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**Jim and
Helen Templin**



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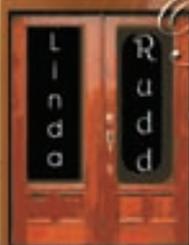


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On The Cover

An orchid blooms at the home of Jim and Helen Templin.

Photo by Terri Ozymy.

Editor's Note



Happy Valentine's Day!

It is so nice to know you can come home again. I thank you for welcoming me back with open arms and words of encouragement. I have been given the opportunity once again to tell stories — stories of athletes, artists, cooks, homeowners and educational wonders. I cannot wait to catch up with all my old friends, while making many new ones, too.

I will need you to help make my position as the newly appointed *EnnisNOW* editor a success. Please feel free to e-mail me at sskoda.nowmag@sbcglobal.net with the names and contact numbers of those individuals you would like to see featured on the pages of the magazine. I look forward to serving the community where my roots are still firmly planted.

Sandra Skoda
EnnisNOW Editor
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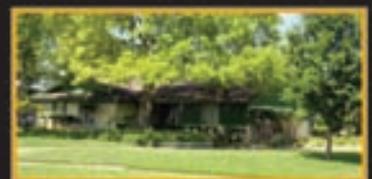
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A few years ago, Jasper Hughes was sleeping under bridges, addicted to and dealing drugs. He had separated from his wife, Linda — who was at the time working for the Dallas Independent School District — and their three young boys. He lived alone, surrounded by prostitutes, drug dealers and gang activity in a crime-heavy area of South Dallas. He was at rock bottom, and something had to change — an epiphany Jasper remembers as occurring on a Tuesday.

“Frito Lay was my dinner,” he said, “and I worked with the Labor Pools. I had moved. I was staying in an apartment-like place off of Grand Avenue [in Dallas]. My wife came to visit me. I had been praying. I had made up my mind it was time for me to change, so I asked God to intervene, and He did it for me. That’s when my change began to take place. I felt myself in present danger, I was not comfortable in that area — in that lifestyle — anymore, and I felt it was time. I know that was just God tugging.”

Now, Jasper is the pastor and co-founder (along with Linda

Truth, Transparency *and* Transformation

— By Adam Kohut



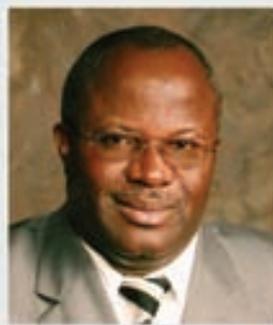
and three Ennis residents: Alice Lindsey, a retired schoolteacher; Anna Ewing, a local businesswoman; and Paula Blessing) of The Way, Truth and Life Church. The Church was officially founded approximately 14 years ago, and has recently established a consistent congregation of 65-70 people. The group has really begun to shine in the past few months, according to Linda.

“It is amazing,” Linda said. “We’re looking at the hand of God. We’ve been obscure, like in hiding, for a long period of time. Our ministry was known more or less to people just in this area, because of the GED program we had for about six years, and we would sponsor youth rallies, back-to-school kind of things. Things we would do would be just for this area. We would put it out there, but you know it would only be a few people in this area who would really, come.

“It is the church’s time,” Linda said. That, coupled with the atmosphere of acceptance that pervades the church, explains the sudden increase in congregation. “We’re not like most churches — and I wouldn’t want to say anything that would judge other churches, but there’s a lot of freedom here. And we’re multicultural, truly diverse. We’ve never wanted to be known as an African-American church, a white church or a Hispanic church. We’ve always wanted to be known as a church where you don’t have to be anybody to be somebody. We’re eclectic. Don’t put us in a box.”



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The thrust of the church's ministry revolves around empowerment. This is why much of the church involves children and young people. In addition to the GED program, Linda and Jasper founded a child care center in 2002.

Jasper and Linda have been married for 33 years. After their reconciliation, they had two more children, both of them girls. When they met, Jasper had recently come out of the Navy, where he had served three years. He said he felt the call of the Lord when he was 17, but instead decided to join the military. Even after his three-year term of service ended, he still ignored the call to ministry.

He became a drug dealer — a fact unknown to Linda for nearly the first 13 years of their marriage. When he — with the help of God — overcame his



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addiction, he heeded the Lord's word, got back together with Linda and set out to become a pastor. "I ran from the Lord for 21 years before I finally accepted my calling," Jasper said. "You know, God will let you do that for a while, but when enough is enough, He [pulls you back in]. So He broke me. I always tell everybody that He rode me as if I was in a rodeo. He put the spurs on and the bridle in my mouth and He broke me. That was my turning point."

Jasper is soft-spoken, with a ball cap pulled low over his brow and a T-shirt that accentuates his large biceps. His muscular, stocky frame makes him look more like a club bouncer than a pastor, but his honest, down-to-earth demeanor makes him approachable and easy to

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relate to. "I usually tie in a lot of what I have done and bring it into my messages to make it real for the people," Jasper stated.

"If I can tell them something about what I have been through and what has happened to me, then it will help them. There are three things I preach that I'd like to see in each and every one of them, and that's truth, transparency and transformation. If we've got those three things in our lives, then God can help produce some mighty things for us. So I'm real transparent. It just opens it up more for the people when I can talk about myself. People feel comfortable when they feel you are for real. Matters of the heart, that's what I call them."

Linda is more extroverted — she speaks passionately and exuberantly of the church and its endeavors. Jasper saves his talkative side for the pulpit. The pair is as close to perfectly matched as possible, and it shows in the success they have managed to cultivate together.

After reuniting, Linda and Jasper moved to Ennis, where they decided to build a house. They purchased land after

"We've always wanted to be known as a church where you don't have to be anybody to be somebody."

having it surveyed, and were set to move forward when they ran out of money. Their plans seemed at a stalemate, when Jasper and Linda went to Dallas for a ministerial engagement. "It was there someone said to me 'Well, I heard you moved to Ennis to build a church,'" Linda said. "I told my husband, 'That's how rumors get started.'" So, instead of a house, they built a church, which has become more than a home for their ever-growing congregation.

Linda met Alice Lindsey at an Ennis Bible study and they quickly hit it off. The ministry officially began in Alice's home. Now, 14 years later, they remain hard at work, attempting to bring peace, positive change and hope to their community. "Right now we're all seeking; we're all hoping we can find a true way — that we can bring things together. We're still here. We're still striving to do all we can do, while also being led by God," Jasper said. "We're listening to the voice of the Lord." **NOW**

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**At Home With
Jim and Helen Templin**

Generations of Family

— By Kelly Kovar

Jim Templin was the original owner of his Ennis home. “They were just finishing it when I bought it in 1966,” Jim stated. The two-story home features a formal living area with a pass-through fireplace. Chinese benches from the late 1890s are complemented by blue velvet-upholstered couches. A corner cabinet houses a restored Francois Gaultier French fashion doll from around 1898, which came from a historic home in Corsicana Jim’s wife, Helen, once owned. “When we got ready to get married, Helen owned a house in Ennis, and I gave her the choice of living in her house or building a new house, but she liked this house, so she wanted to move here,” Jim said.





Jim and Helen have been married 27 years. They were both born and reared in Ennis, and Helen can remember seeing Jim in Sunday school when he was 3. Jim was one of the owners of Hesser Drugs. After their marriage, they went through a period of combining and eliminating in order to achieve the harmonious and comfortable home they now have. "We sold a lot of things, because we had two of most things," Helen said. She found it amusing, though, that she was the only one with a lawn mower.



The living room furniture was Helen's, and the couple recovered the sofa and both chairs when they moved them to their home. "The chandeliers in the living and dining room were mine," Helen said. Both chandeliers were originally gas-fixtures now wired for electricity.

The antique dining room draw-leaf table with barley twist legs was Jim's. "I bought the buffet at an auction, and I bought this little china cabinet in an antique store in Kemp. It just fits under the staircase." Up the staircase is a

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landing which overlooks the formal living area. Three bedrooms and two baths are upstairs. Two of the bedrooms are furnished with antiques. Marble-topped washstands and dressers evoke a period feel in one room, and lace curtains and an 1823 sampler provide ambience in the second. A master suite upstairs has a balcony, furnished with wrought iron chairs, which affords a view of the front lawn.

Downstairs, beyond the formal rooms, the house has two other living areas where Jim and Helen spend a lot of time. "Most of our den furniture is fairly new; we have bought it together," Helen mentioned. The comfortable leather couch

provides a nice place to watch television or to see the lovely backyard view of the pool, the brick patio and the magnolia tree. "We have a pretty view here year-round," Jim agreed. "In the summer, we can sit out on that deck; because of the foliage and the size of the yard, you wouldn't even know you were in town."

One interesting item in the den is the picture of Beck's Mill hanging over the couch. "Helen's third great-grandfather built the first Beck's Mill in 1805 in Beck's Mill, Indiana, which is right outside of Salem," Jim said. They found the picture on one of three trips to the area in Indiana.

A companion piece to the Beck's Mill picture is a painting of a

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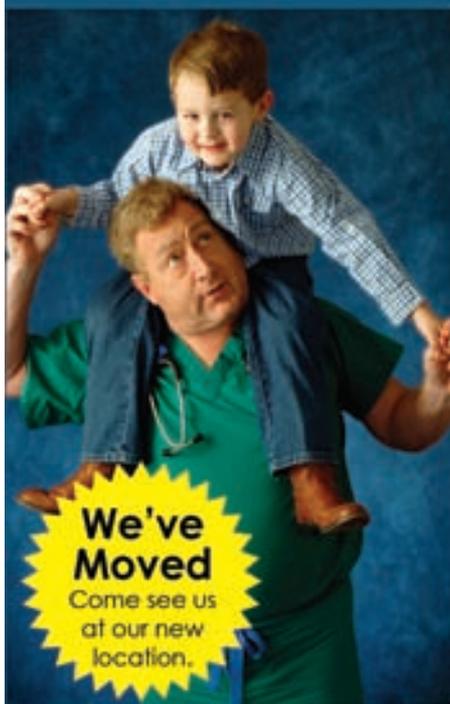
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memorable site from Jim's family history. "This home and barn is titled, *The Headquarters* and it depicts a building in Bucks County, Pennsylvania, which was my fifth great-grandfather's home," Jim said. "On December 14, 1776, George Washington came to that house to use it for his headquarters until December 25, when he left to cross the Delaware, for the battle of Trenton." The Templins bought the picture at Washington Crossing State Park.

The Templins share an interest in family history and in genealogy. "Now that I've retired, I keep busy with volunteer work," Jim said. "I was state treasurer for the Magna Carta Society, which [consists of] the descendents of

the 17 barons in England who made King George sign the Magna Carta in 1215." Helen is also a member.

"Helen is now the treasurer and chaplain of the Daffan Lattimer chapter of the United Daughters of the Confederacy," Jim mentioned. It is the oldest, continually operated service club in Ennis, having been in operation since 1896.

Helen had ancestors in the Union and the Confederacy. "I am also a member of the Daughters of the Union Veterans of the Civil War, but I don't work for them. I pay my yearly dues and that is it, because I live in the South," Helen shared with a laugh.

Conveniently located next to the

den is the kitchen where barn-door-styled cabinet doors, paisley wallpaper and a brick backsplash are a perfect background for Jim and Helen's cast-iron collection. "This piece is a corn bread skillet and belonged to Helen's great-grandmother," Jim said of a favorite selection. Originally, the kitchen had a pass-through window to the dining room, but it has been converted to a lighted cabinet where crystal is displayed. One piece, a white, gold and raspberry-colored pitcher, belonged to Helen's great-grandmother.

The kitchen leads to a new addition to the home, which encompasses a downstairs master suite, a greenhouse for orchids and violets, a new garage

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and a large study. Jim and Helen each have their own desk area, flanked by a wall of membership certificates for the various genealogy societies with which they are involved. For Helen, these include: the United Daughters of the Confederacy, the Daughters of the American Revolution, Texas' First Families and the Quaker Society. She is also in the Presidential Families

of America, since she shares a common ancestor with James Knox Polk. "His great-grandfather is my fifth great-grandfather." Jim and Helen are both members of Americans of Royal Descent, The Sovereign and Regal Court of the Colonial Order of the Crown of Charlemagne, both of which are affiliations of the Pilgrim societies, and the War of 1812 group.

"I listened to my mother and daddy both talk about their family," Helen said, of her initial interest in genealogy. "I had people come to the Colonies in 1682. I have a German great-



grandmother. Daddy's people were Scotch-Irish and German. My mother's family were Quakers, and they came from England with William Penn."

Jim's initial interest arose when he was on the library board. He had an opportunity to order the census record for the county in Texas to which his great-grandfather came. "When we saw that, in the early '90s, that is what got us interested," Helen said. "Jim had family come to the Colonies in 1657."

They have since visited Templin, Germany, from whence his father's side originated. On his mothers' side, he is English, Irish and Scottish. Jim and Helen have traced Jim's family all the way to Pennsylvania. "We have been all over the country where our ancestors have lived," Helen said with satisfaction. "We know all about our families. We know where we come from." **NOW**

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Ashley Nichols poses for a picture on her wedding day with her new sister-in-law, Ashlee Nichols.



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Sisters Kennedy and Haylee Kozlovsky are all smiles in spite of cooler temperatures during a sunny afternoon at the park.



Adrienne Mason and Allen Morris pose while awaiting guests on Teacher Appreciation Night.



Big sister Ava gets in on the action, helping brother Jackson Glenn blow out candles on his second birthday cake.



Vanessa Kelloes and Jeremy Robinson seem pleased with mealtime at a local eatery.



The First United Methodist Church 3- and 4-year-old class smile before getting ready for Ennis Public Library storytime.



Fireman Tyler Brady makes his report on the 90-year-old building that crumbled to the ground on January 5, 2010.



Every Czech Is a Musician

— By Adam Walker

Music is very important to most of the world's cultures. Often, one particular type of music becomes deeply associated with a particular culture — like bagpipes in Scotland, the waltz in Vienna or samba music in Brazil. Jim Zabochnik and his cousin, Bobby Adamcik, celebrate the polka music of their Czech heritage in their band, The Czech Harvesters.

Jim and Bobby see many reasons to be encouraged about the future of Czech culture in Texas — young people come out in large numbers to participate in the Czech culture festivals where they play, such as the Ennis Czech Music Festival this month at the SOKOL hall. This festival is organized by a group of five local polka bands and draws enough of a crowd that they do not have to draw on other community resources to pull the festival together. That is the power of polka even today. Bobby paraphrased *Field of Dreams* to explain, “If you play it, they will come. We could play polka under an oak tree and draw a crowd.” Jim noted that lots of young people are

learning to polka and that all those young people means “electricity in the air” at the festival.

The two cousins first experimented with putting a band together back when they were in high school. They would meet in Bobby's garage, and though preserving their Czech culture may not have been as close to the top of their list of priorities in high school when they started a band as having “a great way to meet Czech girls,” today, it is very important to them. Jim is proud of the fact that there are so many Czech polka bands in Texas; he claims there are 40-plus state-wide and at least six of those are within 30 miles of Ennis.

You might think that would mean a lot of competition for gigs, but Jim and Bobby seem to think there are plenty of opportunities to play, since there are still many Czech halls in Texas to play at. The SOKOL also hosts dances regularly, and when there is not a dance at a Czech hall there is always a group of musicians playing for a house party, an anniversary

or a wedding. For Jim, Czech culture is all about three things: music, food and beer, and these cousins proudly quote an old Czech saying *Co děch, to muzikant* meaning “Every Czech is a musician.”

In the old days, most Czechs married other Czechs, so polka was guaranteed at the wedding. Today, many Czech young people marry outside the community, but these same young people still want polka music at their weddings, which is bringing new people into the “big polka family.” Czech weddings often have 250-1,000 guests; with many of those guests being non-Czechs, the events provide an opportunity to expose others to this vital part of the Czech heritage. Jim claims an American is “a guy who knows his ethnic roots and is proud of them, but wants to learn about the next guy's roots, too.”

Reaching out to other communities seems to be working. Last year at the German Wurstfest in New Braunsfels, there seemed to be as many Czech bands as German bands. Years ago, everyone in The Czech Harvesters were cousins; now

there are two members of the band who are not even Czech, but love the music. Jim's wife, April, is not Czech, "but she sings the words to all the songs!"

Not only is polka attracting new listeners and dancers, but Texas Czechs are still writing new polka music, as well as adapting rock and other hits to the polka style. Jim told about a couple of guys in South Texas who recently wrote a song called "Moon Over Moravia" about poor Czech farmers around Moravia, Texas. After their work was all done, the farmers would gather at the old dance hall and dance to the tunes of an old jukebox full of Czech music. The Czech Harvesters like to take the songs of various rock and country bands and mix

"The Czech Harvesters like to take the songs of various rock and country bands and mix that material in with polkas dating back to the 1800s."

that material in with polkas dating back to the 1800s. This added twist is really popular with the younger generation. Bobby admitted very few Czech young people speak the language today, but claimed they all still know the words to the songs.

The appreciation for Czech music and culture is passed down from one generation to the next. Jim and Bobby's music was influenced by their grandfather, James Kostak. In The Czech Harvesters, both cousins play several instruments. Jim admitted to "the button accordion, trumpet, keyboard and the rhythm guitar" and finished his list by saying, "I think that's enough." Bobby claimed the sax, trumpet, steel guitar and accordion before Jim threw in, "Don't forget the radio. He plays the radio real good." Music really does seem to be in the Czech blood. "Czech is a happy culture," Jim added. **NOW**



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Mind, Body, Spirit

— By Kelly Kovar

In February, the gymnastics groups at Sokol will perform at the Ennis Czech Music Festival. “We will be doing tumbling and some mini-trampoline routines,” Debbie Slovak said. Debbie, along with Kim Hajek and Thomas Betik, instructs in the youth gymnastic classes at Sokol. Also in February, the gymnasts perform at the Sokol Annual Exhibition. Synchronized tumbling and pyramid building are some of the events to be demonstrated.

“This will be our second year to perform at the Ennis Czech Music Fest. Our group last year was very well-received,” Kim added. “We’ve been teaching the skills and the elements of the routines to get ready. Gymnastics is one of the hardest sports,

physically and mentally. It requires discipline and coordination. It involves using the ... entire body, not just learning to do one action well.” Girl gymnasts will do bars and beams, floor and vault exhibitions, calisthenics and marching.

“The boys do six events,” Thomas added. “We do floor events, vaulting and high bar, parallel bars, pommel horse and rings.” Thomas teaches ages 8 through 12. “We do a variety of conditioning exercises, including climbing the rope and various coordination activities. In order to be involved in the program, one parent must be a Sokol member. “I got started because my girls wanted to do gymnastics. I had never had gymnastics before in my life, but I had a good instructor and it has been great. I’ve been



Debbie Slovak, Elaine Kasowski, Thomas Betik, Kim Hajek, Amy Turner pass on their knowledge of gymnastics to their students.



teaching for seven years and been men’s director for three years.”

Gymnastics starts at age 3, with “Tots” classes being led by Ryan Mullican. Ryan also assists Thomas with the older boys. Classes are held for all ages, up through adults. The adult class, taught by Chuck Kalat, is on Monday night.

Debbie and Kim are co-directors of the women’s program. “I teach ages 6 through 10,” Kim said. “And, a second class here is for ages 8 to 13.” The girls and boys classes are on Thursday night this year. “We use the routines of the USAG (United States of America Gymnasts.)”

Both Kim and Debbie started in gymnastics when they were young. “I started in gymnastics at 9, and by the time I was 12, I was assisting,” Debbie said. She took time out for college, but by the time she had her own children, she was anxious to return. “I wanted them to have the same experience growing up that I had — the physical, the social and the discipline.”

Kim started gymnastics at Sokol when she was 10; by 13 she was assisting with a class, and at 21 she was the head instructor over the 10- to 12-year-olds. “This is my second time to be director of women; I was first a director of women back in the late ’80s.” She also participated in gymnastics as an adult, traveling for exhibitions around Texas, to California and Indiana. In the late ’80s, Kim performed with a state-wide Sokol group at a Dallas Cowboys halftime show. Her group also traveled overseas, performing in Berlin in 1995 as part of the United States delegation to the World Gymnaestrada, an event held



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every four years, which showcases group gymnastic performances. “We performed in the Olympic arena from the 1930’s Olympics. And I went to Sweden in 1999, as a representative of the United States.” Eventually, Kim stopped doing gymnastics and got involved in the corporate side of Sokol, as a member of the board of trustees. “For about nine years, I didn’t do gymnastics, and then I



decided I needed exercise. I returned and Debbie was teaching by then, and she talked me into coming back to teach.”

“We also meet all the other Sokols in our district,” Debbie said. “Every June we have a competition, called a *Slet*.” *Slet* is Czech for ‘a flocking of birds’ — and is the name for a group gymnastics demonstration which is an important part of Sokol tradition. Over the years, the *Slet* rotates between Corpus Christi, Forth Worth, Houston, Dallas, West and Ennis. This year it is in Corpus Christi. Once a year, the children’s classes also perform at the State Fair of Texas. At Christmastime, gymnasts perform for other Ennis fraternal organizations. “We hold kolache bakes a week before Thanksgiving and Easter to finance competition fees and travel expenses. Bernice Hamilton is our head cook, and we all help. This past Thanksgiving, we baked over 300 dozen kolaches.” Elaine Kasowski, who has been an instructor in the past, is the Junior Sokol treasurer and helps coordinate the fundraisers and class enrollments.

The Sokol organization originated in the Czech Republic. “It is focused on mind, body and spirit,” Debbie said. “Thomas and Kim and I all grew up in Ennis, and we grew up at Sokol. Sokol is a family; it is a sense of community. It is an all-around program, and we try to make it fun for the kids. We have a love and a passion for what we do here.” **NOW**

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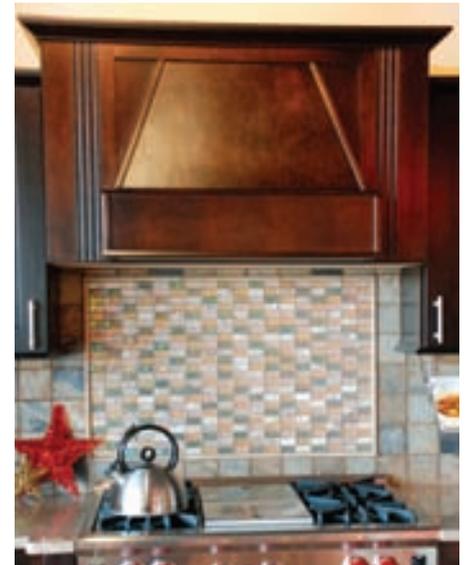
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From left:

Lone Star Floor to Ceiling owners, Michael and Kellie Law; tile and floor offerings; one option for a bathroom remodel; detailed tile backsplash.

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— *By Kelly Kovar*

At Lone Star Floor to Ceiling Interior Design Showroom, owners Michael and Kellie Law offer home design elements. “We have been open three years in Ennis, and have had a showroom in Ellis County for 24 years,” Kellie said. Michael does estimating, and Kellie is available to help clients with their design choices.

“We did do a large percentage of new construction custom homes, but we have had to shift our focus more to remodeling,” Kellie mentioned. “We will help you pick countertops, flooring and lights. The lighting and flooring market is in January, so we are selling discontinued samples at a great price.” Lone Star sells all kinds of lights, except ceiling fans. Even recessed lighting is available. They also sell hardware, pulls, fixtures and faucets for bathrooms and kitchens.

Lone Star sells rugs and carpet. “We sell all of the main lines of carpet, including Shaw, Mohawk and Aladdin. We carry a lot of “green” carpets — natural products made with a green manufacturing process.” They also carry laminate flooring, wood, hardwood, bamboo and cork. “Cork is really beautiful and very durable, and we also carry a high quality bamboo.” For their customer’s convenience, they have the Host Dry Carpet Cleaning System, which cleans without water, shampoo or steam, available for rent. “Host is absolutely wonderful for cleaning area rugs.”

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"You can have a really nice looking home and floor, while staying in your budget, and we will do free estimates."

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The Door to Peace

— By Kelly Kovar



Christopher Mummert, Ennis High School graduate and member of the 2005 State Championship football team, is going to college this year. Unlike many of his peers, he is following a different course for higher education, attending Assumption Seminary in San Antonio. “Seminary is similar to college, but very different in some ways,” Chris said. “It is something I have never experienced before; there is a joy and a peace that I have never felt before. It took a while for me to gain the courage to do this, but I am very thankful that I made this step.”

Going to seminary had been a thought in his mind for a long time. “At a church youth camp in Prescott, Arizona, between my junior and senior year of high school, I really felt God calling me to the

priesthood.” He met with the vocations director for the diocese of Dallas. “He asked me a question I wasn’t able to answer, ‘Why do you want to be a priest?’ I didn’t know the answer yet. I felt the call, but I didn’t understand.” Following a suggestion by the diocese vocation director, Chris became involved with the youth ministry at St. John’s Catholic Church. He began as an assistant, while attending Navarro College. After a year, he was asked to serve as the full-time youth minister, which he did for two years. “I felt like God was opening the door, and I better step through it.”

Working with the youth proved to be very rewarding for Chris. “I saw the fruits of what God was doing through me as our youth ministry here really exploded, yet I still had that pulling on my soul.” At a church event, Chris led his youth group in a vocation night. “We told the kids you have to listen to what God is calling you to. You may think you are in the right place, but He may be calling you to something greater. I spent that night really meditating on what I felt called to do.” He met with the vocations director again, with a better understanding of ministry and of his calling, and began the long process of entering seminary, gathering recommendations, interviews and testing. “With the history of the church, they really want to make sure that they are getting sound men into the priesthood. I had to go through a full battery of medical evaluations because they want you to be healthy. I had to take an IQ test, an aptitude test, I think five personality tests. I had to do an autobiography about myself. The process is a lot more stringent than it used to be — it took me from March to July to get my acceptance.”

The diocese sent Chris to Assumption Seminary in San Antonio, rather than Trinity Seminary at the University of Dallas, so he could be involved in a revolutionary new program, which is designed to prepare seminarians to serve the Hispanic community by taking classes in English and Spanish and integrating the Spanish culture. “The process of going to seminary used to take five years; now it takes eight to 10 years. It is not a quick process.” After eight years of study,

Education **NOW**

Chris will earn a bachelor's in philosophy and a master's in divinity. At Assumption Seminary, his classes are small, the largest having nine students. There are 97 students in all. "All of my professors are either priests or nuns. The priests are teaching from their experiences as pastors." He lives in a residence hall, and has enjoyed becoming acquainted with his fellow seminarians. "I have made some really good friends from all over the place. We have a total of 16 dioceses and six different countries represented there."

Chris will be taking a broad spectrum of theology classes. He studies homiletics, how to preach, and practicing the mass correctly. He has taken classes in philosophy, church liturgy and writing classes. "Then we have Old Testament and New Testament classes. We take

"We take classes in ancient philosophy and world religions and we study Jewish tradition, from which much Catholic tradition is rooted."

classes in ancient philosophy and world religions and we study Jewish tradition, from which much Catholic tradition is rooted." At seminary he will be grounded in the five parts of the formation of a priest – intellectual/academic, pastoral, spiritual, human and the fifth part added at Assumption Seminary, which is multiculturalism. During his summers, he will be assigned to get experience in different churches in the Dallas Diocese.

"When I went to the vocations director the second time," Chris mentioned. "I was able to answer the question, 'Why do you want to be a priest?' I want to be a priest because God has called me to be a priest. It seems like an obvious answer, but I didn't know the answer before. I am not going to school for Chris, I am going to school for the future people I will be serving. It has been so reassuring to experience the peacefulness, and now I have the feeling I am right where I am supposed to be." **NOW**

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In The Kitchen With Lonnie and Merry Creager

— By Faith Browning

Lonnie had the benefit of having a mother who was a professional cook. He grew up helping in the kitchen and in the restaurants where she worked. Merry enjoys baking cakes, breads and candies and claims to have learned to cook by trial and error.

Lonnie and Merry are two people who enjoy their careers as much as their private time. Lonnie is a firefighter/paramedic for the Ennis Fire Department

and part-time paramedic instructor at Navarro College in Waxahachie, and Merry teaches sixth grade at Miller Intermediate School in Ennis. "Lonnie and I like to cook dinner together," Merry explained. "One of us will start cooking something, and the other will come along and help with whatever needs to be done to finish up the meal. It's a good time to talk and share the day together." **NOW**



LONNIE'S PRESSURE COOKER BEEF ROAST AND POTATOES

1 good cut beef (2-3 lbs.)

Salt, to taste

Pepper, to taste

Worcestershire sauce

Oil (to cover bottom of roast pan)

Meat tenderizer

Garlic salt, to taste

5 bay leaves

1 pkg. dry onion soup mix

1 lb. new potatoes, washed and quartered

GRAVY:

2 Tbsp. cornstarch

1/2 cup cold water

1. Salt and pepper beef on both sides; sprinkle with Worcestershire sauce.
2. Put a little oil (2-3 Tbsp. or enough to cover bottom of pan) in bottom of pressure cooker and place on medium heat; brown both sides of meat. Cover with water 2 to 3 inches from top of pan.
3. Add more salt and pepper; sprinkle with

meat tenderizer, garlic salt, bay leaves and onion soup mix.

4. Cover (make a good seal). After the pot starts to rattle, lower heat to medium and cook for 30 minutes.

5. Turn off; run cold water over lid of pan until "pop" goes down.

6. Open lid; add potatoes to pan and return to stove. Close lid and bring to rattle again; cook approximately 20 minutes longer.

7. Serve meat and potatoes on platter together.

8. To make gravy: mix cornstarch with cup cold water; add to juice of beef and stir until juice thickens.

MERRY'S CHOCOLATE CHIP CAKE

1 18.25-oz. pkg. butter recipe golden cake mix

1/3 cup granulated sugar

1 8-oz. container sour cream (do not use low fat or nonfat)

2/3 cup vegetable oil

3 large eggs

1 tsp. pure vanilla extract

1 12-oz. bag mini semisweet chocolate chips

1. Preheat the oven to 350 F.
2. Grease and flour a 12-cup Bundt pan.
3. In a large mixing bowl: blend the cake mix, sugar, sour cream and oil with an electric mixer on low speed for 1 minute.
4. Add the eggs one at a time, blending well after each addition.
5. Increase the mixer speed to medium; beat for 4 minutes. Stir in the vanilla extract. Fold the chocolate chips into the batter with a spatula and stir gently until well distributed.
6. Pour the batter into the prepared pan.
7. Bake 55-60 minutes, until a cake tester inserted in the middle of the cake comes out clean.
8. Remove the cake from the oven and allow it to cool in the pan.
9. Invert the cake onto a plate and serve. Sprinkle powdered sugar over top of cake, if desired.

CARROT CAKE

3 cups grated carrots (approximately 4 large carrots)

4 eggs

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Jenny Vidrine - 972-875-4791

- 2 cups sugar
- 1 1/2 cups vegetable oil
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 cups flour
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 cup pecans, chopped

1. Preheat oven to 350 F. Grease and flour two 9-inch cake pans.
2. Using an electric mixer, combine carrots, eggs, sugar and oil; beat well. Add remaining ingredients and mix well.
3. Pour batter into cake pans.
4. Bake for 45 to 50 minutes.
5. Cool for 10 minutes in pans; invert onto racks and cool completely.
6. Frost layers and sides.

CREAM CHEESE FROSTING

(for carrot cake and apple walnut cake below)

- 1 pkg. 8-oz. cream cheese, softened
- 2/3 cup butter or regular margarine, softened
- 3 tsp. vanilla extract
- 1 1/2 lbs. confectioners' sugar

1. In large bowl, with electric mixer at medium speed, beat cheese with butter and vanilla until creamy.
2. Add confectioners' sugar; beat until light and fluffy. Makes enough to fill and frost three 8-inch layers.

FRESH APPLE WALNUT CAKE

- 1 1/2 cups vegetable oil
- 2 cups granulated sugar
- 3 eggs
- 2 cups unbleached flour
- 1/8 tsp. ground cloves
- 1 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 tsp. baking soda
- 3/4 tsp. salt
- 1 cup whole-wheat flour
- 1 1/4 cups walnuts, chopped
- 3 1/4 cups apples (about 5 or 6 apples, Granny Smith works well), grated and peeled
- 3 Tbsp. applejack (alcoholic beverage)

1. Preheat oven to 325 F.
2. Grease and flour Bundt pan. (I use a Teflon pan and grease and flour it.)
3. Using an electric mixer, beat oil and sugar in a large bowl until thick and opaque. Add eggs, one at a time beating well after each addition.
4. Mix together flour, cloves, cinnamon, nutmeg, baking soda and salt; stir in whole-wheat flour.
5. Add to oil and egg mixture; mix until well blended. Add walnuts, grated apples and applejack all at once; stir batter until well mixed.
6. Pour batter into 10-inch Bundt pan.
7. Bake in a pre-heated oven for 1 hour and 15 minutes, or until a toothpick inserted in the center comes out clean.
8. Let cake cool for 10 minutes and then unmold.
9. Frost with cream cheese frosting or serve with warm Apple Cider Sauce.

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Gambling on Long-term Care:

Study shows many not prepared for likely need.

— Provided by Jenny Vidrine

A 48-year-old father of two is left with permanent injuries after an auto accident. A 66-year-old recent retiree suffers a serious stroke. An otherwise healthy 75-year-old grandfather falls and breaks his hip. These people have one thing in common. Quite unexpectedly they're each likely to need some form of long-term care, through nursing care at home, in a nursing home or at an assisted living facility.

The odds are good that many Americans will find themselves in a similar situation, as estimates by the Health Insurance Association of America indicate that over 70 percent of people over age 65 will need some form of long-term care.¹ But a Roper survey recently released by the American Society on Aging (ASA) and funded by State Farm shows that most Americans are willing to try to beat those odds, because so few have done anything to prepare for the high cost of long-term care.

"Long-term care may not be a subject people like to talk about, but it's something every family should discuss and plan for," said ASA's Jim Emerman. "The need for long-term care can arise so suddenly that unless we're financially prepared, it can rob a family of its assets and its financial future."

With government data placing the average cost of nursing home care at \$56,000 a year², failing to plan can be a costly gamble. According to the Roper study, two-thirds of Americans 45 years of age and over say it's very important they have enough money to be able to choose the setting in which they'll

get long-term care if they need it. But only 37 percent say they've been able to put aside money for this purpose, and only 17 percent have purchased long-term care insurance specifically designed to cover it. By comparison, nearly nine in 10 of the adults surveyed have health insurance and three out of four own a life insurance policy.³ Why don't people plan better? Many tend to procrastinate, the Roper study shows. Half of all adults over the age of 45 believe they won't need long-term care until they're older and don't want to think about it now. Others take the long-term care gamble, because they mistakenly believe they're already covered or that the government will pay for it.⁴

Americans need to protect themselves and their financial assets by making sure they insulate themselves from the high costs of long-term care. That's why I urge people to visit a financial services professional to talk about long-term care insurance. It can help protect assets, preserve long-term care choices and help control independence.

Long-term care insurance is one of the most important components of a family's financial plan. **NOW**

1 Lewin Group estimates based on the Brookings-ICE Long-Term Care Financing Model, 1992. As cited in, "Long-Term Care Insurance: Knowing the Risk, Paying the Price." *Health Insurance Association of America (HLAA)*, 1997; pg. 12. The level of coverage provided by long-term care insurance depends on the type of policy you purchase. Some types of care received may not be covered by long-term care insurance.

2 Estimates from: Health Care Financing Administration, Office of the Actuary, National Health Statistics Group. As presented in, "Nursing Homes." AARP Public Policy Institute Fact Sheet February 2001; pg. 3.

3 Study conducted by Roper ASW, August 2002. Released by State Farm Mutual Automobile Insurance Company and the American Society on Aging (ASA), April 2003.

4 State Farm Mutual Automobile Insurance Company Home Office: Bloomington, Illinois - statefarm.com®. The American Society on Aging is not an affiliate of State Farm. The Long-Term Care Insurance policy 97058 is underwritten by State Farm Mutual Automobile Insurance Company.

LTC102-32 Rev. 5/27/2003

Jenny Vidrine is a State Farm agent based in Ennis.

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Natural Depression Treatments: Five Ways to Help Treat Depression Naturally

— Submitted by Dr. Fredric Puckett

While therapy and medication are key in controlling depression, there's also a lot you can do on your own to fight back. Making changes to your own behavior — your physical activity, diet and lifestyle — can be effective natural depression treatments.

Lifestyle changes are a very important part of treatment. When medication and therapy aren't enough, treating depression naturally through lifestyle can help push people toward full recovery.

Fighting depression is like a war that's fought day to day, not just over weeks and months while you wait for other treatments to take effect. So if you are feeling down, there are things that you can do, right now, which will help you feel better. Here's what you need to know about five natural depression treatments.

Get in a routine to treat depression naturally.

If you're depressed, or have been depressed, you need a routine. Depression can strip away the structure

from your life, letting one day bleed into the next. That absence of order can also make your depression worse.

It's extremely stressful to wake up in the morning and have no idea what you're going to do with the day. Having a routine gives you a sense of control over the day. We know that helps, and we know that not having a sense of control makes people feel worse.

What should you build into your schedule to help fight depression naturally?

1. Exercise. Study after study has found that physical activity can boost mood. How much? You don't need to run marathons to get a benefit. It seems like half an hour several times a week may be enough. The type of exercise you use as a natural depression treatment doesn't seem to matter. Your cardiologist might want you getting a lot of aerobic exercise for your heart. But for your mental health, just getting out and walking can be enough.

2. Diet. There is no depression diet, but there are great benefits to healthy eating. A basic healthy eating plan should do. Nutrition is an important element in your effort to help treat your depression. Healing from depression is a physiological process, just like healing from a physical injury.

There are some other things to keep in mind. Ask your doctor if your medication might cause weight gain. If so, you may want to take special care with your diet.

3. Sleep. While sleep problems are a symptom of depression, they can also make it worse. Some people with depression sleep excessively. Many more depressed people suffer from insomnia. Lying in bed and willing yourself to sleep won't work. But one natural depression treatment is to make your life more conducive to getting a good sleep. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom — no computer and no TV.

4. Goals. To help yourself during treatment for depression, it's important to meet goals that you set for yourself. The trick here is to come up with realistic goals. If you're having trouble setting goals, try working with a therapist, family member or friend. Someone who can help you prioritize what's most important and break larger tasks into smaller, more manageable ones.

5. Responsibilities. When you're depressed, a natural inclination is to pull back — to give up all your responsibilities at home and at work. It's a feeling you should fight against. Staying active and having daily responsibilities can work as a natural depression treatment.

Obviously, don't push yourself too far. If you're not ready to go back to work or school, that's fine. Think about part time. If that seems like too much, consider a little volunteer work. **NOW**

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Time to Cut Back

— By Nancy Fenton

How many times have you told yourself, “It’s time to cut back”? Be it food, computer/game time or whatever, everything has its season. This is the season to prune, prune, prune. The roses, grasses, liriopse (monkey grass), shrubs and even trees will all benefit from a few clips here and there. Most roses need a good chopping to stimulate new growth. The exceptions to the rule, of course, are the climbing roses. If you cut them now, you cut off the old wood that brings the new blooms. Wait to trim the climbers until after they bloom and then cut them way back.

It is a bit easier to know when to cut grasses. If they are brown, cut them to the ground. Lantana also likes to start over again. While it may look bare for a short time, you will be rewarded with lush, green growth as spring approaches. I usually use a weed eater to trim border grasses like mondo and liriopse down to one inch or so. As with pruning, it will stimulate

Choose a tree professional to do the areas you cannot reach from the ground.

growth and blooms for the coming season. Because this new growth is tender and very susceptible to the late hard freezes, it does not hurt to wait until the end of February to do major chopping.

Trimming is important to maintaining a healthy tree. All the little growth needs to come out of the tree, as well

as the limbs that hang down. My rule of thumb is that “suckers” smaller than my thumb need to be removed, as well as limbs that cross and rub. Choose a tree professional to do the areas you cannot reach from the ground. The key words are *licensed arborist*. I use an arborist who will grind the limbs and leaves into mulch for me. This is a great way to return the natural elements to the soil, and it does not involve a trip to the store or recycle station!

Cut back now for lush growth as the weather warms up. **NOW**

Nancy Fenton is a Master Gardener.





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Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, visit www.elliscountyyaggiemoms.org or contact Cheryl Bell at (972) 723-0341 or rb4cj@sbcglobal.net.

First and Third Tuesday

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

First and Third Thursday

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

February 12

Pre-party and Polka Jam Session: 7:00–11:00 p.m., SOKOL Hall Clubroom. All are invited to attend.

February 13

Ennis Czech Music Festival: 2:00–11:30 p.m., SOKOL Hall, 2622 E. Hwy. 34. Listen and dance to the tunes of five well-known Polka bands. Doors open at 1:00 p.m. No reservations necessary. \$5 per person; ages 14 and under free. The kitchen will also be open. Door and raffle prizes will be awarded. For more information, visit www.ennisczechmusicfestival.com or call (972) 878-4748.

February 27–28

2010 Charity Extravaganza, benefiting Helping Hands of Ennis. For more detailed information, call Eric Lusk at (972) 898-0597 or visit www.ellis-sportscentral.net/Charity2010.html.

April 1–30

Annual Ennis Bluebonnet Trails event. For more information, call (972) 878-4748.

April 3–5

NHRA Division 4 Lucas Oil Drag Racing Series. For more information, call (972) 878-2641 or visit www.texasmotorplex.com.

April 4

Harley Giveaway to be held at the Knights of Columbus Hall. For more information, call (972) 937-8417 or visit www.kofc.org.

April 17–18

Ennis Bluebonnet Trails Festival. Call the Ennis Convention and Visitors Bureau at (972) 878-4748.

April 17–May 10

Ennis Public Theatre presents *Damn Yankees*, based on the book by G. Abbott and D. Wallop; lyrics by R. Waller and J. Ross. For more information, call (972) 878-7529.

April 24–25

Southern Pacific Railroad "End of the Line" Reunion: fellowship hall of Baylor Baptist Church. For more information, call (972) 875-6278, (972) 875-7175 or (972) 875-5130.

April 30–May 1

Ennis Relay for Life to be held at the Texas Motorplex. For more information, call (972) 878-2641.

May 28–30

National Polka Festival. For more detailed information, visit www.nationalpolkafestival.com.

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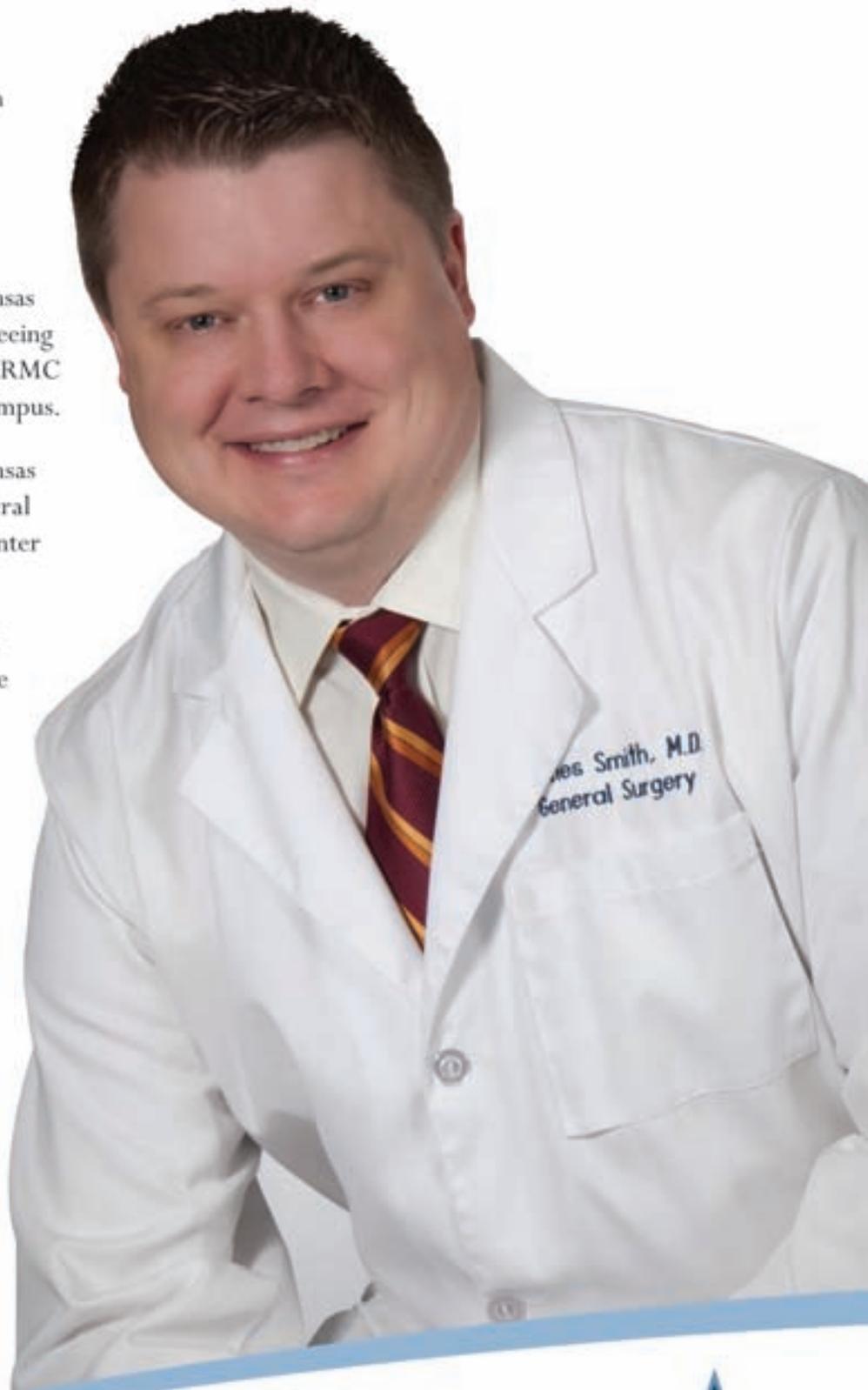
JAMES SMITH, M.D.

DR. JAMES SMITH'S expertise is in general surgery, breast surgery, advanced laparoscopic surgery (including colon, hernia and gall bladder), skin cancer treatment and hemorrhoid care.

Dr. Smith has moved from Lawrence, Kansas with his wife and daughter. He will start seeing patients in his office on January 18 in the ERMC Medical Office Building on the ERMC campus.

He is a graduate of the University of Kansas Medical School. He completed his general surgical residency at Baystate Medical Center in Springfield, MA.

Additionally, Dr. Smith is Board Certified in General Surgery. He is a member of the American Society of Breast Surgeons.



DR. JAMES SMITH
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