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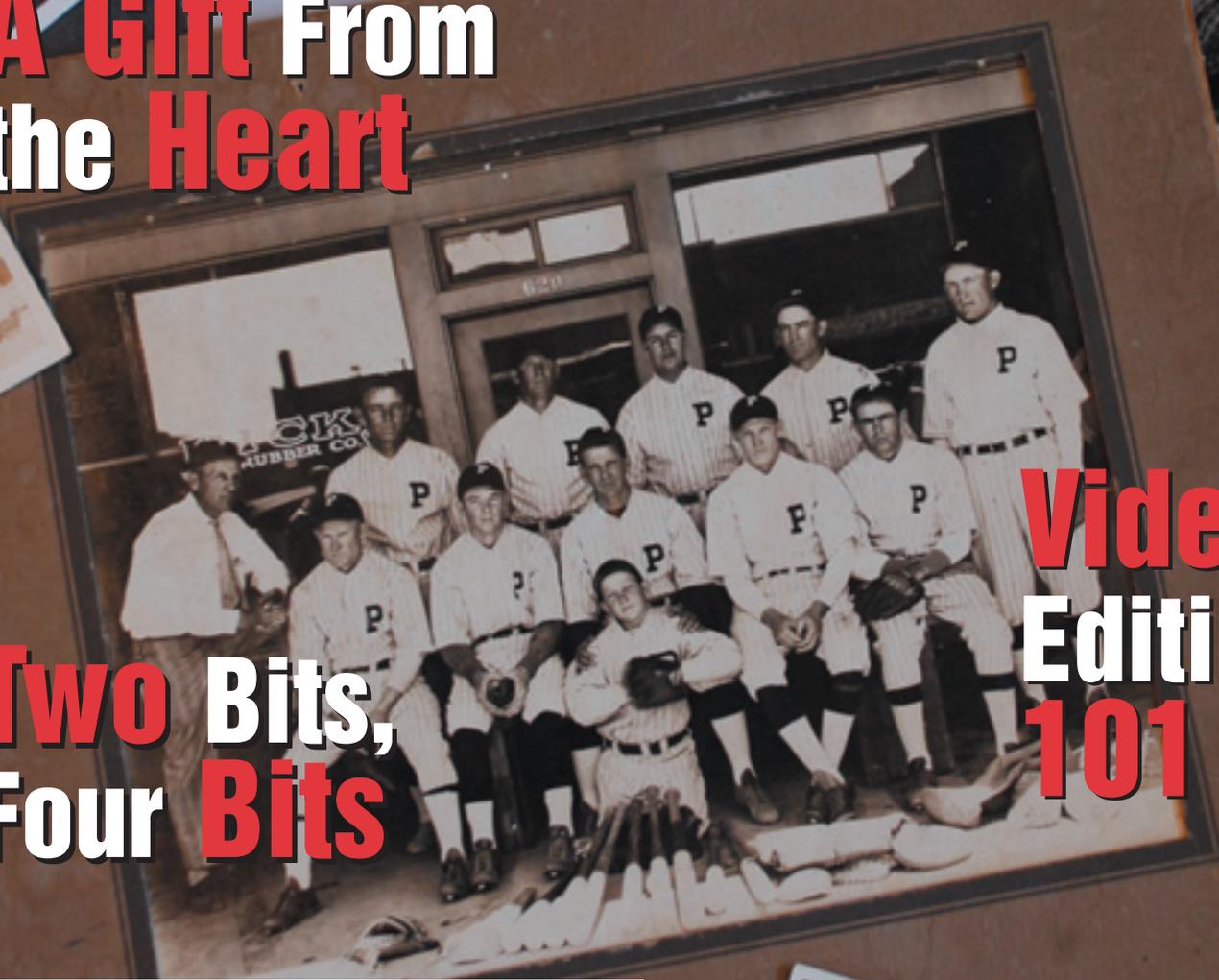
January 2009

Cultivating Futures

A Gift From the Heart

Two Bits, Four Bits

Video Editing 101



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At Home With

Ashley and Jaime Holland



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pictorial history of Ennis.*

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Ennis NOW

Editor's Note

Happy New Year, Ennis, Texas!

A new start is a concept we all embrace. What does this New Year offer you? A chance to try again at a long-desired goal? The opportunity to show our families the love we feel for them? A clean calendar, which we can strive to fill with only what we really want to do? Twelve new issues of *EnnisNOW*, filled with people you will enjoy reading about — EISD teachers, our friends and neighbors, local athletes and artists, and always the fine businesses we all patronize.

This month, our main and art features give a retrospective look at some interesting aspects of history. The home, sports and education articles feature young people who are making a difference in Ennis' future, and for those about to diet — do not miss our business feature — it has just what you need to get started.

Kelly Kovar
EnnisNOW Editor
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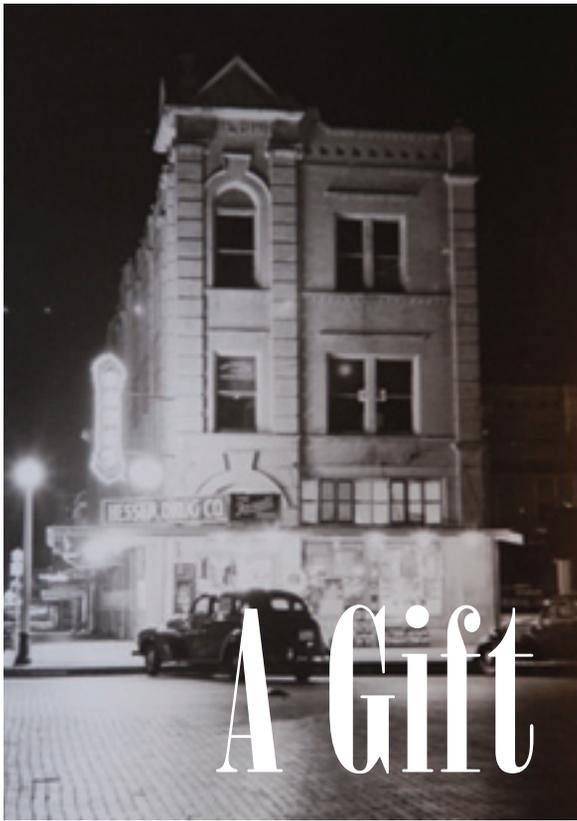


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A Gift

From the Heart

— By Kelly Kovar

Peggy Rankin and Laurie Wilson are passionate about Ennis and about history. Their interests came together when they decided to work on a book about the history of Ennis. Last year, Laurie called Peggy and proposed the partnership. “Laurie is just one of those wonderful people that you feel like you have been friends with forever,” Peggy reflected. “She thought I knew all the people to go and talk to. I told Laurie, ‘If you will be the brains, I will be the mouth.’ And, it has just worked out to be a perfect partnership for me,” Peggy shared with laughter.

The book they wrote together, *Images of America: Ennis*, covers local history from the 1880s to the 1960s. “It gives a glimpse into the lives and the times of those that settled Ennis and endeavored so it could grow to what it is today,” Laurie said. “These early pioneers and their children had not just physical strength, but a strength of spirit and conviction that helped them to endure very difficult times and conditions in those early decades.”

“Doing this allowed me to meet many people I would not otherwise have had the privilege of getting to know,” Laurie said. “Their support, as well as that of the Ellis County Czech Heritage Society and the Ennis Heritage Society, was invaluable. This book wouldn’t be what it is without the support and assistance of all those that believed in it and were instrumental in making it happen.” All of the proceeds from the book go to the Ennis Heritage Society and to the Czech Heritage Society. Laurie and Peggy are working on the book for free, as a gift to Ennis.

“Our book is a pictorial with captions that tell what each picture is,” Peggy explained. “The book has a wonderful collection of photos. People opened up their private archives and collaborated on identifying photos. There is a wonderful wealth of local historians here. There are some people here



with a tremendous amount of knowledge.”

The book is organized chronologically, and Peggy and Laurie tried to cover all of the cultures in Ennis. “We talked about the early businesses and how they evolved,” Peggy added. “Ennis State Bank may be the oldest, continuously

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operated business. There were so many other businesses like the Raphael's dry goods store and Hesser's Drug that we have great pictures of. We have some wonderful photos of churches, of the families, the schools, the railroad and cotton. The background of the community was the churches, some that aren't even in existence still, because in the past the community was geared around the churches."

At the opposite end of the cultural spectrum, the book talks about Ennis' Wild West days. "At one time we had probably 13 saloons here in town. Bonnie and Clyde came through," Peggy mentioned. "We tell stories about Blood Alley. Off of the avenue, there was an alley by the old bank building. The locals gave it the name of Blood Alley because people were killed there in saloon gunfights in the 1880s."

"Peggy and I gathered hundreds of photos; the final draft sent to the publisher contained approximately 220 photos from the 1880s to the 1960s," Laurie said. "We took it to the 1960s so we could cover Polka Festival as it deserves, considering the impact it has made on tourism in the city. David [Slovak] was an invaluable asset to me during the process of gathering research for this book. And his band was wonderful about helping to get a picture for the 'music tradition' spread in the last chapter."

The photos in the book, all black and white, include pictures which have not been previously published. "I gathered a lot of photos and went around with [press] releases," Peggy said. "There were people with a wealth of information and pictures and stories of Ennis."

Peggy gives Laurie credit for the success of the project. "Laurie has been the true backbone of this book," Peggy asserted. "She has done the organizing and putting it together and has just done a splendid job. Laurie just has this magic way of organizing. Laurie did most of the picture captions."

Laurie said there was lots of writing involved. "By the time I was finished, it was at approximately 16,000 words.

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I'm not certain my husband wants to hear anything else on the history of Ennis for a while," Laurie shared with a smile.

Laurie and her husband, Mike, do a lot of volunteer work. Mike Wilson is on the library board and he volunteers at the library doing the digital archiving. Laurie is extremely active with the library, and she and her husband have been archiving a number of the family collections, which have been given to the city or to the library. The Ennis Heritage Society has a collection on permanent loan at the library and it is available for genealogical research.

"Ennis has always had a huge sense of community and tradition. Throughout my research, I saw many instances of a community that came together to weather both good and bad. Whether mourning a loss or celebrating a good cotton crop or the end of a war, the community as a whole came together, often gathering as they still do today, along Main Street or the avenue." Laurie credits her writing partner, Peggy, with being essential to getting the book completed. "Peggy helped in more ways than I can begin to list in all the many different phases of putting the book together," Laurie said. "I can't imagine the book coming together as it did without her."

Peggy and her husband, Randy, are Ennis Heritage Society members, and Peggy is an officer and board member. "Being born and raised here, I love the little town of Ennis," Peggy said. "People who are longtime Ennisites experience a real sense of pride when new people move here and absolutely love the city. It doesn't take long to see what a great place Ennis is. People really support each other here. I feel like this book is a way to give something to the city and to the public. I know it will be a benefit to the city and to the two heritage organizations. I was not surprised that we got so many pictures, because there are so many wonderful things here. Ennis is very proud, not just of family history, but also the culture and what the city has become. And, the city just keeps improving with each year."



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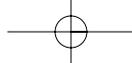
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Jack Makes All the Difference

— By Sandra McIntosh

At Home With Ashley and Jaime Holland



Ashley and Jaime Holland could not be happier with the decisions they have made in the past several years. Moving to the country and having a baby have added a sense of responsibility beyond all others, while also allowing for many hours of wonderful memories. “We thought we’d never have kids. We enjoyed our freedom,” Ashley said, as he smiled at Jack, now 9 months old. “Everyone kept telling us how great having kids would be,” Jaime interjected, “but until you have one of your own, you just can’t realize the full meaning of what people are talking about.”



Both Ashley and Jaime grew up in Ennis, so once they married it seemed only natural they would make their home here, too. The first house they shared as husband and wife was a home Ashley remembers from childhood. "It was my grandmother's house," he said, referring to the home located on Creechville Road that was built back in 1960. "It was an old pier-and-beam that didn't have lots of amenities."

After three years, the couple began to feel the need to move to a home that was newer and larger. Jaime mentioned that in the beginning they had first looked at houses that were already built. In fact, they had a contract on one such house before deciding to build the three-bedroom, two-bath, traditional-style abode they currently are very happy to call home. They both laughed as they remembered how easily everything just fell into place. "We had a contract on a house that fell through," Jaime admitted. "At the same time that was happening, my parents were buying the 80-plus acres which once belonged to my great-grandfather, Louis Zabajnik." Ashley always had a strong desire to move to the country, so the couple decided to build on a two-acre portion of the land which now belongs to her parents.

Jaime drew up the plans and contracted the home. "Blake Krajca, a

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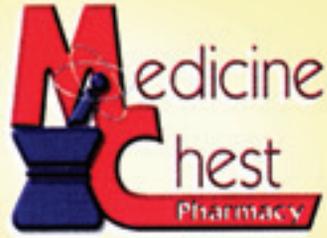
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good friend who designs houses on the side, adapted the plans to fit the lot and made the necessary changes Ashley and I wanted from the start." Foundation preparation started in May of 2006. "The weather that summer was so dry," Ashley said, "that the building process went very quickly." Five months later, they had a cozy, comfy place on the outskirts of town. "When we got here, we fell in love with the modern features," Jaime said, referring to the dishwasher and the central heating and air conditioning. "At 1,700 square feet, we also have twice the room."

The first year, Ashley and Jaime were able to "settle in" to country living. As she commuted to her job as a financial

assistant at Edward Jones in Midlothian, Ashley began to build his own business, Holland Home Inspection. As life continued to move forward, Jaime realized that if she were to build the house all over again, she would make a few changes. "The original laundry room was too small," she noted. "And it was way on the other side of the house," Ashley added. Needless to say, after 12 months of going back and forth through the house, the Hollands decided the best investment would be to add another room. "The sunroom is located off the master bedroom," she said. "It's really three rooms in one." It serves as the family's laundry room, as well as the home office and a place for the couple's exercise

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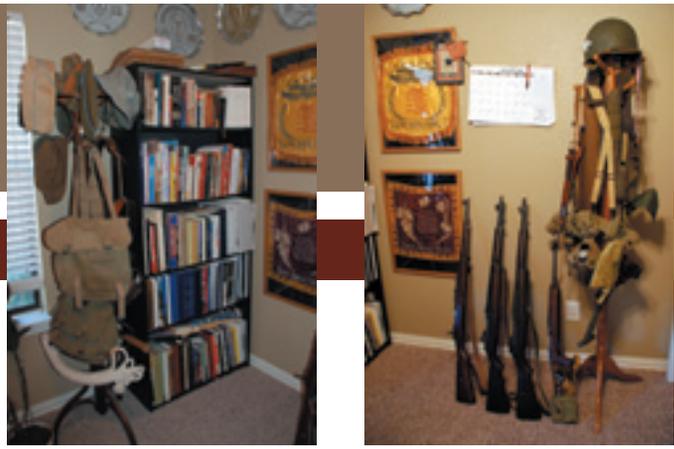
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equipment. Visitors to the home will also note the sunroom has the best view of the untouched land in the backyard, which seems to stretch on for miles.

During the room addition, Jaime learned she was pregnant with little Jack. The news was a welcome surprise, especially for Ashley and Jaime's parents. "Jack is the first grandchild on both sides. 'Spoiled' is never a word we use," she laughed. Ashley remembers how fast things around the Holland home changed after Jack's birth. The changes have nothing at all to do with the nursery or the toys now taking up space in the living room. "Our parents always ask about Jack first," he confessed. "Me and Jaime have taken a backseat."

Life with Jack may be different, but to Ashley and Jaime it is the "best kind of different" imaginable. Ashley, a dedicated



World War II collector, has had to put his passion for re-enactments on hold. "Jack has put me on a self-imposed hiatus," Ashley stated. The WWII room is home to memorabilia Ashley has been collecting since his interest was peaked in late 2000, early 2001. "I met some German and American re-enactment actors," he said. Soon after this meeting, the collection started, which now takes up the walls and closet space of the entire middle bedroom. "I really don't know why I collect and participate in re-enactments," he said. "I've just always loved history, especially military history." Since his college degree is in history, his love for the subject makes perfect sense.

When walking through the home, visitors will find a style which belongs to the Hollands alone. The large painting of bright yellow tulips hanging in the hallway and easily seen from the living, dining and kitchen areas was a purchase



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they made on a trip they took years ago. "We bought it from a street vendor in Paris, France," Ashley said. "It seems like we carried it around in a rolled-up tube until we made it back home to Texas."

When decorating, Jaime made sure not to limit herself to any one style. She has displayed a mixture of antiques acquired at local shops, as well as one which has a great deal of sentimental value. "The rabbit quilt hanging in Jack's room was made by

my grandmother when I was a little girl," Jaime reminisced. "The theme for Jack's nursery was inspired by that quilt." Antiques are intermingled with other pieces including: a framed three-dimensional Indian table runner; hearth pillows, which add a bit of beaded beauty; and a mosaic mirror inlaid with glass that reflects the home's natural light.

As winter has made its appearance, the fireplace, with its Austin stone edifice, has become the Holland's

favorite place to gather. "I'll burn a fire anytime the temperature gets under 50 degrees," Ashley laughed. "We just love having a fire." It could have something to do with the warm ambiance a fire provides, or it could be that Ashley and Jaime are learning firsthand what people meant when they said children make all the difference in the world. Nowadays, they are content to come home and spend time with Jack. In fact, you could not keep them from it, even if you tried. **NOW**

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Video Editing 101

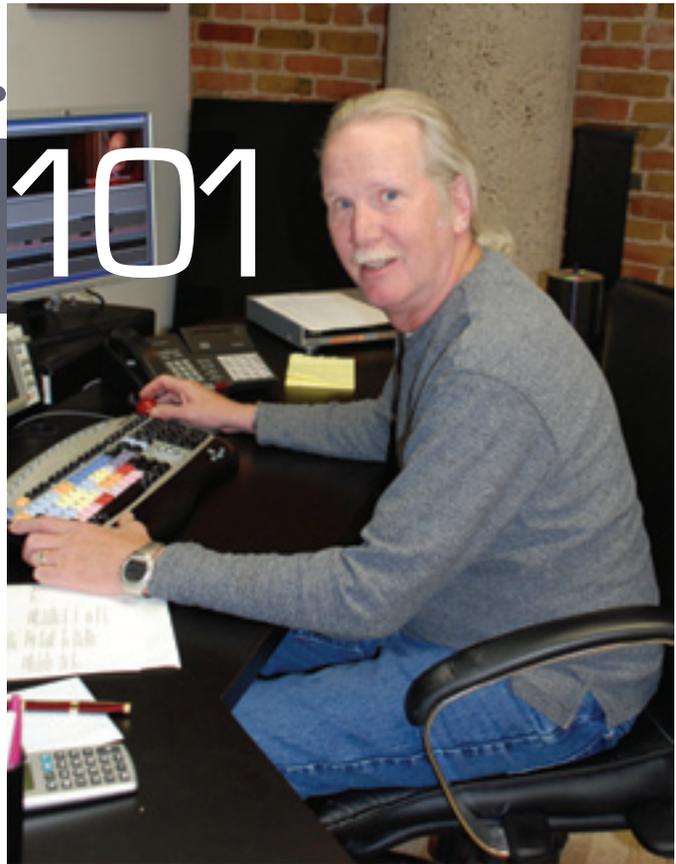
— By Kelly Kovar

When art and technology intersect, the result is anything but stagnant. The evolving world of video editing has seen some exciting developments over the last 25 years, and John “Tex” Frossard found himself right in the middle of it. “I was in many of the right places at the right times to watch the field of film editing grow and change,” Tex said.

Tex began his creative career in the 1970s as a sound man at the Austin concert venue known as Armadillo World Headquarters. “They just had the best music in the world. Greasy Wheels, The Marshall Tucker Band and Bruce Springsteen played there.” He moved on to do sound for concerts with a company called Spirit Sound. Armed with a degree in electrical engineering, Tex soon joined forces with a friend from Detroit, who had invented an audio amplifier. “My friend was an electronics wizard, who had been on the road with Stevie Wonder.”

Meanwhile, the film industry had exploded in Dallas. The *Benji* movies and the *Dallas* television series were being shot there. “I went to work for Sundance Productions for a visionary guy, Rush Beasley, in their film and recording studio, on Mockingbird [Lane] in Dallas,” Tex recounted. He did videotape editing for Curtis Mathis training videos, TV commercials, Westway Ford commercials and industrial films, including IBM shows. “Billy Joel and Michael Murphey performed in Rocktober in 1981 or 1982, and we edited the program in one week. There were no electronics involved in video editing then, so it was very tedious.”

“I grew up in the industry as the history of television happened. In the 1980s, we got into computer graphics. No one had ever made television with computers before. We hired a couple of kids from Cornell [University], who were good with computers and we bought our first computer, a CDC-1180. It was as big as three washing machines and it had two 70-meg hard drives, 128K memory and cost a kajillion dollars,” Tex remembered with a laugh. He began doing digital animating for television spots, such as for Sanger-Harris department stores. “You could shoot a commercial and could paint things out; it was basically like photo editing today,



but done in sequence on film,” he explained. Eventually, the two kids from Cornell went to California and became involved with Industrial Light and Magic. “One of them, Douglas S. Kay, was the head guy for [the 1991 movie] *Terminator 2*.” About this time, Tex remembers getting to meet industry giant, Douglas Trumbull.

“So we bought these computers; but back then, there was no place to go and buy photo-editing software,” Tex remembered. “You had to write it yourself.” A Japanese company bought a copy of the software they had written, and Tex traveled to Tokyo to train them in the use of the program.

“I was the location guy and did video editing for Jerry Jeff Walker, Michael Murphey, Billy Joel, B.W. Stevenson and other clients. After eight years, I left Sundance and did some freelancing, including music videos, karaoke backgrounds and fashion photography.”

Tex was doing light, sound, location shooting, editing and graphics for clients. In 1987, he decided to specialize in editing, so he could spend more time on the creative aspect of film, which he preferred. Naming his company First Cut, he became a post-production supervisor for video clients. His creative editing services were sought out by clients like Borden’s Milk and TracyLocke marketing agency.

In 1990, Tex went to the NAB, the National Association

**ARTS
NOW**

of Broadcasters show. "Two companies, EMC, a PC-based product, and Avid, an Apple-based product, had this new idea for non-linear editing, which puts all the video footage on a hard drive. It was like the difference between a typewriter and a word processor. It was a major breakthrough." Tex met Bill Ferster of EMC and became their beta-test-site guy and their foreign-training guy.

Doing post-production supervising with the new non-linear editing, Tex worked on Mrs. Baird's Bread commercials, national Long John Silver spots and Target spots. He began using the Avid software. "Computers got better and better, and all of the sudden, we didn't have to go to online edit rooms; I could do it all in-house."

Tex became more interested in doing longer shows, since there was more creativity involved. Now, he specializes in trade show films for clients like GTE and Mack Trucks, permanent exhibit films, Web site video and television

"There were no electronics involved in video editing then, so it was very tedious."

infomercials, such as NutriSystems. "Right now I am working on an educational documentary about the art removed from Europe during WWII. The Kimball Museum in Fort Worth had an impressionist exhibit recently, and all of them [the artwork] are in the art film I am working on. I got to go to Fort Worth and actually see the pieces, like the Van Gogh self-portrait. There are all these pieces that I have admired, but nothing is comparable to seeing the real thing."

"Of all the artistic aspects of filmmaking, editing is the one I enjoy. Being on-location and doing rock concerts was fun; but what I like best about what I do now is the creative freedom." **NOW**

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Two Bits, Four Bits

— By Kelly Kovar

When the Ennis High School cheerleading squads run out on Memorial Field to lead the home team crowd in a cheer, or line up on the side of the basketball or volleyball court to spur on school spirit, their dedication and the preparation they have put into their sport is evident. What is not evident is the woman on the sidelines giving them support and guidance in all their efforts, driving them to away games and keeping the cheerleading traditions going. Jaime Regas, Ennis High School teacher-by-day, spends her afternoons and her Friday evenings as cheerleading sponsor. “It keeps me busy,” Jaime said. “I enjoy it a lot. This year, I have a really good group of kids. They take a lot on themselves; they are self-motivated.”

All this time on the sports field can sometimes be a detriment to family life, but in Jaime’s case it proved just the opposite. “I grew up with my father being a Texas high school football

coach, and so from the time I was born, that has been life,” Jaime recalled. “I was always going to football games when I was a kid, and of course I wanted to be a cheerleader.” She began gymnastics at 3 years old and did not quit until she became a high school cheerleader. “My father inspired me. He is 67 and still teaches AP [Advanced Placement] United States History and World History. He loves it.”

Growing up, she and her mom always went to the Friday night football games. “It has always been a family thing.” Jaime carries on this tradition. Her husband, Nick, comes to many of the varsity games. “My baby, Luke, is 4 now. Luke goes to all the home games with me. I took him to his first game when he was a month old.”

“I am just like my dad. I knew that I was going to be a teacher; my goal in life was to be a college cheerleader, and I did that. I majored in English and in exercise and sports studies at Tarleton

State University.” After graduation, Jaime thought she might someday get to be a cheerleader sponsor. “I thought, *I will have to teach 10 years before I get to do that.* At the first school where I taught, they said, ‘Oh, you have cheerleading on your résumé. Would you like this job?’ I didn’t know then that this is a job not that many people want.”

After teaching in Carrollton for two years, Jaime and her husband, Nick, moved to Ellis County, seeking a slower-paced life. Taking a job at EHS, she was again surprised to be offered a chance to work with the cheerleaders. “This is my seventh year to be cheerleader sponsor at EHS.”

There are three squads: freshman, junior varsity (JV) and varsity. Freshman and JV have a captain, and varsity has three captains. “I depend on my manager, Taylor Brooks, who takes attendance, files paperwork, helps get things ready for the game and runs the music. She is a really sweet girl.”

Sports NOW

All the girls in cheerleading get a PE credit, and attend a cheer class on alternating days, plus practice every afternoon. "I have another coach, Jessica Liska, who helps me, and we meet in the cheerleading dance studio." On pep rally days, they work on what they are performing that week. Freshman and JV cheerleading squads work on their halftime performances. The varsity squad works on cheers. "In class, I teach them new cheers, and sometimes they make up their own. We do pyramids and stunts. We do a lot of cheers where we put girls in the air. We are really good about working through progressions. We start at the lowest level, and when they have mastered that, we work to the next level. By the end of the season, they have worked up to more complicated cheers.

"We work on their techniques to be sure they have the right motions and placements, working on their stunts to make sure that they are stable and they are not going to fall. We spend a lot of time with tumbling and their gymnastics. We do hand weights and a cardio workout."

Most of the cheerleaders work up through the ranks for their entire high school career. If cheerleading is something a girl wants to do nowadays, she has to get started in grade school taking cheer lessons. Tryouts are held in the spring for each squad, and judged by impartial professional judges. After the newly chosen cheerleaders for the next school year pick their uniforms, and school is out for the summer, Jaime takes the girls to cheerleading camp.

"I usually have my cheerleaders for four years, and I get to know them really deeply. I get attached to them. Sometimes I think I won't do this another year, but really I can't imagine not doing this; not being there on Friday nights. My dad absolutely understands. I may do it forever. ... I can't imagine it not being a part of my life." **NOW**



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New Year's Resolution? *Snap to It!*

— By Kelly Kovar



Steve and Andrea Bakley own Snap Fitness in Ennis. Snap Fitness, a franchise chain of fitness centers, has been open in Ennis since early 2008. “We are proud of it,” Andrea said, “When people come in, they always tell me the equipment is just awesome.”

Andrea has a background in health care administration. Steve is a commercial construction development estimator. Both hold advanced degrees and bring a wealth of business and fitness experience. “We have both been into fitness forever,” Andrea mentioned. The couple, who have been married for 15 years, actually met in a weight room at Iowa State University. Andrea took her personal-trainer course at the Cooper Institute.

The decision to open a Snap Fitness seemed like a good idea to both of them. “We picked Snap because of their Christian values,” Andrea said. “Snap was the number one franchise in the nation for the last two years and has a 93-percent rating in customer service satisfaction.

“This location is well-lit, has good visibility and high traffic. Its proximity to the police station affords security, since Snap is open seven-days-a-week, 24-hours-a-day, with a key card.” They have a 24-hour surveillance camera for

additional security. Snap is staffed Monday through Friday evenings from 5:00 to 7:00 and on Tuesdays from 10:00 a.m. to 1:00 p.m. “If those hours don’t work for you, I will meet you by appointment anytime.” They also have a Spanish-speaking staff member, Georgina Rojas, on hand Thursday and Friday evenings.

“Snap is fast, convenient and affordable,” Andrea said. “When people join, I give them all the basics on how to get results. I spend an hour per person on equipment orientation and a

fitness assessment, so they can get started.” Every three months, members get a personal consultation with a body composition check. “I check cardiovascular, flexibility, muscle strength and endurance, because these things determine how quickly you can



get the body composition to turn around.” Then Andrea customizes their workout plan based on the member’s fitness goals. “I want to get people using their time as an investment, to get optimal results.” Snap members also have access to a

Business **NOW**

virtual trainer on the Snap Fitness Web site, with a personalized Web page.

Periodically, Andrea offers a weight-loss class called Fitness on Friday to members. "In my weight-loss class, one girl has lost 30 and another 60 pounds," she said. "My goal is for you to have every resource that you need to be successful in here."

"My motivation to exercise is that I like to feel good and stay in shape."

"Feeling healthy is so much nicer than feeling like your clothes do not fit and you are out of breath all the time," Steve explained. "My motivation to exercise is that I like to feel good and stay in shape."

Members can do their cardio workout on treadmills, bikes, stepper or arc trainers, with 200 channels of satellite television to watch (and listen to on your own FM radio headset) while you exercise. Cardio machines are equipped with monitors to indicate when you are in the correct heart zone. There are weight benches, free weights, dumbbells from five- to 100-pounds, and traditional plate-loaded weights for muscle-building. "The circuit training equipment is state-of-the-art, top-of-the-line equipment," Steve said. Arms, shoulders, back, legs and gluts, and inner/outer thigh can get a workout on circuit equipment.

"We want people to come in here and like to work out," Andrea added, "and get the results they need to keep them motivated." When your New Year's resolutions come due, visit Snap Fitness at 108 S. McKinney or call (972) 875-8785 for an appointment. **NOW**

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Cultivating Futures

— By Danielle Parker



For centuries, agriculture has been an integral element of human civilization. Yet as technology has advanced in recent years, there has been a demand for this industry to expand and progress. Josh Jaggears, a third-year agriculture science teacher at Ennis High School (EHS), is learning to adjust to this ever-changing field. “These days, the agriculture department is geared more away from traditional agriculture,” he said. “It consists of animal science and agriculture science. Within agriculture and animal science, we offer a range of opportunities from a veterinarian-technology course to metal fabrication.”

A large part of the EHS agriculture department consists of involvement with the National FFA Organization. With more than 63,000 members statewide, the FFA is also constantly changing to meet the needs of those within the organization. “Through the FFA, students show livestock, agriculture/mechanic projects, public relations, communications — you name it. The agriculture industry is so broad these days; students compete in everything you can imagine.”

A graduate of Grapevine High School and Tarleton State University, Josh said his desire to teach came very early in life. “I was inspired by my Ag teacher; I met him when I was in fifth grade and by the time I finished my freshman year, I knew this was what I wanted to do.” From that relationship, Josh learned how to relate with his own students. “Right now I’m so close to their age, I understand most of what is going on in their lives. I can connect on a deeper

level than the traditional student/teacher relationship.”

Because of Josh’s unique bond with his students, he is also able to bring a fresh approach to his instruction. “I make the classroom fun. I like to think outside the box. In our agriculture communication class we play games that reflect the communication skills we are learning. When we are building projects, I allow the kids to express their own creativity. Instead of standing over them and telling them exactly what they need to do, I allow them to design and come up with their own ideas.”

Of all the activities and projects which happen in the classroom, Josh believes FFA preparation and competition is what he and his students enjoy most. “FFA allows kids to be themselves. There are so many avenues. There is a place for everybody. It offers opportunities for leadership and career development. Students are taught to think critically, communicate clearly and perform efficiently in a competitive way.”

FFA, the world’s largest youth organization, opens doors for students to explore professional and vocational possibilities, as well as character growth, according to Josh. “Through FFA, students learn leadership and responsibility. It takes a lot of hard work and dedication to compete. Everything within the organization promotes premier leadership, personal growth and career success, and everything we do revolves around those three things.”

Although the department creates a number of opportunities for students, Josh admits he faces the challenge of breaking

Education **NOW**

the mindset that agriculture only consists of farms and animals. "It's very hard to attract students to the Ag department. The FFA itself is 80 years old, and for the majority of that time it has been associated with farming. With land being commercialized, and more and more homes being built, we have to find new and unique ways to appeal to new students." Along with recruiting new pupils, Josh also seeks to encourage cultural diversity within the department as well. "We are trying to reach out and become more diverse. As the demographic around us changes, we want to as well. EHS is predominately Hispanic, so our department would like to closely resemble the demographics of our school."

To address the challenge of communicating the relevance of agriculture and appealing to this generation, Josh lets his students be the testimonial which draws in newcomers. "We let the kids do the talking. We allow our current students to tell others about what we do." As with any job, there are obstacles Josh must hurdle, but through it all, he strives to keep his passion for teaching enlivened each day.

"My old Ag teacher has been teaching 40 years and every morning he still wakes up with a smile on his face. I don't know if I'll make it to 40 years, but I do know I want to teach until I no longer find joy in what I do. The day I wake up and dread going to work is the day I need to quit, because I know it's no longer about the kids." Josh is working on a master's in administration and hopes to one day become a principal, but for now he said he is happy right where he is. "I have sat back and asked myself, *What would I rather be doing?* I honestly cannot think of anything else I would rather do with my life. I get to wake up every morning and teach our future generations; that's what I'm in it for." **NOW**

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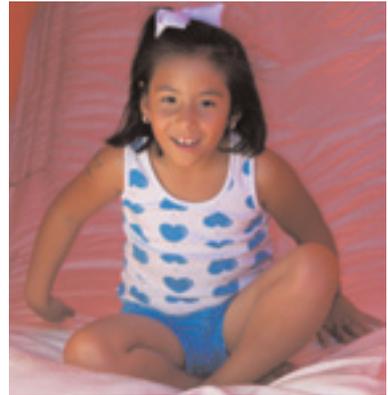
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Around Town **NOW**



Hannah Schumacher, top left, fished for treats at the Ennis Bible Church booth. Millie Snow, top center, hugged a double armful of popcorn. The big tiger slide, top right, was on hand to provide thrills to the youngsters. Lana Payne, second row left, was all smiles while her son, Jacob, sported a souvenir from the face-painting booth. Kids all over the festival, bottom left, could be seen wearing balloon headaddresses created by balloon artist Davis Gish. Tony Schronce and April Griffin of All Star Bowl, bottom center, ran a game booth at the fall festival. This pony with a hot pink mane and tail, bottom right, was the choice of an enthralled equestrian.

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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH DANIELLE BAZE

KEY LIME PIE

I received this recipe from my mother-in-law. It is a Weight Watchers® favorite. Ironically, my children (7 and 3) absolutely love it and request it all the time.

- 1 16-oz. pkg. sugar-free lime gelatin
- 1/4 cup boiling water
- 2 6-oz. key lime pie yogurts
- 1 8-oz. container fat-free whipped topping
- 1 reduced fat graham cracker crust

In a large bowl, dissolve gelatin in boiling water. Stir in yogurt with wire whisk. Fold in whipped topping with wooden spoon. Spread in crust.

Refrigerate for at least 2 hours.

SAUSAGE BALLS

Family favorite. The kids love to get involved in making this one. A somewhat messy dish so make sure to wash your hands thoroughly.

- 2 cups shredded cheddar cheese
- 2 cups Bisquick baking mix
- 1 lb. Jimmy Dean hot sausage
- 1 lb. Jimmy Dean regular sausage

Mix all ingredients. Roll into small balls. Place on cookie sheets. Bake at 400 F for 10-15 minutes, or until done (depends upon the size). Best served warm.

SPANISH RICE

My personal childhood favorite recipe.

- 1 lb. ground hamburger meat
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 8-oz. cans of tomato sauce
- 2 cups instant white rice

In a skillet brown hamburger meat; drain off excess fat. Add onion and bell pepper to hamburger; cook for 2-3 minutes. Add tomato sauce to hamburger, onion and bell pepper. Refill tomato sauce cans with hot water; add and bring mixture to a boil. Add instant white rice cover; simmer for 15-20 minutes. Salt and

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This recipe is my husband's favorite dish.

- 1 7-oz. can diced green chilies
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- 1 small white onion, diced
- 12 corn tortillas, torn
- 2 cups shredded cheese
(Mexican blend)

In a mixing bowl, combine chilies, chicken, cream of chicken soup and onion; mix thoroughly. Spread a layer of mixture on the bottom of a square baking sheet. Alternate layers of mixture and tortillas until all ingredients have been used. Top dish with shredded cheese and bake 15 minutes at 350 F, or until cheese is melted and slightly brown.

VEGETABLE STEW

This recipe I received from my peer teachers here at Ennis High School. I absolutely love this recipe and teaching the students the hands-on knife skills that are necessary to follow this recipe. The students enjoy the lesson and the meal, which is both hearty and nutritious.

- 4 Tbsp. margarine
- 2 onions, chopped
- 3 celery stalks, diced
- 3 carrots, julienned
- 1/4 head cabbage, shredded
- 3 medium potatoes, sliced in 1/2-inch slices
- 1 lb. can whole tomatoes, drained and coarsely chopped
- 3 sprigs parsley, minced fine
- 2 cups bouillon
- salt to taste
- pepper to taste

In a deep pot, melt margarine; add onions and celery and sauté until they are soft. Add the rest of the vegetables and bouillon. Season with salt and pepper. Simmer 45 minutes or until the carrots are tender.

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Time for Annual 401(k) Review?

— By Angie Wingo-Juenemann

Once you've started contributing to your 401(k) plan and funded it with investments that are appropriate for your needs, you might think you're in good shape and that your 401(k) is now on "autopilot." But that type of thinking can actually be counterproductive, because to get the maximum benefits from your 401(k), you'll need to revise it over time to reflect changes in your life and in the investments that make up your plan. That's why it's a smart move to review your 401(k) holdings annually — and now is as good a time as any to see what you've got, where you've been and where you might be headed.

What should you look for when you review your 401(k)? First and foremost, make sure you're saving enough to help reach your retirement goals — or that you're at least putting away as much as you can possibly afford. Next, evaluate whether your investment mix is still suitable for your individual goals, risk tolerance and time

horizon. You might be surprised at how much your holdings can "evolve" without your having done anything to them. For example, during long bull markets, the value of your 401(k)'s stock-based accounts may have risen substantially, and you might find that these accounts now make up a greater percentage of your portfolio than you had originally intended. As a result, you're now taking on more risk than you'd like. Conversely, during a bear market, the percentage of conservative investments in your plan — such as bonds and other fixed-income vehicles — may grow to such an extent, relative to your stocks, that your 401(k) may not be providing you with the growth opportunities you need to pay for the retirement you've envisioned. To prevent either of these scenarios, you may need to periodically "rebalance" your 401(k). **NOW**

Angie Wingo-Juenemann is an Edward Jones representative based in Ennis.



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Health NOW

Overcoming Seasonal Affective Disorder

— By Deepak Patel, M.D.

Each year, nearly a million people spend the holiday season trapped in a form of depression called winter-onset seasonal affective disorder (SAD). SAD affects people in cyclical patterns, most often beginning in October or November, with depression lasting through early May. During this period, those afflicted with SAD may experience mild, moderate and sometimes severe levels of depression.

Professionals warn that SAD is, in fact, a form of depression that can severely impair daily life. People who are experiencing symptoms should not disregard their emotions as simply a case of the winter blues.

Symptoms of seasonal affective disorder are:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, specifically craving carbohydrate-rich foods
- Weight gain
- Difficulty concentrating or processing information

The cause of SAD is believed to be linked to a combination of family genetic conditions, such as prevalence of depression

in immediate family members and restricted sunlight exposure. In fact, evidence suggests that people living in the northern hemisphere are more likely to be stricken with SAD because of their significantly longer winter, which provides much less sunlight. Moreover, SAD symptoms may also reappear in those affected when the weather is overcast and sunlight is restricted or when indoor lighting is decreased.

Research suggests that long winter nights may lead to SAD by affecting:

- The body's internal clock that controls sleep, known as the circadian rhythm
- The body's production of a hormone, called melatonin, that controls sleep
- The body's mood-affecting neurotransmitter, called serotonin

All of these changes to the body can result from reduced sunlight exposure and can lead to depression if left untreated.

SAD is more commonly found in women; however, men are also susceptible to this wintertime depression. SAD is more prevalent in those age 20 and older.

Currently, light therapy is used in an effort to combat SAD. The National Alliance on Mental Illness (NAMI) recommends use of light bulbs between 3,000 and 6,500 degrees Kelvin can be effective, when the light stand is



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Health NOW

placed at eye level or higher.

“Such arrangements illuminate the lower half of the retina, which is rich on photoreceptors that are thought to mediate the antidepressant response,” according to NAMI.

If you feel a bit more down-in-the-dumps than usual around the holiday season and are experiencing the signs of SAD, consult your physician. Symptoms should not be overlooked because, if left untreated, SAD may result in a very serious form of depression that can severely impact your life. **NOW**

*Dr. Deepak Patel, M.D.
Navarro Regional Hospital*

Sources:

www.nami.org

www.familydoctor.org

Dr. Mario R Salazar, M.D., P.A.
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January 2009 Community Calendar

January 8

Navarro College SBDC's Understanding Copyrights & Patents workshop: 2:00 - 4:00 p.m., Waxahachie Chamber of Commerce, 102 YMCA Dr. Speaker: Larry Hamilton. Cost \$20. To register, call Dottie Ueberroth at (972) 937-2174.

January 13

Friends of the Library meeting: noon, Ennis Public Library Learning Center.

January 15

ABWA – Empowering Women Express Network meeting: 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Guests welcome. Please RSVP to Daphne Brewer at (972) 723-6551. www.abwa-empoweringwomen.org.

Moms Connected support group and Bible study: 9:30 - 11:00 a.m., Sixth Grade Room, Tabernacle Baptist Church. All moms invited. For more information, contact ennismoms@sbcglobal.net.

January 17

Martin Luther King Community Fest and Health

Fair, Ennis High School commons. For more information, contact (972) 878-4748.

January 21

Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon: Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. All women are welcome for lunch and a speaker. Cost: \$13, inclusive. Nursery vouchers available. Reservations preferred, walk-ins welcome. To make reservations, please contact either Kay at (972) 937-2807 or Mary at (972) 937-9984 or e-mail Kay at windchime@charter.net no later than Sunday, January 18.

January 24

Bristol Opry: 7:00 p.m., Old Bristol School, 100 Church St., Bristol. Featuring the Bristol Opry Band and several local singers. For more information, contact Jim Gatlin at (972) 846-2211.

Women of Worship (WOW) nondenominational group fellowship meeting: 10:00 a.m., 200 Dodge St. Bible teaching, prayer and fellowship. Following the meeting there will be a luncheon

at The Wildflower Café. For more information, call Mary Moseley at (972) 965-2075.

February 6

Pre-party and jam session for Ennis Czech Music Festival: 7:00 - 11:00 p.m., Sokol clubroom. Free admission.

February 7

3rd Annual Ennis Czech Music Festival: 2:00 - 11:30 p.m., Sokol Activity Center, 2622 E. Hwy. 34. Listen and dance to five bands. Czech & Then Some: 2:00 p.m. Ennis Czech Boys: 4:00 p.m. Jak Se Do: 6:00 p.m. Czech Harvesters: 8:00 p.m. Jodie Mikula Orchestra: 10:00 p.m. Admission: \$5 a person. Ages 14 and under free. Door prizes. Kitchen will be open. Dress casual or kroj. www.ennisczechmusicfestival.com.

For more community events, visit our online calendar at www.nowmagazines.com.

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