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Wild to Mild Mustangs

Jennifer Cox helps horses find homes

2022 Holiday Shopping Guide

In the Kitchen With James Barr

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Scavenger Hunt

Crossword

Featured Business:
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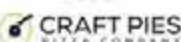


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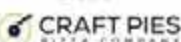


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ON THE COVER



Jennifer Cox came to love her formerly wild horse, Rebel.

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EDITOR'S NOTE

Focus on what's important ...

There is a lot to learn when it comes to photography. Things like complimentary or contrasting colors, depth of field, shutter speed, light and shadow come to mind, but none could be more important than achieving proper focus. That would seem to be a given, wouldn't it? A picture with sharp focus is usually more appealing than a blurry one that makes you wonder if you failed to put your reading glasses on!

Great sports photographers are able to pan a fast-moving subject and obtain proper focus while allowing the background to blur and indicate movement and speed. Aperture settings and accurate focus with proper lenses allow photographers to focus on the beautiful bride, while achieving a blurred background that can seem dramatically dreamy. The photographer may refer to this as bokeh.

There is also proper framing of the subject that may make or break a great photograph. If you take a lot of pictures, you may be familiar with the photographer's "rule of thirds," but a good photographer knows there are some times when rules are made to be broken. We can probably sum all of this up with our introductory phrase, "focus on what's important."

Thanksgiving and the holiday season are upon us. Is it too late for us to resolve to not sweat the small stuff, and concentrate on acknowledging our faith, friends and family who are so important to us? Those relationships are really the only things we have to celebrate that have any eternal significance. Let's be thankful, and not lose our focus if the dressing cooks too long or the Christmas lights fail to come on.

Happy holidays!

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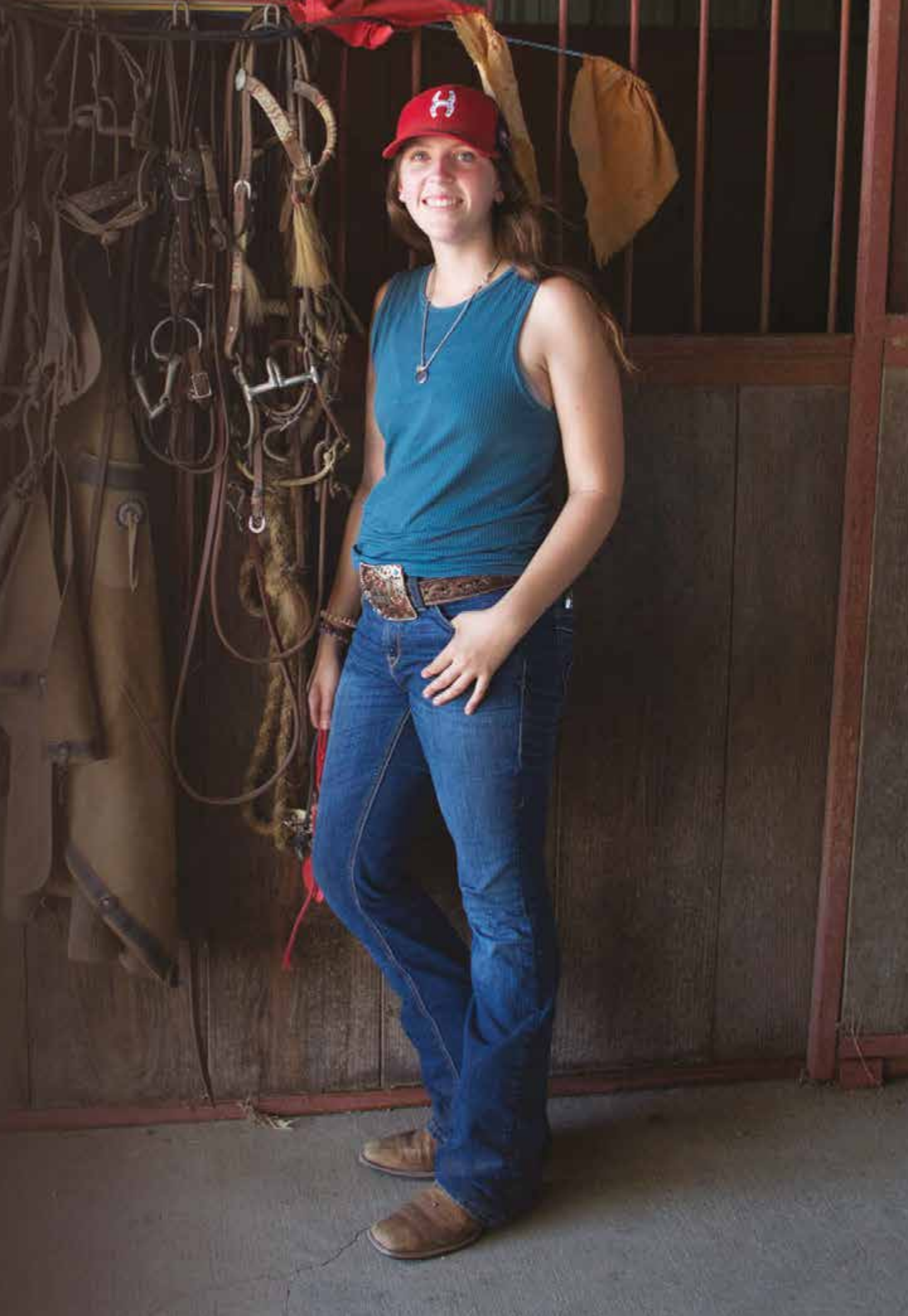
— By Bill Smith

The picture in our mind might be from an old western movie starring Gene Autry. Maybe the story of the Lone Ranger finding his wild mustang, Silver, leading other stallions and mares through rocky and barren desert land comes to mind. Believe it or not, wild mustangs still run in large herds across Bureau of Land Management land in the western United States. Managing the herds means bringing some of the animals from wild to mild and eventually to adoption by families who care deeply about their welfare.

Jennifer Cox is a member of one such family. Jennifer's grandmother, father and sister have all been involved with bringing burros and mustangs to Ennis to be taught gentleness with love. "I started with the program the first year it was available, in 2007," Jennifer's grandmother, Sharon McLeod, interjected. The rest of the family soon followed, including Jennifer's father, Steven, who trained a mustang in both 2018 and 2020, and her sister, Zoë, whose social media page shows the mustang she trained in 2019. Sharon added, "Working with the horses is not only good for them, but it is good for us also. There is something therapeutic about the connection between the horse and the trainer. They both start out cautiously, but eventually come to trust each other."

"I started about three years ago," Jennifer recalled. "Last year, I had a burro named Blue Jeans that I worked with. Eventually, he was gentle enough that I actually lead him into our house! This year, I worked with a horse named Rebel (short for Rebellion) that we got from the Bureau of Land Management in Nevada. I enjoy working with horses because I would like to be on the horse judging team in FFA. Rebel was not only my project for the Bureau of Land Management program that has been adopted by someone else for further training. He was also my FFA project."

While Jennifer's Texas roots are obviously deep, she admits she was not born here. "I was born in California, but Texas is really all that I remember, because we moved here when I was about 2 years old. Our property is 16 acres, and we have plenty





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of room for the horse barn and corral. When you apply to the Bureau of Land Management to adopt and train wild burros and horses, they check out the property to make sure it is suitable for the animals."

Jennifer is involved in other school and community activities. "We completed our Lionettes camp in the summer, and I enjoy being active with them during school. I also participate with the Keep Ennis Beautiful program as a youth advisor," she said. Jennifer was recently selected by Keep Texas Beautiful (the parent of the community organizations) to be a Young Texan Ambassador through May 2023. While she is a well-rounded teen student and sophomore in high school, there is no doubt that most of her time has been consumed with training her mustang.

"The first step is just getting close enough to touch him," she said, reminiscing with a smile. "The horses are not used to interacting with humans, so they may bite or stomp with their hoofs. Once they get used to us, the next step is to get them to wear a halter. There are essentially three steps to the Training Incentive Program (TIP) that we are involved in. The first is being able to adapt, which includes such things as being able to be trailered, groomed, lead with a halter and able to pick up all four feet. (While the mustangs are not shod during the initial phases of training, the ability to pick up all four feet is preparation for the next owner to shoe the horse).

"The second class within the TIP program has to do with the horse's ability to navigate obstacles such as bridges, pulling carts or distractions such as flags. Part of Rebel's training included getting him used to a paper sack tied to the end of a stick. Early on,





just dropping a plastic water bottle near him would startle him.” Sharon then threw a half-full water bottle toward Rebel, and he never flinched. Jennifer stepped repeatedly on a bundle of dry sticks at Rebel’s feet and the horse calmly held his place. The training has obviously been effective. “One day Rebel may be around children throwing balls and just playing the way children do,” Jennifer explained.

“The final part of the TIP program is freestyle,” Steven said. “This is where Jennifer did whatever she wanted to show off the horse. At the final competition, Rebel showed off a few new tricks.

Jennifer and Rebel recently competed in the Extreme Mustang Makeover at Will Rogers Coliseum in Fort Worth. The website for the competition says, “Trainers will showcase the trust they are able to build with an untouched wild horse in just 100 days of training. ... A freestyle showdown of the top 10 competitors will decide who is crowned champion. With cash and prizes up for grabs, it’s going to be extreme!”

After the event, Jennifer said, “We did good at the show. Our handling and conditioning class didn’t go too well since the person in front of us had some issues with their horse. Rebel saw it and was trying to figure out what was going on rather than focusing on his own training. He did get adopted out, so now he lives in Oklahoma.”

There are a lot more horses roaming the wide-open plains in the West. Families like Jennifer’s love them into caring homes. **NOW**



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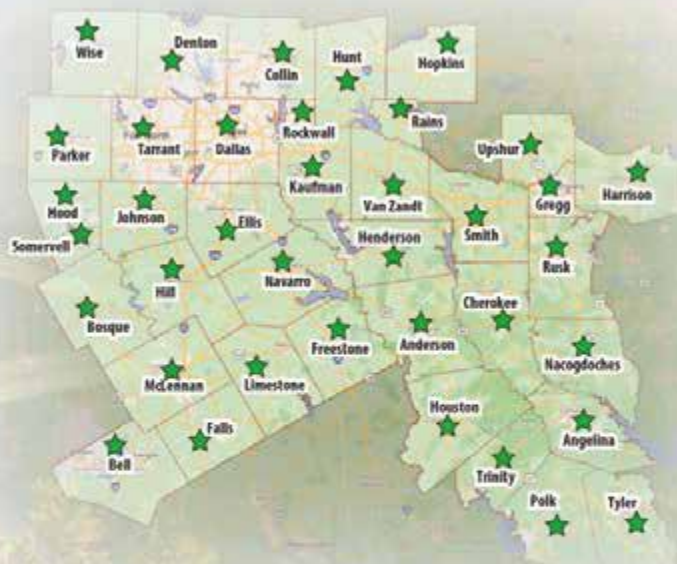
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— By Sandra Johnson

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Dr. Blayne Laws and his wife, Heather, have been faithfully opening the doors at Family Care Clinic for the past 18 years. They've enjoyed the same location, making it their home away from home. "We're here for the patients," Dr. Laws said. "Doctoring is my area of expertise, while Heather oversees the business side of the practice."

The "family feel" is recognized soon after patients check in. Books and magazines take up most of the table space,



while games and toys are available for their youngest patients. Heather decorated the waiting area and each room with her special touch, capturing the family feel that's important to them. "There's no TV in the waiting area," Dr. Laws shared. "We've found it's more peaceful without it, and the patients don't seem to miss it."

As a family practice, Dr. Laws sees patients of all ages for a list of things that include, but are not limited to, diabetes, high blood pressure, anxiety, depression, well visits, school physicals, dermatology issues, minor emergencies, asthma, flu and the common cold. But one of his greatest passions is helping individuals with attention-deficit/hyperactivity disorder.

ADHD is a chronic condition including attention difficulty, hyperactivity and impulsive behaviors. Dr. Laws knows firsthand what the disorder can cause because he's lived with it his whole life. "I know the stresses that come with ADHD," he admitted. "God allowed me to live with this disorder, so I could help others."

Dr. Laws was diagnosed in medical school after failing the first year. A lady in the college's learning center noticed the ADHD abnormalities he presented.

In his third year, he began taking the medication that helps him focus on tasks at hand. "I'm able to explain to parents what's going on with their children," he noted. "The kids are happy because I'm able to confirm what they've been trying to say. It's a great relief that changes the dynamics of the parent/child relationship. They begin to work together."

The "family feel" is recognized soon after patients check in.

Once diagnosed, several of his adult ADHD patients have returned to work to earn promotions and raises. Many patients come in thinking they aren't smart because they've struggled their whole life. It is extremely rewarding to see them finally understand that ADHD has nothing to do with intelligence. Once they are treated and given tips on how to manage their difficulties, it's a whole new world for them. Recently, a patient told him the treatment has changed his life.

Although all new patients must first undergo a complete exam, established patients are now able to do follow-up visits through telemedicine, thus making it convenient for the many college students who look to Dr. Laws for their medical treatment. "And it's proven to be quite useful for our patients who do a lot of traveling," he added.

They recently started a ministry to help people in the community through prayer and financial assistance. With help from their prayer ministry group, they put up a food pantry box in the parking lot to help those in need. Their patients are generous in consistently bringing groceries to keep it full.

Family Care Clinic will continue to offer medical care in a Christian atmosphere as they deal with all business in a timely, professional fashion. "We are here for our patients," Dr. Law reiterated. "Patients are not here for us." **NOW**

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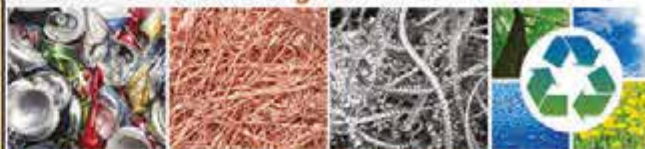
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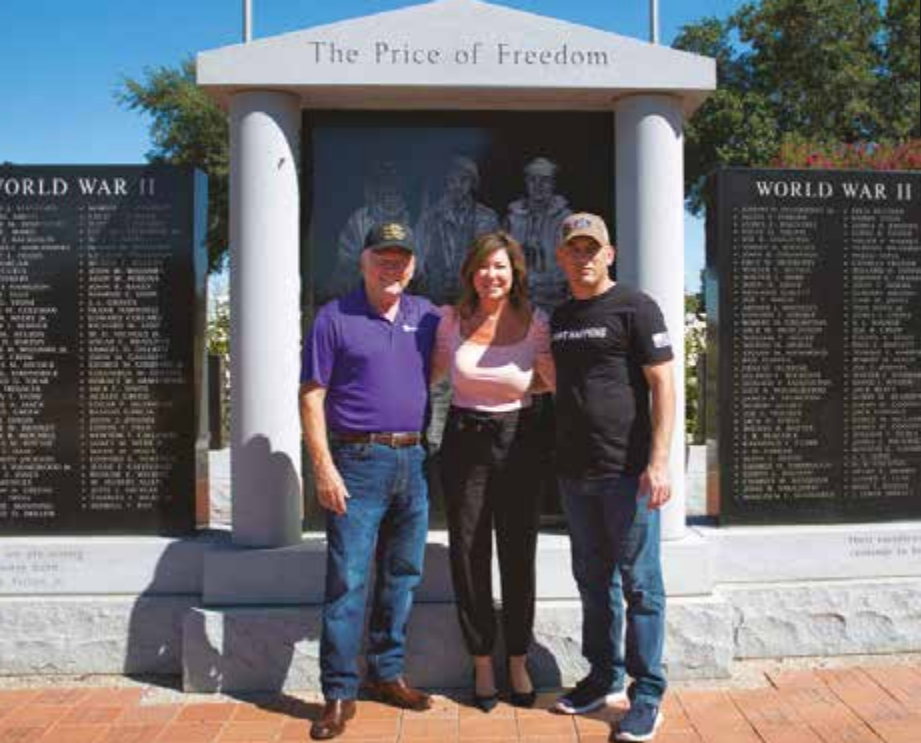
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Aniya Bennett plays connect four and said she loves the scavenger hunt in EnnisNOW Magazine.

Zoomed In:
The Ellis County Veterans Day Celebration

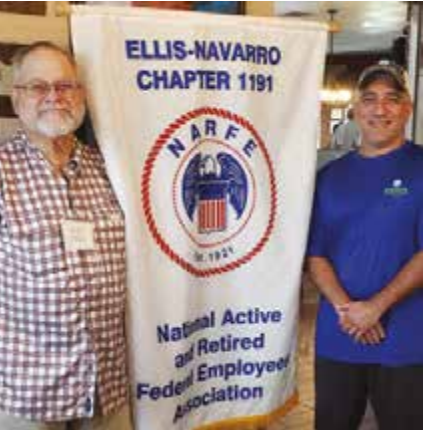
By Bill Smith

The steering committee for The Ellis County Veterans Day Celebration has about 20 members who work throughout the year to put the event on. Wayne Norcross quickly pointed out the legacy of a couple of the earlier members, Perry Giles and David Hudgins. “Those guys worked tirelessly to get this thing going,” he said.

Vanessa Zmolik, though not a veteran herself, has children in the military and serves as secretary. She confirmed, “Many people help out. When November gets here, it is ‘all hands on deck.’”

Robert Bell acknowledged. “We can’t name all the supporters, but Ken Roberts with KBEC is always contributing, as well as the Reveille Sisters and the Classic Swing Band.”

“This is a great event to honor those who have served and continue to serve. Last year, about 800 attended,” Wayne added. “This year we expect over 1,000.” Beginning at 9:30 a.m., the event will be held on November 12, at the Waxahachie Civic Center, 200 Civic Center Drive.



David Casarez, Ennis Parks and Recreation director, speaks at the local NARFE meeting.



Several NHS students participate with Keep Ennis Beautiful Director Ginger Gonzales.



Elizabeth Collins and Maddie Munoz assist customers at Ennis' Bluebonnet Spirit Shop.



Sean Byars and Melanie Trojacek with Mentors Care present their program to the Ennis Lions Club.



Rick Moritz gets ready for a barbecue competition.



Billy and Pam Cootes visit the Ennis Dog Park with their companions, Jack and Ozzy.



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CookingNOW

In the Kitchen With

JAMES BARR

— By Bill Smith

“I love to cook because I love making folks happy, and in turn, it makes me happy,” James Barr said. “I learned something about cooking by watching my dad, some cooking shows and reading other’s recipes, but I’d have to say that I am mostly self-taught.”

James indicated that his inspiration for cooking is his wife and friends, and he finds new recipes in *EnnisNOW* and on Google, but then he personalizes them by changing them with his own spices or measurements. He added, “Everyone seems to love my Southern green beans. That’s a recipe I got from my dad, but I don’t add onions like he did. My favorite cooking technique is grilling and barbecuing on my pellet smoker.” **NOW**

Home Made Mild Salsa

- 4-5 medium ripe tomatoes, diced
- 1 14.5-oz. can diced tomatoes, drain if you want
- 2 Tbsp. minced garlic
- 1/2 cup red onion, chopped
- 1/3 cup bell pepper, chopped
- 1 Tbsp. cumin, or to taste
- 2 tsp. salt, or to taste
- 1 tsp. ground pepper, or to taste
- 4 tsp. sugar, or to taste (cuts the acidity)
- 1 jalapeño pepper, seeded and chopped (optional for heat)
- 1 serrano pepper, seeded and chopped (optional for heat)

1. Put all ingredients in a blender.

- 2. Blend using stop/start chop or crush mode to your desired consistency.

Ham and Cheese Sliders

- 1 12-count pkg. Hawaiian Sweet Rolls
- 3/4 lb. black forest deli ham, thinly sliced
- 3/4 lb. Provolone cheese, thinly sliced
- 1/2 cup (1 stick) unsalted butter, melted
- 1 Tbsp. poppy seeds
- 2-3 tsp. Worcestershire sauce

- 1. Preheat the oven to 350 F.
- 2. Line a 9x13-inch flat pan with aluminum foil; spray with cooking spray.
- 3. Using a large, serrated bread knife, slice the rolls in half so that you have a slab of

top and bottom halves. Do not pull them apart, as you want each roll connected to the other.

- 4. Place the bottom halves on the prepared foil-lined pan.
- 5. Evenly layer ham slices over the bottom-halves. Add an even layer of cheese on the ham.
- 6. Evenly layer the remaining ham over the cheese layer; add the top halves of the rolls.
- 7. In a medium microwave-safe bowl, melt the butter, about 1 minute. Add the poppy seeds and Worcestershire sauce; whisk to combine.
- 8. Using a brush, evenly spread the butter mixture over the rolls.
- 9. Cover the rolls with aluminum foil; let stand 5-10 minutes.
- 10. Bake, covered, for about 20 minutes, or until the cheese has melted. Uncover and cook another 3-5 minutes, or until just turning golden brown but not burning.
- 11. Remove from the oven; slice each roll. Enjoy!

Smoked Brisket

- 1 5-to 8-lb. beef brisket
- Favorite rub, to taste
- Spray oil, to taste
- Favorite barbecue sauce
- Apple juice, to taste

- 1. Cut away any silver skin and excess fat

from the flat muscle. Flip over; trim the flat cap, leaving about a 1/4-inch layer. Rinse; pat dry with paper towels.

2. Liberally apply the rub all over the brisket; spray with oil. Using a knife and fork, poke holes in the meat so the seasoning can absorb into the meat. Tightly wrap the brisket in plastic wrap for a few hours or overnight.
3. Smoke the brisket on low temperature (190 F) until the internal temperature is 160 F.
4. Increase the grill temperature to 230 F until the internal temperature reaches 165 F.
5. Remove the brisket; wrap it in a double foil pouch, basting with BBQ sauce and adding a little apple juice to help the steam process. Seal the pouch well.
6. Place back on grill for 1 to 1 1/2 hours. Open the pouch; check the internal temperature. If it is 195 F; remove from the grill; place on a cutting board. Let stand for 10 minutes before slicing. Enjoy!

Favorite Southern Green Beans

1 bag whole frozen green beans
4 slices bacon, applewood smoked
3/4 stick butter
1 Tbsp. garlic, or to taste
1 tsp. salt, or to taste
1 tsp. ground pepper, or to taste

1. Thaw the green beans in the microwave.
2. Dice the bacon; sauté in a saucepot until done and slightly crispy. Add the butter; melt.
3. Drain; add the green beans. Add the garlic, salt and pepper.
4. Toss the mixture; cover over medium heat for 10-15 minutes, or until done.

Smoked BBQ Beef Ribs

12 (approximately 6 lbs.) beef short ribs
Holy Gospel BBQ Rub, to taste
Spray oil, to taste
Sweet Mustard Carolina barbecue sauce and Sweet Baby Ray's barbecue sauce mixture (or your favorite), to taste
Apple juice (in spray bottle), to taste

1. Preheat the grill to 180-225 F.
2. Prepare the ribs by peeling the silver layer off.
3. Sprinkle the beef rub on both sides; spray oil on each side.
4. Place the ribs on the grill meat side up; lather barbecue sauce on top.
5. Smoke for 2-3 hours until the internal temperature is 135 F.
6. Spray apple juice on the ribs every hour to keep them moist.
7. Remove the ribs from the grill; double


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Smoked BBQ Beef Ribs &
Favorite Southern Green Beans



wrap them in a foil pouch with barbecue sauce and apple juice.
8. Steam for 1 to 1 1/2 hours in the foil pouch.
9. Ribs will fall off the bone. Serve and enjoy!
10. Variation: Remove the ribs from the

foil pouch; place them on the grill to caramelize and char.

Yummy Chili

2 lbs. ground beef or wild ground meat of your choice (or combination)

- 2 1/2 Tbsp. chili powder, or to taste
 - 4 cloves garlic, minced
 - 1 medium onion, diced
 - 1 bell pepper, sliced and diced
 - 1 14-oz. can diced tomatoes
 - 1 1/2 cups beef broth
 - 1/2 can your favorite beer
 - 1 Tbsp. tomato paste
 - 1 Tbsp. brown sugar, or to taste
 - 1 tsp. salt and pepper, to taste
1. In a large pot, brown the ground beef with the chili powder and garlic; drain fat.
 2. Add the remaining ingredients; bring to a boil. Reduce heat; simmer for 1 hour or more.
 3. Serve with cheese, onions and/or crackers.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com

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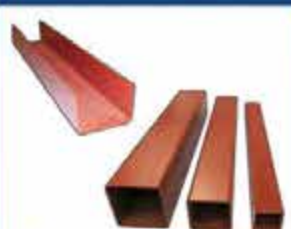


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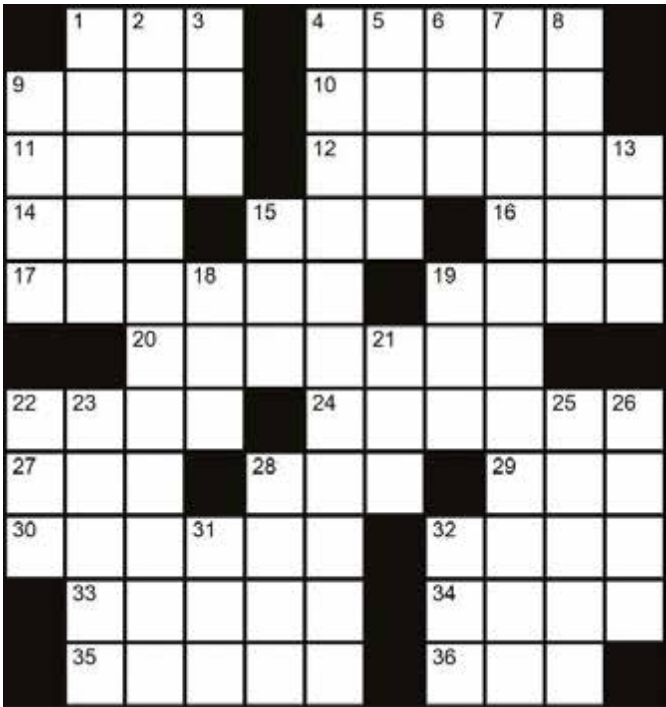
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- 1 Sets owned by almost everyone
- 4 Archeological discoveries
- 9 "Nessun dorma" for example
- 10 To pray in Rome
- 11 Cheese coating
- 12 Caitiff
- 14 I R S expert
- 15 Outlaw
- 16 Wheeling was its first capital
- 17 Space-saving staircase
- 19 "— o'clock scholar"
- 20 Like a young lady
- 22 Rounded thickly curled hairdo
- 24 Inputs data
- 27 100 square meters
- 28 Wolf Blitzer's channel
- 29 Sheltered side
- 30 Ball-park fare
- 32 Flimsy piece
- 33 Double's job
- 34 Doing the job now
- 35 Cogs
- 36 Skin lump

Down

- 1 Lewinsky's confidante
- 2 Vintage rite spread dressing on salad
- 3 Blue
- 4 Lens property
- 5 Soldering tool
- 6 Negative in the sticks
- 7 Set a limit
- 8 Start a game on court
- 9 Electric discharges
- 13 "Dangerous" McGrew of rhyme
- 15 Blockade
- 18 City Michael Caine blamed it on
- 19 Virgin Islands hours
- 21 Travelers' accommodation
- 22 Exclamation of surprise
- 23 Coldness of manner
- 25 Tree exudate
- 26 Part of a clan
- 28 There's more to come
- 31 Owing
- 32 Impressive kind of factor

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11/4-11/6

Ellis County Livestock Show and Rodeo Holiday Market:

Get a head start on your Christmas/Holiday shopping, as well as give back to the 4-H and FFA youth of

Ellis County. Ellis County Expo Center, 2300 W. 287 Bypass, Waxahachie.

11/5

Dine and Dance:

Classic R&B music followed by the first dance performance of the evening by D-Town Swing Dance, Inc., followed by a delicious meal and wine and other lively spirits.

This is a couples only event at Venue H. No jeans allowed. \$125 per couple. To book, go to www.venueh.com and click contact us. Check Dine & Dance and submit the form. You will receive a payment link shortly.

11/11

Ennis Veterans Day Celebration:

Ennis veteran Jim Isbell will speak and EHS band and choir will perform. 11:00 a.m., Veterans Park, 2301 Ennis Parkway.

11/12

Ellis County Veterans Celebration Ceremony:

Classic Swing Band: 9:30 a.m.; ceremony with a memorial service and military-style flyover begins:

10:00 a.m., Waxahachie Civic Center, 200 Civic Center Dr., Waxahachie, TX 75165.

Veterans' Day Weekend Unity Music Festival:

Terry Lee Goffee as Johnny Cash in character. Waxahachie Fine Arts Center, 1000 N. Hwy. 77, Waxahachie. For ticket information, go to www.unitymusicfestival.org.

11/26

Car Show and BBQ Cook-off:

9:00 a.m.-1:00 p.m., Foundation of Life Church, 2003 E. Ennis Ave.

Small Business Saturday:

Enjoy a day of shopping, strolling

and listening to holiday carolers.

Photo op with one of Santa's reindeer! Check in at the Welcome Center to register for prizes and to pick up your map. 10:00 a.m.-2:00 p.m., historic Downtown Ennis.

12/1

Lights of Ennis Parade, Block Party and Christmas Market:

Kick off the holiday season. Event for the entire family to enjoy. Downtown Ennis. Contact the Ennis Welcome Center at (972) 878-4748 or visit www.visitennistexas.com.

Submissions are welcome and published as space allows. Send your current event details to bill.smith@nowmagazines.com.

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go in the drawing, you
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Are You a Smoker or Former Smoker?

A Low-Dose CT Screening Could Save Your Life!

Am I High Risk?

If you have ever been a smoker and answer "yes" to any of these questions, you may be considered high risk for lung cancer.

- Are you over the age of 55?
☐ Yes ☐ No
- Are you a smoker or have you quit smoking within the last 15 years?
☐ Yes ☐ No
- On average, do you now or have you ever smoked at least one pack of cigarettes per day?
☐ Yes ☐ No

Other risk factors include:

- Radon or occupational carcinogen exposure (asbestos, arsenic, diesel fumes, etc.)
- Family history of lung cancer
- COPD or pulmonary fibrosis
- Personal history of cancer or lymphoma

How Do I Decide If I Should Be Screened?

Low-dose CT screenings provide earlier detection, when lung cancer is most treatable.

Discuss your medical history, the risks of screening and benefits with your doctor. In order to be covered by Medicare, you must visit your doctor and have an order.

Is This Screening Covered By My Insurance?

Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer. This screening is covered by Medicare when ordered by your doctor after a lung cancer screening counseling appointment.

What You Can Do

- If you are a smoker, start a plan to quit. **We can help!**
- Make your home and work environment smoke-free.
- Be aware of occupational exposures.

If you are still smoking, talk to your physician about ways to help you quit.

For more information on lung cancer screening, call 469.256.2410.



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