

EnnisNOW

MAGAZINE

OCTOBER 2026



Steps to a Cure

Angela Jones and April
Hopkins invite you to join
the Relay For Life

Hidden Beauty in Hill Country

Lost Maples State Natural
Area preserves Texas land

Calendar

Cozy Pumpkin Recipes

Crossword/Sudoku

PRSRST STD
U.S. POSTAGE
PAID
DALLAS TX
PERMIT #3450

Postal Customer
*****ECRWSS EDDM*****



Small, Medium & Large Pizzas



Honey Hot BBQ
Honey BBQ
Garlic Parmesan
Buffalo
Mango Habanero
Dry Rub
Lemon Pepper

WINGS & PIZZA

FOOD

**7TH ANNUAL HALLOWEEN
COSTUME PARTY
SATURDAY, OCTOBER 31**

**5PM-8PM
CANDY
GIVEAWAY**

**8PM-12AM
ADULT COSTUME PARTY
WITH CASH PRIZES**

**THE
GAMEROOM**

**PURCHASE
A TRIO AND
PLAY POOL
FOR FREE
ALL NIGHT!**

807 West Lake Bardwell Drive



Uber
Eats

469-881-1022
EnnisGameroom.com

Follow us on Facebook
for updates on tournaments,
drink specials, and theme nights!
Your next great night out starts here!

**COLDEST BEER IN ENNIS
WITH 22-OZ. AND 32-OZ.
FROZEN MUGS**



**MANIC
MONDAY
\$3
CROWNS**

**HAPPY HOUR
2-6pm Every Day**

BEVERAGES



\$2 WEDNESDAY NIGHTS WITH:

- \$2 TEQUILA SHOTS
- 2 TACOS FOR \$2
- \$2 LONGNECKS 2PM - 8PM

City Real Estate

101 NW Main St., Ennis, TX | 972-878-2222 | www.citytxrealestate.com

Offices also located in Waxahachie, Midlothian, Corsicana and Red Oak.



Janie Hendrix
Broker Associate
817.271.0720



Destinee Rudd
Realtor
972.849.8642



Shellie Smiley York
Realtor
469.245.5274



Jason York
Realtor
903.851.3682



Becky Herrera
Realtor
469.693.5227



Kim Lu
Realtor
817.913.2693



Marlene Norcross
Realtor
512.431.4413



Shirley Martinez
Broker Associate
972.742.5762



Your local lender

Delivering the promise of home to our community

When you make Ennis home, our team is here to be your guide.

Guild
mortgage



Vanessa Zmolik
Branch Manager | NMLS #373756
M: 469.337.4578
vzmolik@guildmortgage.net
Apply Online
www.VanessaZmolik.com



Laura Mitchell
Loan Officer | NMLS #864780
M: 972.743.9520
lmitchell@guildmortgage.net
Apply Online
www.LauraLoan.com

Guild Mortgage Company; Equal Housing Opportunity; NMLS #3274.
www.nmlsconsumeraccess.org/. All loans subject to underwriter approval.
Terms and conditions apply, subject to change without notice.
Branch address: 101 NW Main St., Ennis, TX 75119.
For more licensing information, please visit www.guildmortgage.com/licensing.
Guild Mortgage is not affiliated with City Real Estate.

Ready to fall into a new home?



Check out our current listings or contact us. We can help you!



Amelia Valdez
CITY REAL ESTATE EN ESPAÑOL

CONTACT ME
(469) 658-5506
Amelia.Valdez@yahoo.com
Se Habla Español

Come Visit Us
102 W Ennis Ave
Ennis, TX, 75119



COUNTY WINNER 2024
Agent of the year
ELLIS COUNTY

Your goals are as unique as you.

After we get to know you on a personal level, we'll partner with you throughout your journey, always sharing strategies to help bring you closer to the future you see for yourself.

Contact us today to start creating a financial strategy tailored to your specific needs.



Jeff Irish
AAMS®

Financial Advisor

1905 W. Ennis Ave., Suite 401
Ennis, TX 75119
972-875-4706



EJB-8652F-A-E-AD AECSPAD 30051508

FUN FOR ALL AGES! FREE ENTRY AND PARKING.

OKTOBERFEST

OCT 17, 2026 10AM - 8PM

DRINKS

BINGO

GAMES

RAFFLE

CAR SHOW

VENDORS

SILENT AUCTION

FOOD

MUSIC

SUPPORT
THE EVENT



Saint Joseph
Catholic Church

SAINT JOSEPH CHURCH GROUNDS
600 E. MARVIN AVE. IN WAXAHACHIE

Two Futures... Which One Will You Choose?



X Living with Joint Pain...

Living with constant pain...
Watching life happen
from the sidelines



✓ Living in Comfort

Playing with your
grandchildren and
enjoying life

Don't watch life go by from the bleachers... PARTICIPATE

Discover Regenerative Medicine using HCT/P therapies, shown to help
support the body's natural healing process without major surgery.

✦ Minimally invasive ✦ Little downtime
✦ Designed to help you get back to doing what you love



HAPPY HALLOWEEN!



CALL US TODAY TO MAKE AN APPOINTMENT

972-937-0086

or email us at: completehealthmedicalcenter@gmail.com



COMPLETE HEALTH MEDICAL CENTER
Integrative Medicine

905 FERRIS AVENUE • WAXAHACHIE • WWW.COMPLETEHEALTHMEDICALCENTER.COM

Learn if regenerative medicine may be right for you.



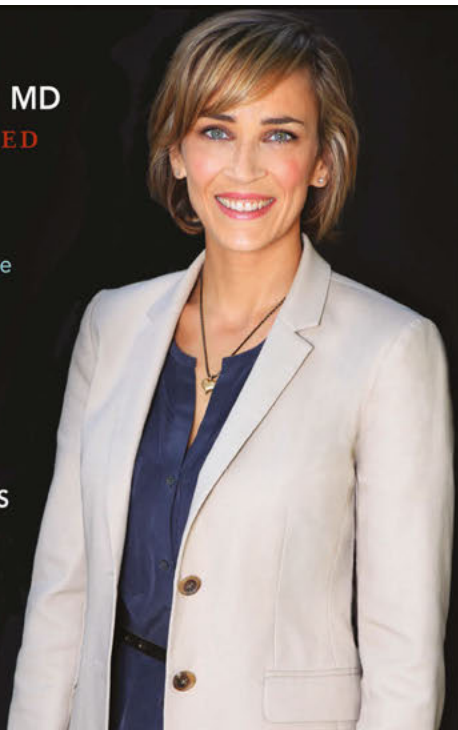
MEG SULLIVAN MD
BOARD CERTIFIED
CARDIOLOGY

Fellowship in
Cardiovascular Disease

Baylor University
Medical Center

ACCEPTING NEW PATIENTS

Outpatient Stress Testing
Echocardiography
Preoperative Assessment
Pacemaker Evaluation
Preventive Cardiology



LOCATED INSIDE
ENNIS DOCTORS CENTER

802 WEST LAMPASAS STREET • ENNIS, TX 75119
P: 972.875.4700

JOHN M. SULLIVAN, M.D.

General & Laparoscopic Surgery

BIG OPERATIONS
SMALL INCISIONS

Hernias

Skin Cancers

Lumps/Bumps

Minimally Invasive

Hemorrhoid Procedures

Colonoscopy & Endoscopy

Laparoscopic Gallbladder



LOCATED INSIDE
ENNIS DOCTORS CENTER

802 West Lampasas Street Ennis, Texas 75119
p: 972.875.4700

October 2026
Volume 23, Issue 10



Bill Smith
EnnisNOW Editor
bill.smith@nowmagazines.com
(972) 843-1323

ON THE COVER



*Relay For Life offers hope
to countless cancer patients.*

Photo by
Kevin Painter.

*Founder, Connie Poirier
Publisher/General Manager, Rick Hensley*

EDITORIAL

*Managing Editor, Becky Walker
Ennis Editor, Bill Smith
Writer, Emma McKay
Editor/Proofreader, Virginia Riddle*

GRAPHICS DESIGN & SOCIAL MEDIA

*Artists, Kristin Bato . Martha Macias
Jennifer Spence*

PHOTOGRAPHER

Kevin Painter

ADVERTISING

*Advertising Representatives,
Linda Roberson . Dianne Banks
Dustin Dauenhauer . Bryan Frye
Kelsea Locke . Karen Schaefer
Jeremy Young*

Office/Billing Manager, Angela Mixon

*EnnisNOW is a NOW Magazines, L.L.C.
publication. Copyright © 2026. All rights
reserved. EnnisNOW is published monthly
and individually mailed free of charge
to homes and businesses in the Ennis
ZIP codes.*

*Subscriptions are available at the rate of \$35 per
year or \$3.50 per issue. Subscriptions should
be sent to: NOW Magazines, P.O. Box 1071,
Waxahachie, TX 75168. For advertising rates or
editorial correspondence, call (972) 937-8447 or
visit www.nowmagazines.com.*

DESIGN
MEASURE
INSTALL
ENJOY

30 Years of
Style & Expert Service

20% OFF
Select Custom
Window Coverings
OFFER ENDS 10/31/26



“We take pride in providing style
and service for every budget.”

- JOSEPH AND RAQUEL ELDER, OWNERS



**BUDGET®
BLINDS**



SHUTTERS - SHADES - MOTORIZATION - AND MORE



Call 817.539.0155
for Your **FREE** In-Home
Consultation Today!

MORGAN
mm
DENTISTRY

Happy
Halloween

Ask About Our
Dental Savings Plan

- Cleanings & Exams
- Digital X-rays
- Whitening
- 3-D X-rays
- Crowns & Bridges
- Veneers
- Dental Implants
- Fillings
- Root Canals
- Night Guards
- Extractions
- Nitrous Oxide



General Dentistry
**ACCEPTING
NEW PATIENTS**

Mark Morgan, DDS
Sarah Key, DMD MS



1618 W Hwy 287 Business
Waxahachie • 972-937-6654

Extended Hours
to Better Serve YOU!



morgandentistry.co

Fall in Love
with Fitness

HOTWORX®
24 HOUR INFRARED FITNESS STUDIO

JOIN
TODAY
FOR \$1

During the Month
of October

**FIRST INFRARED
WORKOUT SESSION FREE**

402 N I-45, Suite 110, Ennis, TX 75119
214-884-6332





STEPS TO A CURE

— By Bill Smith

Angela Jones and April Hopkins' friendship and service with the American Cancer Society's Relay For Life spans more than 20 years, and they are passionate about its future in Ellis County. Relay For Life began in 1985, but the roots of our local cancer awareness fundraiser can be traced to various communities throughout the county that began hosting events in the early 2000s. "Three years ago, we absorbed the other community events into one countywide event that takes place in Ennis," Angela explained.

April added, "The Ennis Relay had always been one of the highest-grossing events in the county, but like many other events, COVID affected participation. Angela helped start Relay in 2003 in Palestine, Texas, with the assistance of Jane Mize. When Angela moved to Ennis in 2005, Ms. Mize was again very influential in getting the local relay off the ground."

The committee consists of eight members, all with varying responsibilities that make the relay a fun and

meaningful experience for everyone who comes out. The goals of the event include Celebrate, Remember and Fight Back through awareness and fundraising. The members of the committee each have an area they are responsible for, such as survivor registration, concessions, luminaria, team games, kid zone and advertising/recruiting. "The behind-the-scenes work has been going on for most of the year leading up to the event. We really want to encourage the community to come. Though there are fundraising opportunities and donations taken at the event, the main emphasis of the relay is celebration," Angela emphasized.

All of the board members and team captains are volunteers. "We are very happy to affirm that we keep event expenses to a minimum, so 90 to 95 percent of the money raised locally goes to the ACS," Angela said proudly. "Funds go to a variety of support/education [causes], such as cancer research, transportation assistance for cancer patients, free home-like housing when treatment is far away and a 24-hour hotline for support. They also have a wig program," Angela noted.

"Everyone has been affected by cancer in some way," April related. "My stepfather had stem cell treatment, a recent ACS research development, for his multiple myeloma (a blood-based cancer). I'm so happy to say it is in remission! Thanks to the ACS, he was able to stay at the Hope Lodge in Dallas during his treatments at zero cost. It just doesn't get any better than that!"

The annual event is held on either the second or fourth weekend of April, so watch for publicity on Facebook, *Relay For Life of Ennis TX* and other media outlets. The venue is Veterans' Park in Ennis. The opening ceremony begins at 4:00 p.m., followed closely by survivors and caregivers taking the first lap. A dinner is hosted for the survivors who attend, then teams start the relay with at least one member walking the track at all times.

Other walkers will then take to the track and participate in themed laps until time for the luminaria at 9:00. Teams and guests then settle into their sites to listen as the luminaria names are read. Angela and April described this as the most emotionally moving part of the evening. If you can only come for one part of the celebration, this is the part you do not want to miss. The majority of the lights at Veterans' Park are turned off, and the glow sticks in the bags are activated. Each bag costs \$5 and is

weighted down with canned goods that are subsequently donated to a local food bank. The names on the bags are either in memory of (those who lost the battle) or in honor of a cancer patient. After the names are read and a moment of silence, everyone is invited onto the track to walk.

As was mentioned, the majority of the fundraising takes place before the relay, but there are still opportunities to give at the event. Guests are encouraged to bring cash — credit/debit cards are accepted as well — if they want to participate in the raffle or purchase other items teams may have there to sell.

Last year, 18 teams registered to raise money for the fight against cancer before the relay took place. April mentioned, "Our team, Striking Out Cancer-Lion Lanes, raised a little over \$13,000, primarily through our "Turkey Trot" that we hold every November at the bowling alley. Other teams hold raffles during the year, have

bake sales, solicit by mail to friends and family, encourage children to save their change for a week, ask for lap pledges and by just asking for donations to a good cause."

Teams are forming now, and you are invited to join an existing team or start one of your own at www.relayforlife.org/ennistx. It's free to join, but team members are encouraged to raise at least \$100 each to qualify for the Hope event shirt. Last year, there were teams with as few as one member and as many as 14 members. Angela concluded, "We announce how much money has been raised at the event, but we continue to receive funds through the end of May. Last year, the total was about \$48,000 and, of course, we set a higher goal each year. We also hope more and more community members will come out for the relay, even if they only stay for a short time and buy a soft drink from the concessionaires. If you come, we think you will want to join us!" **NOW**



PRIVIA BLAIR
MEDICAL GROUP | Family Medicine, P.A.

**BRINGING YOU CARE
YOU CAN COUNT ON**

**ACCEPTING
NEW PATIENTS**

SERVICES

- ACNE
- WOMEN'S & MEN'S HEALTH
- DIABETES MANAGEMENT
- RASHES
- URINARY TRACT INFECTION
- HEADACHES/MIGRAINES
- WELLNESS PHYSICAL
- JOINT PAIN
- WEIGHT LOSS MANAGEMENT
- WELL CHILD CHECK
- ADD/ADHD
- HIGH BLOOD PRESSURE
- THYROID DISORDER
- SINUS INFECTION
- SLEEP PROBLEMS
- SPORTS PHYSICAL
- ALLERGIES

SE HABLA ESPAÑOL



Meet our new Nurse Practitioner,
Allison Ballard, FNP!

(972) 875-7799
2203 W. LAMPASAS ST., STE. 101
ENNIS, TX 75119
WWW.BLAIRFAMILYMEDICINE.COM





LONE STAR FLOORCOVERING
Interior Design Showroom

2203 W Ennis Ave
Ennis TX
(972) 872 - 9811
lonestarfloor.com

41 Years!

MSI

Flooring, Tile, Lighting, Sales & Installation
- Family Owned & Operated Since 1985 -
Serving Ellis County, Navarro County, and surrounding areas

Crossword - Sudoku Solutions

1	A	P	H	I	D		6	B	L	E	E	P
11	D	I	A	N	E		12	R	I	V	A	L
13	S	E	R	V	E		14	O	V	A	R	Y
			15	R	E	M	16	A	K	E		
17	U	N	I	S			19	S	A	F	A	R
23	P	R	E	T	T	Y	24	W	O	M	A	N
25	S	A	T	I	R	E		26	R	E	D	S
			27	G	O	T	28	T	E	N		
29	S	T	R	A	W		32	E	V	I	C	T
35	R	O	U	T	E		36	M	E	T	O	O
37	I	N	T	E	L		38	P	R	Y	O	R

Easy

5	8	7	9	1	6	4	3	2
1	9	3	7	4	2	6	5	8
2	4	6	8	5	3	7	9	1
7	2	4	6	9	5	8	1	3
9	1	8	4	3	7	2	6	5
6	3	5	2	8	1	9	7	4
3	7	2	1	6	8	5	4	9
8	5	9	3	7	4	1	2	6
4	6	1	5	2	9	3	8	7

Medium

7	3	8	5	2	6	4	9	1
4	5	1	3	9	7	8	6	2
6	2	9	8	4	1	7	3	5
2	8	7	4	1	9	6	5	3
1	9	5	7	6	3	2	8	4
3	6	4	2	8	5	9	1	7
8	7	6	1	3	4	5	2	9
9	4	3	6	5	2	1	7	8
5	1	2	9	7	8	3	4	6

Ennis Doctors Center
Mon-Fri 8am-5pm
Sat 8:30-11:30am
802 W. Lampasas
972-875-4700

WELCOMES

Kayla Graff
Family Nurse Practitioner
Kayla joins us with degrees from Texas Tech and UTA. She provides comprehensive care for infants to older adults.

Nandish Patel
Adult Nurse Practitioner
Nandish joins us having been an accomplished surgical nurse with years of experience in all aspects of adult medicine.

Kayla and Nandish are Board Certified and are accepting new patients. Learn more at ennisdocs.com.



GRIFFIN LAND SURVEYING

DAVID S. GRIFFIN, RPLS
 • Topographic & Boundary Surveys
 • Construction Staking
 • Land Development & Platting

903 W. Ennis Ave., Ste. 1, Ennis
903.600.1072 GLSurveying.com
 Joshua 18:8 Deuteronomy 19:14



CONTACT US



KEEP YOUR HEATING & AC EFFICIENT WITH LOCAL, FLEXIBLE SERVICE



- INSTALLATION
- REPLACEMENTS
- MAINTENANCE
- EMERGENCY SERVICES
- AND MORE



\$500 OFF
A NEW SYSTEM

Mention this ad when you call or visit us online to claim.

AND CLAIM THESE BONUS OFFERS:

FREE

1lb. of Freon™ with AC Check

Mention this ad when you call or visit us online to claim.

15% OFF

Any Repair or Tune-up

Mention this ad when you call or visit us online to claim.

- Increase efficiency and decrease your electric bill
- Extend the life of your system with routine maintenance
- Eliminate worries with expert installation done right

Call now to claim your offers!

972-660-9960
callseasons.com
 3028 S. Hwy 77 • Waxahachie TACLB3687c



SCAN HERE

GREAT SERVICE. GREAT PRICES. CALL US TODAY!



BOB WALKER INSURANCE
 119 SW MAIN, ENNIS, TX
 Family friendly service for over 50 years
CALL NOW 972.875.2321
 Auto, Truck & Homeowner's Insurance
Mexico Insurance
 Se habla Español
BobWalkerInsuranceTX.com



Reaching over 500,000 readers throughout 8 markets, with interesting stories about the people living in those communities, **NOW Magazines** are the smartest choice for your advertising dollars.



Call for info.
972-937-8447

NOW OFFERING OCCUPATIONAL THERAPY

wonderfully made
 THERAPIES

- SPEECH & LANGUAGE THERAPY
- PRESCHOOL PLAY GROUPS
- SOCIAL SKILLS GROUPS
- SCHOOL READINESS
- EARLY CHILDHOOD SPANISH CLASSES
- TUTORING
- PARENT SUPPORT GROUPS

107 S. Gaines Ennis, Texas
 469-689-6383 phone
 469-689-6382 fax



We accept Medicaid and commercial insurances

wonderfullymadetherapies.com



October 24 & 25

Autumn Daze Festival & Carnival

Oct. 24 - Noon - 9 PM

Oct. 25 - 10 AM - 8 PM

October 29

Haunted Maze

7:30-9 PM

October 30

Haunted Maze

7:30-10 PM

October 31

Haunted Maze

7:30-10 PM

Ennis Chamber

Trunk or Treat

6-9 PM

Bluebonnet Market:

Día de los Muertos

6-9 PM

Mariachi Performance

9-10 PM

VISITENNISTEXAS.COM



October in Ennis!

Celebrate Fall in Historic
Downtown Ennis with a month
full of family fun.






Kevin and Stacey
Goodman
The Goodman Team
brokered by
exp REALTY

972-333-6951 Stacey

214-284-0230 Kevin

101 S. Dallas St., #101 in Ennis

**DON'T LET ROOF PROBLEMS
SPOOK YOU!
CALL NEXGEN**

**ROOF REPAIR
ROOF REPLACEMENT
GUTTER INSTALLATION
& CLEANING**



NEXGEN
SEAMLESS GUTTERS AND ROOFING
LOCATED IN ENNIS

✓ LOCALLY OWNED & TRUSTED IN ENNIS
✓ FULLY INSURED

CALL TODAY FOR A FREE ROOF INSPECTION!
972-825-6892
NexGenTX.com


GET A QUOTE



**INDEPENDENT
SENIOR HOUSING
WITH MEALS**

**CALL 972-875-8641
TODAY
TO SCHEDULE A TOUR.**

Odd Fellow & Rebekah
Retirement Center 

2302 S. Oak Grove Rd.
Ennis, Texas 75119



Hidden Beauty in Hill Country

— By Emma McKay

Located in the Hill Country taking up 2,208 acres of land, lies Lost Maples State Natural Area. Purchased by the Texas Parks and Wildlife Department in the 1970s, this land houses more than 350 different logged plant species and rare birds such as the Golden-cheeked Warbler, the Black-capped Vireo and the Green Kingfisher. In 1980, the Heritage Conservation and Recreation Service named Lost Maples a national natural landmark. While some refer to Lost Maples as a park, due to the focus on conserving and maintaining its natural beauty, it's considered a natural area rather than a state park. Because of this, certain parts of the natural area may be closed off to the public at times to protect the land.

Due to the voluminous number of bigtooth maple trees in the natural area, people from all over Texas travel to Lost Maples during the fall to see the stunning colors of the leaves as the trees ready themselves for winter. Even though this fall foliage

draws in the largest crowds of the year, visitors still find beauty in the land during any season. Ten miles of hiking trails take visitors to limestone canyons, plateau grasslands, clear streams and the top of a 2,200-foot cliff.

Visitors should keep in mind that cell phone service is unavailable in the natural area. Due to its dedication to protecting the land, they must adhere to the Leave No Trace policy. People are discouraged from veering off trails and from marking them.

Fishing is allowed at Can Creek and the Sabinal River. On the shore or pier, fishing licenses are not required to engage in the sport. Fishing equipment can be borrowed to use while in the park.

Like in any other Texas state park or natural area, parties with kids can pick up a free Junior Ranger Activity Journal. These journals include coloring pages, games and worksheets for kids to complete during their visit. Upon completing a certain number of activities, they may receive a Junior Ranger pin.

Campers can select from 30 campsites with electricity and 30 primitive campsites. Campsites with electricity allow up to 8 people per site, and come equipped with water hookups, 30-amp hookups and back-in RV parking. There are also fire rings, picnic tables, restrooms with nearby showers and shade shelters. Primitive campsites allow campers the opportunity to truly rough it. Each primitive site allows up to 6 campers and can only be accessed by hiking.

Overnight visitors may enjoy the night sky free from light pollution. According to the natural area's web page, the darkness of the area's sky has been rated on the Bortle Dark-Sky Scale to have Class 3 visibility,



with a Class 1 being pitch black skies and a Class 9 being near-impossible sky viewings due to city lights. With nights this dark, stars shine clear and bright for visitors to admire. Lost Maples hosts special events to appreciate the celestial bodies seen overhead, so visitors should be sure to check the events calendar before planning their visit.

Experience hidden beauty in Texas, and plan a trip to Lost Maples State Natural Area today! Busy season runs from October to November, so be sure to make your reservation early when visiting during this time. **NOW**

Editor's Note: Reservations may be made through the Texas Parks and Wildlife website: <https://tpwd.texas.gov/state-parks/lost-maples>.

Sources:

1. tshaonline.org/handbook/entries/lost-maples-state-natural-area.
2. tpwd.texas.gov/state-parks/lost-maples.
3. backroadstexas.net/lost-maples/.
4. txmn.org/lostpines/2018/10/15/backroads-nature-lost-maples-state-natural-area/.



MIDLOTHIAN, TX | NOVEMBER 5 8:00 AM - 2:00 PM

The Governor's Small Business Summit – Midlothian aims to help Texas small business owners and aspiring entrepreneurs reach new heights by connecting them with the resources and information needed to start, strengthen and grow a business. This event offers a variety of sessions bringing together local, state and federal resource partners to provide key insights on critical business topics.



Register Now!

WHEN: November 5 | 8:00am - 2:00pm

WHERE: Midlothian Conference Center,
1 Community Dr., Midlothian, TX 76065



CROSSROADS OF TEXAS

GO TEXAN.[®]

Country Festival

FREE ADMISSION ★ DOWNTOWN WAXAHACHIE

Saturday OCT. 24 9am - 7pm

TEXASCOUNTRYFESTIVAL.COM ★ 469-309-4040

Cozy Pumpkin Recipes



Pumpkin, warm spices and hearty ingredients take center stage as we embrace comfort food season. These recipes capture the essence of fall, bringing warmth and nostalgia to your table. [NOW](#)

Creamy Pumpkin Pasta

- 1 lb. penne pasta
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 cup pumpkin puree
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup Parmesan cheese, grated
- 1 tsp. dried sage
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 cup toasted pumpkin seeds

1. Cook the pasta according to the package directions until al dente; drain and set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic; sauté for 1 minute until fragrant.
3. Stir in the pumpkin puree, mixing well.
4. Pour in the cream and chicken broth, stirring until smooth.
5. Add the Parmesan; stir until melted and incorporated. Add the spices.
6. Simmer for 5 minutes, stirring occasionally, until slightly thickened.
7. Add the pasta; toss to coat evenly.
8. Serve hot, garnished with toasted pumpkin seeds.

Pumpkin Soup With Bacon

- 6 slices bacon, chopped
- 1 medium onion, diced

- 2 cloves garlic, minced
- 4 cups pumpkin puree
- 3 cups chicken broth
- 1 cup heavy cream
- 1 tsp. dried thyme
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- Sour cream, for serving
- Fresh chives, for garnish

1. In a large pot, cook the bacon over medium heat until crispy, about 5-7 minutes.
2. Remove half of the bacon with a slotted spoon; set aside for garnish.
3. Add the onions to the pot with the remaining bacon; cook until softened, about 5 minutes.
4. Stir in the garlic; cook for 1 minute until fragrant.
5. Add the pumpkin puree and chicken broth, stirring to combine.
6. Bring to a simmer; cook for 10 minutes.
7. Stir in the cream and spices. Use an immersion blender to puree the soup until smooth, or transfer to a blender in batches.
8. Simmer for an additional 5 minutes to heat through.
9. Serve hot, topped with a dollop of sour cream, reserved crispy bacon and fresh chives.

Pumpkin Spice Muffins

- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. pumpkin pie spice
- 1/2 cup unsalted butter, melted
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 2 large eggs
- 1 cup pumpkin puree
- 1/4 cup milk
- 1 tsp. vanilla extract

1. Preheat the oven to 375 F; line a 12-cup muffin tin with paper liners.
2. In a medium bowl, whisk together the first 5 ingredients.
3. In a large bowl, combine the melted butter and both sugars, stirring until smooth. Beat in the eggs, one at a time, until well incorporated.
4. Add the pumpkin puree, milk and vanilla extract, mixing until smooth.
5. Gradually fold the dry ingredients into the wet ingredients until just combined.
6. Divide the batter evenly among the muffin cups, filling each about three-quarters full.
7. Bake for 18-22 minutes until a toothpick inserted in the center comes out clean.
8. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack.
9. Serve warm or at room temperature.

The Power of Exercise

By Dr. David Lott, Physical Therapist — Lott Physical Therapy

The single most powerful medicine for a longer, better life has no co-pay, no prescription and no side effects — and your body is ready for it right now, no matter your age.

I've been a physical therapist for nearly 30 years, and the most damaging thing I see walk through my door isn't an injury. It's a belief — that getting older means gradually giving things up. I want to challenge that head-on, because the science tells a very different story.

Your body is not done with you. It is designed to respond to movement. It wants to get stronger, to heal, to serve you well. It just needs you to meet it halfway.

We're living longer than any generation before us. But too many people are spending those extra years managing pain, losing independence and watching life happen around them rather than being part of it. That's not inevitable.

My goal for every patient is to protect and extend their *healthspan* — the years they actually feel well and live fully.

And the most powerful tool I know to make that happen is also the simplest: movement.



Ennis I-45 by Chic-Fil-A | 469-517-5500
info@lottpt.com | LottPT.com | @LottFitLife
ALSO IN CORSICANA & FAIRFIELD

The Numbers Are Remarkable

There are four conditions responsible for the vast majority of decline in our later years: heart disease, cancer, diabetes and dementia. That sounds daunting — until you see what exercise does to those odds:

- **Heart disease risk** reduced by up to **40%**
- **Cancer risk** reduced by around **20%**
- **Type 2 diabetes risk** reduced by a remarkable **58%**
- **Dementia risk** reduced by up to **60%**

Your body is capable of all of this. It just needs to keep moving.

Where to Start — Right Now, Right Here

I hear the same things every day: *I haven't exercised in years. I have bad knees. I don't know where to begin.* My answer is always the same: start where you are. Not where you were at 35, where you are today. Here's what I tell my patients:

- **Walk.** A brisk 30-minute walk five days a week is one of the best things you can do. Can't manage 30? Do 10. Do a lap around the block. Start there.
- **Add strength work.** After 50, we naturally lose muscle mass — affecting balance, bone density and independence. Wall push-ups, seated leg lifts, standing from a chair without using your hands — it all counts.
- **Stretch and balance daily.** Five to ten minutes of gentle stretching each morning reduces pain, improves posture and helps prevent falls. Standing on one foot while you brush your teeth is a legitimate start.
- **Stay consistent.** The best exercise program is the one you'll actually do. Show up for your body, and it will show up for you.

If you want a personalized exercise program that starts exactly where you are, scan the QR code, and let's talk!



Paid advertisement.

Ask us about our NEW -

Social Media Add-On

Proven Results!

**15,000+ Views,
100s of Clicks**

- + Your print ad will be posted to **Facebook & Instagram.**

- + Create a **2nd wave of exposure** after homes receive our magazine.

- + We will **BOOST** your post as a **Facebook Ad for 10 days** to maximize reach & drive customers to your website.



Reach out at
nowmagazines.com/advertising



TRINITY CAPITAL BANK
of Texas

"Community-Minded,
Customer-Focused"

Best Reviewed Bank in Ennis!



"The customer service at [TCB] is second to none. They truly set the bar when it comes to community banking! I'm a customer for life!"

-K. Wilson, Google Review

www.tcbtexas.com | 972-330-8530

(Best reviewed based off Google Reviews as of 9/18/2026)





Zoomed In:
Brylee Simmons
and Mackenzie Hart

By Bill Smith

Brylee Simmons and Mackenzie Hart are EHS senior cheerleaders. Both young ladies have outstanding personalities and are excited about their senior year and what the future holds.

"I was not involved in pee wee cheer, but have been a cheerleader for six years," Brylee said. "My favorite subject in high school is English, but my plan is to study kinesiology in college. I want to be a physical therapist, and I might get involved in athletic training along the way."

Mackenzie is also entering her sixth year of cheer and enthusiastically said her favorite thing about Ennis is football season. "Math is my favorite subject in school, and I hope to pursue a law degree after graduation."

These cheerleaders were born in Ennis and said they love it here. Go Lions!



Collin Marshall pauses in the shade with Holland and Hazel.



Kelsie Rae entertains at Minnie McDowal Park.



Eleanor Kemp is sure to be a cheerleader for the Ennis Lions some day.



Joy Duarte, Eunise Richardson and Erica Terry offer prayers at Mornings at Minnie.



Bill and Mary Blackmon hand out Gideon Bibles at Give a Kid a Chance.

Zoomed In: Teagan Espedal

By Bill Smith

Teagan Espedal is in the fifth grade at Lummus Intermediate School. She said she "kinda likes" school, especially seeing her friends. Her favorite subject is science, and she named a couple of influential teachers, Ms. Zhanel and Ms. Wilhoite.

She has some other interests outside of the classroom. "I like to play volleyball, swim and ride my bike," she said. "I also like to crochet. My Grandma Vicky Blank taught me how. I can read patterns, and I make a lot of different things." On Saturday mornings, you may find her crocheting in front of her father's office downtown. She will have a number of her creations for sale!

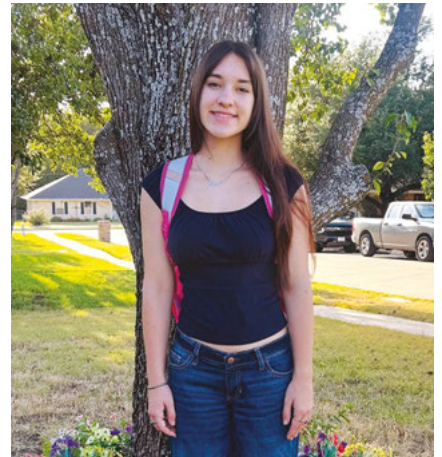
Teagan's parents are David and Monica Espedal. She also has an older brother, Eli, who is a freshman at EHS.



Rhett Taylor is ready for his very first day of school.



Dr. David Marcial celebrates the 20th anniversary of Hometown Chiropractic & Rehab with a visit from EnnisNOW's Linda Roberson.



Kynlie Cooper is ready for her senior year at EHS.



Tony Armstrong and Bart Harrison are ready for another year with EnnisSports Network.



Lions Charlie Patak and Dr. Greg Bradley encourage speaker Coach Don Drake.

Crossword Puzzle

1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
		15				16				
17	18					19			20	21
22										
23						24				
25									26	
						27			28	
29	30	31							32	33
34										
35										
36										
37										

- Across**
1 Ladybug food
6 Sound made by many things, these days
11 Flambéed steak preparation
12 Competitor
13 Start a match
14 Egg producer
15 It's the same old story
17 Sets of clothes, all of the same design
19 Adventurous expedition
23 Two Party men revised a Roy Orbison number
- Down**
25 Literary ridicule
26 Clarets
27 Obtained
29 Dry stalks
32 Throw out
35 Path
36 Copycat phrase
37 Big name in chips
38 "Stir Crazy" co-star Richard ---
1 Lifeblood of TV and the web
2 Filled pastry crust
3 Abolitionist --- Tubman
4 Probe vintage site after disturbance
5 Consider
6 Long-running anchor Tom ---
7 Aaron's Rod
8 Model --- Marcille
9 Corn spike
10 Tire layer
16 Thus far
17 "Brown" delivery co.
- Across**
18 2nd Amendment defenders
20 Agreeable quality
21 "Awesome!"
22 Those currently in favor
24 Bricklayer's tool
28 Short-term worker
29 Mr., in Madras
30 100 cubic feet on a ship
31 Furrow
33 Dove sound
34 High craggy hill

Crosswordsite.com Ltd

Find puzzle answers within this magazine. Online versions and solutions are also available at www.nowmagazines.com.

Sudoku Puzzle

Easy

	8		9					
							5	8
2						7		
	2	4			5			
9				3			6	
		5	2		1	9		
3					8	5		
					4	1	2	
						3		7

Medium

7	3			2			9	
		1			7			2
				4	1			
				1		6		3
	9							
3	6				5			7
							2	
						1		8
5		2		7				6

Crosswordsite.com Ltd

Find puzzle answers within this magazine. Online versions and solutions are also available at www.nowmagazines.com.



After shadowing different careers in college, Dr. Cristina Allala discovered her calling in dentistry. Ten years later, she brings specialized expertise and a spa-like atmosphere to Cedar Hill through Serenity Advanced Dentistry, a solo, minority, woman-owned private practice.

Dr. Allala graduated from Baylor College of Dentistry in 2016 and completed her Bachelor of Science from The University of Texas at San Antonio in 2012. Since opening her practice, she has built a loyal following of patients who have followed her from her previous office, drawn by her gentle approach and commitment to patient care.

What sets her practice apart is her advanced certification in Level 2 moderate sedation — a qualification most dentists do not have. This certification requires at least 60 hours of specialized instruction and successfully administering sedation to at least 20 patients under supervision. For patients who experience dental anxiety, this option can transform their experience, making procedures like extractions comfortable and stress-free.

"Another thing that sets our practice apart is our skill with dental surgeries," Dr. Allala said. "Here are some of my favorite quotes from patients:

"Regarding implants: 'My implant surgery went smoothly. They explained everything, kept me relaxed, and I had very little discomfort afterward.'

"Regarding tooth extractions: 'I had oral surgery done and was extremely nervous, but the doctor and team made me feel comfortable the entire time. The procedure was painless, and recovery was easy.'

"Regarding tooth fixed dentures: 'My experience with fixed dentures was great. Dr. Allala planned everything digitally, the surgery went smoothly, and I had no complications. I can eat comfortably now, and they feel like my own natural teeth.'"

Serenity Advanced Dentistry offers most dental procedures under one roof, including sedation dentistry, dental crowns, dentures, emergency treatment, oral surgery, dental implants, root canals, teeth whitening, extractions, clear aligners, gum grafts and periodontal therapy. The practice emphasizes privacy and comfort. The office features private treatment rooms that allow honest conversations between doctor and patient without worry of being overheard. The modern facility incorporates the latest dental technology while maintaining a calming, spa-like environment.

"We are not a corporation," Dr. Allala said. Unlike larger corporate dental practices, Serenity Advanced Dentistry remains independent, allowing Dr. Allala to focus on building genuine relationships with patients. All assistants are bilingual, ensuring Spanish-speaking patients feel comfortable and fully understand their treatment options.

Dr. Allala lives in DeSoto, just 10 minutes away from her office, keeping her deeply connected to the community she serves. She gives back by supporting the Friends of Tri-City Animal Shelter through monthly contributions, a cause close to her heart as a devoted pet lover. For families seeking personalized dental care in a welcoming, professional environment, Serenity Advanced Dentistry offers an alternative to corporate dental chains.

theserenitydentist.com | 972-634-1434
Dr. Cristina Allala
605 E. Belt Line Rd., Suite 101, Cedar Hill

Paid Advertisement



Things to do in Ennis!

OCTOBER

Some events may have been cancelled or rescheduled while we were at press.

EnnisNOW

M A G A Z I N E

10/1-31

Ennis Pumpkin Patch and Hay Maze

Open Thursdays-Sundays all month long. Free. **Thursday-Saturday:** 9:00 a.m.-9:00 p.m.; **Sunday:** Noon-7:00 p.m. The Haunted Maze (October 29-31): **Thursday:** 7:30-9:00 p.m.; **Friday and Saturday:** 7:30-10:00 p.m., North Plaza, 302 N. Dallas St.

10/4

Ennis High School Fall Concert

Includes a choir booster bake sale booth. Bring your own seating. Free. 10:30 a.m., Hay Maze

Amphitheatre, corner of W. Baylor and N. Dallas streets. Check for updates on the Ennis Choral Department Facebook page.

10/9-10/18

Stampede of Speed!

For events and ticket information, follow the links from www.texasmotorplex.com. Texas Motorplex, 7500 W. Hwy. 287, Ennis; (972) 878-2641.

10/16

Greater Ennis Chamber of Commerce Golf Classic

Check-in: 11:30 a.m.; shotgun start: 1:00 p.m., Old

Brickyard Golf Course, 605 N. I-45, Ferris. For information on sponsorship levels and to sign up, visit www.ennis-chamber.com or email jennifer@ennis-chamber.com.

10/24

Crossroads of Texas Go Texan Country Festival

Enjoy Texas' largest one-day arts, music and food festival. Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie. For more information, visit <https://www.waxahachiecvb.com/events/>.

10/24-10/25

Autumn Daze

Hay Maze, Pumpkin Patch, carnival rides, live music, food and local vendors. Contact the Welcome Center, 201 NW Main St. Phone: (972)-878-4748.

10/31

Trunk or Treat in Historic Downtown Ennis

The Chamber invites you for candy, games and fun. Don't forget to wear your costumes! Free. 6:00-9:00 p.m. www.ennis-chamber.com; (972) 878-2625.

All Saints Celebration

Trunk or Treat. 6:00-7:30 p.m., St. John Nepomucene Cafeteria and parking lot, 401 E. Lampasas.



WHEN THAT FRIGHTENING IRS LETTER SHOWS UP... who you gonna call?

IRS

TONJA BARNEBEE CPA PC

972-875-9900



Kellie's Pet Sitting

No worries on your next getaway. Have fun! Plant Care & Mail Pickup

"Kellie is the best pet sitter ever! Caring & dependable!" - L.C.

Experienced • References • Calm • Loving

972-351-1240



WILD DEER HOMES

CUSTOM HOMES ON YOUR LAND

FROM DESIGN TO FINAL BUILD

Text "HOME" to **214-235-4833** for plans & pricing.

wilddeerhomes.com

Scan to see homes & designs.



Direct Mail Advertising Works!

Let EnnisNOW Magazine present your advertising message to **over 11,000** Home & Business addresses in the Ennis ZIP codes



Linda Roberson

For more information, please call your local advertising representative.

214-566-7796

NOW MAGAZINES

www.nowmagazines.com

BURLESON | CORSICANA | ENNIS | MANSFIELD
MIDLOTHIAN | SOUTHWEST | WAXAHACHIE | WEATHERFORD



SAY GOODBYE TO NERVE PAIN – NATURALLY! REVOLUTIONARY NEUROPATHY TREATMENTS ARE HERE!

Are you battling burning, tingling, numbness, or stabbing nerve pain in your feet, legs, or hands? Don't just cover it up — heal it at the source with our comprehensive, drug-free neuropathy program!



OUR PROVEN PROTOCOL INCLUDES:

- **Shockwave Therapy** – Stimulate healing & improve circulation
- **Infrared Light Therapy** – Soothe pain and regenerate damaged tissue
- **Vitamin IV Therapy** – Deliver essential nutrients directly to your cells
- **Microcurrent Stimulation** – Reboot damaged nerves on a cellular level
- **Neurostimulators** – Enhance your body's natural healing signals
- **PRP (Platelet-Rich Plasma) Injections** – Regrow nerves with your body's own power
- **Chiropractic Adjustments** – Realign your spine and optimize nerve flow
- **Physical Rehabilitation** – Rebuild strength, stability, and function



**NO DRUGS.
NO SURGERY.
REAL RESULTS.**

**OUR HOLISTIC APPROACH
TARGETS THE ROOT CAUSE
OF YOUR NEUROPATHY—
SO YOU CAN WALK, MOVE,
AND LIVE PAIN-FREE AGAIN.**

*Feel your feet.
Reclaim your life.*

**CALL NOW TO SCHEDULE YOUR CONSULTATION TO SEE IF YOU
ARE A CANDIDATE FOR THIS CUTTING EDGE MEDICAL TREATMENT.**

469-732-0880 OR 972-937-0086

Convenient Location | Flexible Hours | Personalized, Compassionate Care



COMPLETE HEALTH MEDICAL CENTER
Integrative Medicine

905 FERRIS AVENUE • WAXAHACHIE • WWW.COMPLETEHEALTHMEDICALCENTER.COM



**WE ACCEPT MOST
INSURANCES**



MEDICAID & CHIP

**DENTAL WISDOM
IMPLANTS TEETH**

THREE CONVENIENT LOCATIONS:

Ennis

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

P:(972) 875-7616
F:(972) 875-7618

Mesquite

2101 N. Belt Line Rd.
Suite B
Mesquite, TX 75150

P:(972) 270-6617
F:(972) 270-8381

Irving

2727 N. O'Connor Rd.
Irving, TX 75062

P:(972) 594-7414
F:(972) 594-1834



Hablamos Español
Visit our Website
www.dfwoms.com

**FOLLOW OUR
SOCIAL MEDIA**



@DFWOMS