the new building wasn't needed to assuage overcrowded conditions. However, that may be changing for the district. "We feel that enrollment will grow due to the new campus and to the town's new Wal-Mart. Several Realtors have been receiving calls, and area builders say they are getting calls," Mr. Noack revealed. The new campus accommodates learning mandates for pre-K through fourth grades and has room for the anticipated growth having gone from approximately 40,000 square feet in the old building to approximately 65,000 square feet. The extra space will necessitate the hiring of extra maintenance, custodial and cafetorium staff. "We will have, for a while, at least two empty classrooms and will ease enrollments at the intermediate campus now that fourth-graders stay at the elementary campus," Mr. Noack explained.

The campus' design, by Huckabee Architects of Fort Worth, not only has the "wow factor," built into every nook and cranny, but it also has features that will keep students and staff safe during severe weather — even up to



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an EF5 tornado. Visitors arriving at the aesthetically attractive limestone-covered building will check in first at a kiosk outside the main entrance before being buzzed through a separate door to the office to receive an identification badge. Cameras are located in all Palmer ISD buildings and monitored in offices, and motion sensors and light harvester sensors are located in every room of the new school. Whether visitors are attending a musical performance in the cafetorium, with its state-of-the-art sound and lighting equipment, or reading a book to students in a classroom or in the library, they will be impressed with the bright learning environment. The LED lighting and HVAC systems are operated from a centralized computerized system, and the central hallways sport a color scheme of bright blue, orange and green.

While the pre-K to K wing features the usual cubbies, it also functions as the designated shelter for all students and staff. Solid steel shutters fold over every window and six inches of concrete with steel beam construction combine for solid support. "It's the new code that must be met," Mr. Noack said. This wing also has an external ventilation system in case the power goes out during a storm. Each pre-K to K room has its own bathroom, sink and built-in cabinet storage area complemented by walls of blue and beige. Lights in all instructional areas can be dimmed for media presentations, and the building has Wi-Fi access.

Two other instructional wings will be learning central for children in grades one and two and grades three and four. With soaring ceilings and the same color scheme, except for the flooring, these wings have central hallway bathrooms, water fountains, cabinets and cubbies for storage in each room. There are two science labs to which teachers can bring students. Desks are curvy and fit together

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like jigsaw puzzles. “There will also be chairs that rock — four to a room — for ADHD students,” Mr. Noack added.

A gym occupies part of the third/ fourth grade wing, and two playgrounds, one on either end of the upper grade wings, are available for play. Teacher parking and a safe drop-off zone are found behind the school, while visitors can conveniently park in front of the school.

“ICF (insulated concrete form) construction was used throughout this building,” Mr. Noack said. “With its rigid thermal insulation and the master controls, we expect that the lessening of utility costs may offset some of the construction costs. It looked like LEGOs going up when the crews were building the walls,” he recalled.

The district prides itself on offering small classes and good discipline. “I have the best staff in the world and a great school board,” Mr. Noack said.

A staff of 53, led by Principal Allyson Spurgeon, is preparing these young students as the future leaders in already successful UIL academic and 3A athletic competitions. The 2014 Bulldogs were area football champs, the baseball program is strong, with two state championships, and volleyball teams have gone into the playoffs for several years. FFA, art, choir, band and one-act play competitions are district strengths. “We are doubling the shop area and building a swine barn for vocational-ag, and we have a state officer in Family Career and Community Leaders of America (FCCLA),” Mr. Noack said. “We have parent volunteers working on all campuses.” The future is bright as the students of Palmer ISD are given the tools, staff and buildings in which they can achieve continued success. **NOW**

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~ Short Term Rehab Patient

My mother has been to another facility in the past but the staff at Ennis Care Center is much friendlier. My mother is more comfortable here.

~ Short Term Rehab Family Member

I cannot believe the progress I made at Ennis Care Center. In a very short time my medical situation was completely turned around. I loved the fact that my husband could stay with me while I was at ECC and I really feel that is one of the reasons why I did so well. Everyone was so nice and caring. I highly recommend ECC if you need care.

~ Short Term Rehab Patient

Ennis Care Center has given the best care to my mother. Everyone has really been wonderful. I can sleep at night and not have to worry about Mom. I want to give special recognition to Mimi, Judy, Elaine and Micki in nursing and Griff and Jennifer in therapy.

~ Short Term Rehab Family Member

I have been to several other rehab facilities but now that I have been to Ennis Care Center, I will never go anywhere else. The staff at ECC are some of the nicest people I have ever been around. Everyone really listened to me!

~ Short Term Rehab Patient

I almost feel like I'm on vacation! It feels so good how everyone takes such good care of me!

~ Short Term Rehab Patient

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



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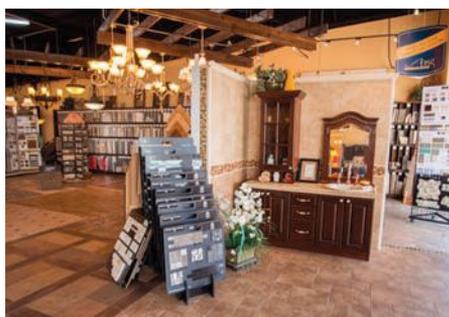
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— By Virginia Riddle

Lone Star Floor Covering is celebrating its 30th year in the business of servicing customers’ decorating needs in Ellis and surrounding counties. However, Michael Law, co-owner, has a lifetime of experience in this business to offer customers. “During Michael’s teenage years, he worked as a helper for local flooring installers. He was pretty darn good at it, and his career was chosen. Michael did the really hard work in starting this business 30 years ago,” Kellie Law, Michael’s wife and co-owner, said.

Michael makes on-site measurements for estimates and oversees getting materials out of the warehouse to the job, while Kellie serves as bookkeeper and front office and showroom manager. Fabian Delatorre is the warehouse manager with “years and years of experience.” “Fabian’s a great guy and good as gold,” Kellie

stated. “We also work with subcontractors, most having been with us for 15-20 years or more.”

Repeat customers and referrals are at the heart of Lone Star Floor Covering’s success. “We do residential and commercial remodeling and have known some families for generations,” Kellie said. Originally located in Midlothian, the Laws bought their current Ennis location in 2007. “The people in the Ennis area are wonderful and have been very loyal,” Kellie added.

Customers browse displays of popular floor covering brands — Armstrong, Jackson Hardwood, Anderson, Mannington, Prestige Hardwood, Shaw, Daltile, Stone Solutions, Mohawk and Amerock — for carpet, tile, wood laminate and vinyl plank needs. Lighting choices can be made from Elk, Capital, Vaxcel, Kenroy and

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Sunway Fans brands. “We have everything needed for rehab or new construction, either accomplished by a do-it-yourselfer or through subcontractors,” Kellie said.

Employee Michelle Chavez helps customers as Lone Star Floor Covering starts focusing on its cash-and-carry discount store located a few doors down from the main store, but within the same center. “We want to make flooring more affordable. We won’t install materials bought at a discount, but we will carry everything needed to complete a job,” Kellie explained. The store buys materials mill direct. In-stock items are ready for immediate delivery, and special orders are filled within two days. All major credit cards, checks, money orders and cash are honored.

A nurse by training, Kellie and Michael met when he was installing carpet at Baylor Waxahachie. “I married into the business 24 years ago without knowing anything about it,” Kellie remembered. “I’m a people person, and I have learned how

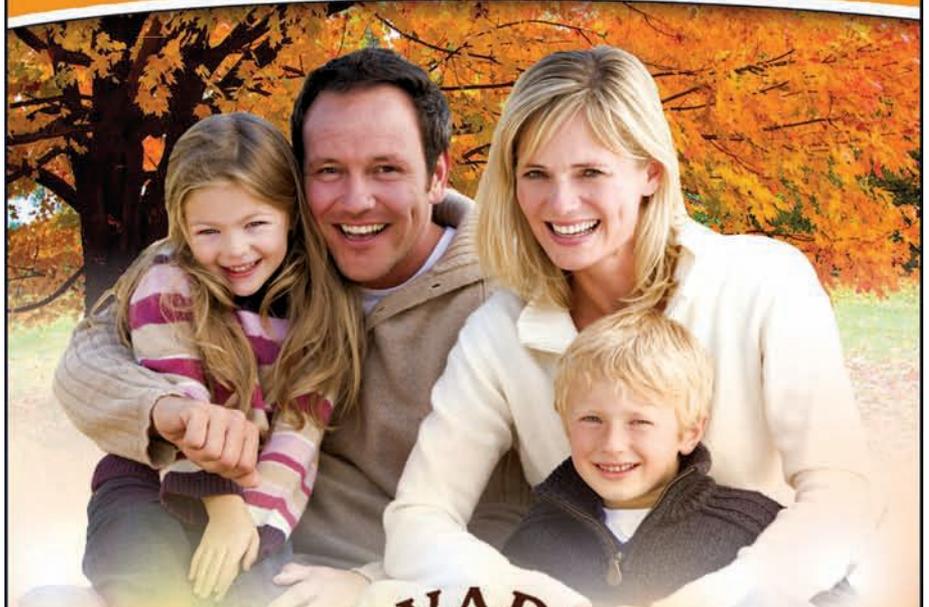
**“The people in the Ennis area are wonderful and have been very loyal.”**

important it is to find the right product and design style for each individual. Building or remodeling is a major investment for most people, so we strive to get it right the first time. I sometimes work quite a while with a customer. It gives me great pleasure when he or she is happy with the results.”

Kellie creates an up-to-date showroom. She communicates constantly between suppliers, employees and subcontractors, keeping everyone informed and on schedule until job completion. “Owning a business means working six days a week. It’s not for the faint-of-heart, but Michael is our rock,” Kellie said.

On Sundays, they enjoy time with their children, six-plus grandchildren and working with the chickens and home garden on their farm. But every Monday, Michael and Kellie enthusiastically serve customers who fill their “Thank You” board with appreciative notes. **NOW**

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*The Vietnam Veterans of America Chapter 1009 in Corsicana present a \$500 check to the Home for the Brave committee that will go toward the home they are building in Ennis for a wounded veteran.*



*Levi Brady and his nephew, Nathan Davis, staying cool inside.*



*Kinsey Skerob, catcher, short stop and third base, proudly displays her trophy.*



*Greenlee Degroot is a pretty purple princess.*



*Mia Mach is ready for her first day of eighth grade.*



*Kasen Holmes cools off with his aunt, Penny Mach.*



*Congrats to 18U NTX Bombers team for winning the Lone Star Division Championship at TCS Southwest Nationals in Austin.*



*Emmie Huffnagel and Paige Ball pose at the first JH Football game of the season.*



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# What Should You Know About Establishing a Trust?

You don't have to be a CEO or multimillionaire to benefit from a trust. In fact, many people gain advantages from establishing one, so it may be useful to learn something about this common estate-planning tool.

Why would you want a trust? For one thing, if you have highly specific wishes on how and when you want your estate to be distributed among your heirs, then a trust could be appropriate. Also, you might be interested in setting up a trust if you'd like to avoid the sometimes time-consuming, usually expensive and always public process of probate. Some types of trusts may also help protect your estate from lawsuits and creditors. Currently, only a small percentage of Americans will be subject to estate taxes, but estate tax laws are often in flux, so things may be different in the future — and a properly designed trust could help minimize these taxes.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective, estate-planning vehicles, but they can also be complex and varied, so you'll want to make sure you understand what's involved.

One important decision will be to choose a trustee. The trustee is legally bound to manage the trust's assets in the best interests of your beneficiaries, so your choice of trustee is extremely important. Your first impulse might be to select a family member, but before doing so, consider asking these questions:

- Does he or she have the experience and knowledge to manage your financial affairs competently?
- When called upon to make a decision that may affect other family members, will your prospective trustee act in a fair and unbiased manner?

- Will naming a family member as trustee create a strain within the family?
- Does your prospective trustee have enough time to manage your trust? Does he or she even want this responsibility?
- Do you have other family members who are willing to serve as trustee if your chosen trustee cannot do so?

This last question leads to another key aspect of establishing a trust — specifically, you can name a “co-trustee” to help manage the trust, and also a “successor trustee” who can take over if the person named initially fails or refuses to act in the capacity of trustee. Again, you will want to put considerable thought into whom you ask to take these roles.

And you don't have to stick with individuals, either. You can decide to ask a financial institution to serve as trustee. By hiring such an institution, you will gain its objectivity and expertise, but you still need to ask many questions about costs, services provided, and so on.

Finally, as you develop your plans for a trust, consider communicating your wishes and ideas to your family and anyone else who may be beneficiaries of your estate. When family members don't know what to expect, disappointment and frustration can follow. If you know your loved ones are on board with your estate plans, you may feel even more comfortable in putting these plans in place. **NOW**

*Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Irish is an Edward Jones representative based in Ennis.*

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## When the “-itis Boys” Strike

You know the “-itis boys” don’t you? We commonly call them “Arthritis,” “Bursitis” and “Tendonitis.” Yes, the “-itis boys” are a real problem because when they come to visit, they tend to stay for extended periods and sometimes never leave. They shouldn’t be written off as simply “old age” as several of these conditions have specific treatments that may limit or halt the condition and may prevent long-term disability. Therefore, a brief introduction of these boys may be helpful.

Arthritis is a general term to describe an inflammatory condition involving the soft tissues of the joints. In its more advanced stages, the inflammation may cause erosion and permanent damage to the adjacent bone leading to a need for surgical intervention. The most common form is osteoarthritis which commonly involves the weight bearing joints of the lower extremity, such as the hips, knees and ankles, as well as the highly moveable joints of the hand (especially the base of the thumb). Osteoarthritis affects as many as 50 percent of all people at some time in their life and tends to flare when the weather is cool and damp and following extended joint stress. Joint stiffness is a common feature with osteoarthritis and is especially noted with prolonged inactivity. Hence, many will notice severe stiffness upon awakening, which improves with increased motion. While there is no cure for osteoarthritis, anti-inflammatory medications such as aspirin, ibuprofen and naproxen are often very effective.

If joint pain, stiffness and/or swelling do not resolve with anti-inflammatory medications, one should seek the advice of his/her physician as blood tests may be needed to identify illnesses such as rheumatoid arthritis or lupus. These so-

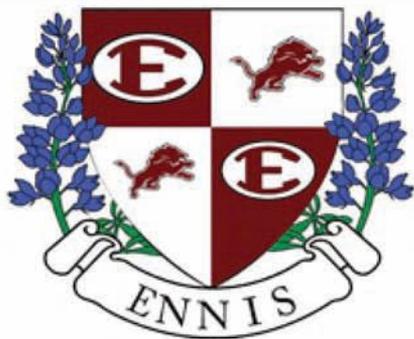
called seropositive forms of arthritis may be substantially improved with medical treatment. However, failure to aggressively manage these illnesses may lead to permanent, irreparable joint damage. Additionally, these forms of arthritis may also affect other organ systems further underscoring a need for prompt identification. As gout arises from the accumulation of uric acid in the joints, simple blood tests can be used to identify and track appropriate treatment.

Bursitis involves the inflammation of fluid-filled sacks called bursae. These bursae are most commonly described in the shoulder, elbow, hip and knee. As the bursae act as cushions around bones, their inflammation is commonly related to trauma or overuse. Therefore, reduction of joint stress is foundational to symptomatic relief. Bursitis is often treated with anti-inflammatory medications or cortisone injections with resultant rapid relief. Typically, bursitis is an isolated finding and is unrelated to other illnesses.

Tendonitis is the inflammation of tendons, which are fibrous structures that connect muscles to bones. Tendonitis is almost always seen in the context of overuse. Hence, weekend warriors and athletes are common victims of this affliction. Like bursitis, symptoms typically abate with the use of anti-inflammatory medications and reduction of physical activity of the involved muscle group.

So, there you have the lineup of “-itis boys.” They are notorious to be sure but manageable under proper care. Here’s to your good health! **NOW**

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



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- Awarded over \$50,000 in grants for educational resources to Ennis ISD
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For more information please call 972.872.7005 - The Ennis ISD Education Foundation is a 501(c)(3) non-profit organization

### Through October 31

Ennis Farmers Market: 8:00 a.m.-1:00 p.m., located in historic downtown at 100 N. Dallas St.

### October 2 — 31

Screams Halloween Theme Park: **Fridays** and **Saturdays** only. For park times and detailed information, call (972) 938-3247.

### October 3

Our Sunshine Friends Family Festival: 2:00-10:00 p.m., Ellis County Expo Center, 2300 W. Hwy, 287 Bypass, Waxahachie. For more information, visit [www.oursunclowerfriends.org](http://www.oursunclowerfriends.org).

### October 9, 10, 16, 17, 23, 24, 25

Theatre Rocks! presents *Deathtrap*: Buy tickets and check curtain times at [www.theatrerocks.com](http://www.theatrerocks.com).

### October 10

4th Annual Ennis Pink Power Breast Cancer Awareness Walk: 9:00 a.m.-noon, 302 N. Dallas St. For more information and also to register, visit [www.ennispinkpower2015.eventbrite.com](http://www.ennispinkpower2015.eventbrite.com).

3rd Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry, 125 Park Place Blvd., Waxahachie. For more information, call the office at (972) 937-4370.

### October 17

Autumn Days Fall Festival: 10:00 a.m.-4:00 p.m., historic downtown Ennis. For more information, call (972) 878-2625.

### October 20

Ellis County Veterans Networking Group: 6:30 p.m., Ryan's Steakhouse, Waxahachie. For more information, call Mike Lamb at (214) 763-0378.

### October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips, host of the weekly TV Show, *Texas Country Reporter*, for a day of arts and music. Enjoy a free concert with America as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

### October 30

Trick or Treat on the Square: downtown Waxahachie with participating merchants.

### October 31

9th Annual City-wide Fall Festival: 6:30-8:30 p.m., Waxahachie Civic Center. The event will offer lots of fun game booths for kids of all ages. Every child that plays a game will win lots of candy. A concession stand will also be available. The event is free, and there is no need to register. Come as you are or wear a costume.

### Ongoing:

### Fourth Thursdays

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

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

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## In the Kitchen With Carolyn Brewer

— By Virginia Riddle

Carolyn Brewer is passionate about pies. Baking is what she loves to do for friends and family and church gatherings. “Every pie I bake begins with Mama’s pie crust,” Carolyn said.

A longtime resident of the Ennis area, Carolyn retired four years ago from a career as bookkeeper for Cody Company, Inc. “I learned to cook from my grandmothers; mother, Betty; and mother-in-law, Kathlyn. For Thanksgiving and Christmas dinners, Carolyn prepares her Grandmother Hart’s dressing. And once a week, her husband, Donald; their children, Lezlie and Paul; grandchildren, Spencer, Paige, Jace, Carlee, Jake and Brooke; and great-grandchild, Ryker, gather for family night, along with Betty and Kathlyn. “Every one of my family members has chosen his or her favorite meal, and I prepare food from the lists.” **NOW**

### Pie Crust

Makes three crusts.

- 3 cups flour**
- 1 tsp. salt**
- 1 cup, plus 1 Tbsp. shortening**
- 1/2 cup water**

- 1.** Preheat oven to 450 F
- 2.** Combine flour and salt.
- 3.** Cut shortening into flour mixture until balls the size of small peas form. Sprinkle water over mixture; mix well to form dough into three balls.
- 4.** Flour a flat surface and rolling pin. Roll out each dough ball separately; transfer crusts to pie plates.
- 5.** Flute edges with fingers; prick crust bottoms and edges with a fork.
- 6.** Bake 15 minutes; cool.

### Chocolate Pie

Filling:

- 1 cup sugar**
- 2 Tbsp. cocoa**

- 1/3 cup flour**
- 1/4 tsp. salt**
- 2 cups evaporated milk**
- 3 eggs, slightly beaten**
- 2 Tbsp. butter**
- 1 tsp. vanilla**

Meringue:

- 3 egg whites**
- 1/4 tsp. cream of tartar**
- 1 tsp. vanilla**
- 6 Tbsp. sugar**

- 1.** For filling: In a saucepan mix the first 6 ingredients well.
- 2.** Cook over medium heat; stir mixture until it boils and thickens; cook 2 more minutes.
- 3.** Remove from heat; add butter and vanilla. Cool to room temperature; pour into pie crust.
- 4.** For meringue: Beat egg whites, cream of tartar and vanilla together until soft peaks form.
- 5.** Gradually add sugar; beat until sugar completely dissolves.
- 6.** Spread on pie top; seal to crust edge.
- 7.** Bake 15 minutes at 350 F.

### Avis Hart’s Dressing

- 12 cornbread muffins**
- 8 bread slices, toasted**
- 1 cup celery, chopped**
- 1 cup onion, chopped**
- 1 stick butter**
- 1 tsp. sage**
- 1 tsp. poultry seasoning**
- Salt and pepper, to taste**
- 1 cup buttermilk**
- 1/2 tsp. baking soda**
- Chicken broth**

- 1.** Crumble muffins and bread together.
- 2.** Sauté celery and onion in butter.
- 3.** Mix bread, vegetables and seasonings together (works well to make a day ahead to enhance flavor).
- 4.** Mix buttermilk and baking soda; add to cornbread mixture
- 5.** Add broth until mixture is moistened but not soupy.
- 6.** Cover; bake 1 hour at 350 F. Uncover; bake an additional 15 minutes.

### Chicken and Dumplings

Whole chicken

- 1 onion**
- 3 celery stalks**
- 2 Tbsp. chicken-flavored bouillon**

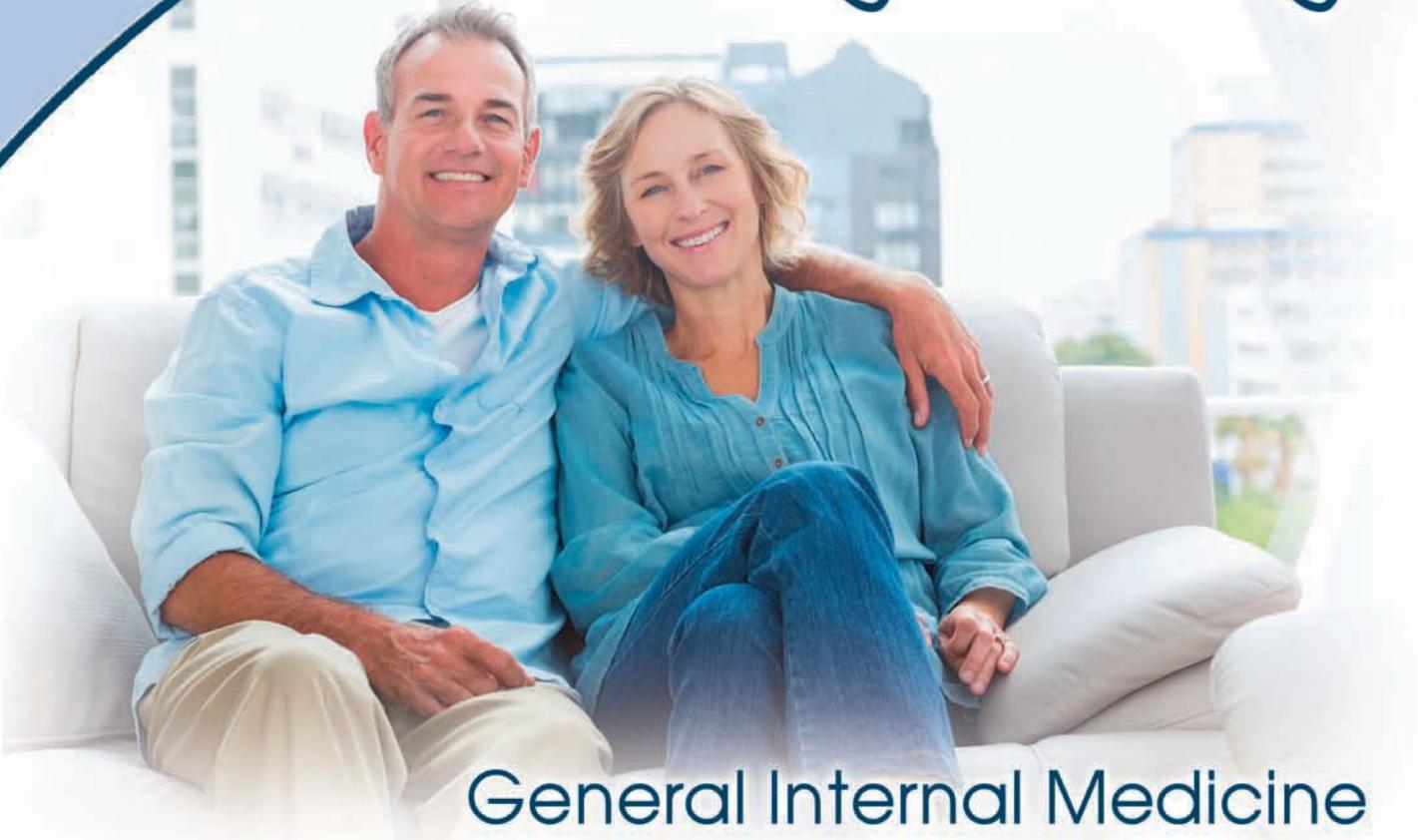
Dumplings:

- 2 cups flour**
- 2 tsp. baking powder**
- 1 tsp. salt**
- 1 cup milk**
- 4 Tbsp. vegetable oil**
- 1 5-oz. can evaporated milk**
- Salt and pepper, to taste**

- 1.** Boil chicken with onion and celery; add bouillon. Simmer 2 hours; cool.
- 2.** For dumplings: Mix flour, baking powder, salt, milk and oil until moistened.
- 3.** Roll dough on a floured surface to 1/4-inch thickness; cut into strips.
- 4.** Bring broth to a boil; drop dumplings into broth; don’t stir.
- 5.** Reduce heat; cover and simmer 20 minutes.
- 6.** Add evaporated milk, salt and pepper.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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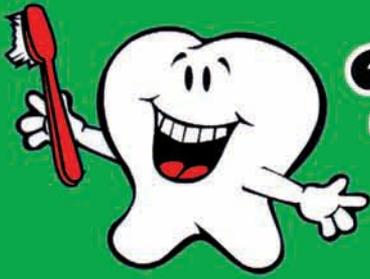


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