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M A G A Z I N E

MARCH 2011

Wood and the Word

From woodworking to preaching, Glenn Hejny finds himself on a life journey with divergent paths.

The Only Way to Live Life

Also Inside

Getting FIT
In the Kitchen
With Shirley Sills



Cool Beads, Kids and Healthy Hearts

Coming Home to Creamy Colors At Home With Phillip & Vicki Bierhalter

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Members**

MARK HOESCHELE, MD

DR. MARK HOESCHELE graduated medical school at The University of Texas Southwestern in Dallas and completed his residency at John Peter Smith in Fort Worth. Dr. Hoeschele has been licensed in the State of Texas since 2002 and he was previously practicing at Limestone Medical Center in Groesbeck, Texas.

Dr. Hoeschele is looking forward to operating a private practice that is closer to home. He enjoys spending time with his wife of three years, Michelle. They enjoy gardening and doing landscape projects, as well as catching up on movies during their downtime.

Dr. Hoeschele started seeing patients in Ennis January, 2011 at his office on the ERMC campus. He will follow his patients during their inpatient admissions and he will also participate in the rotation through the Ellis County Family Medicine after-hours clinic Monday through Friday 5:00 p.m. to 8:00 p.m.

Medical Office Building
2203 W. Lampasas Street,
Suite 101

Dr. Hoeschele is now accepting new patients. For an appointment, please call 972-875-7799.



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ALFONSO BALLESTEROS, MD

DR. ALFONSO BALLESTEROS, M.D. graduated from Dartmouth College and received his medical degree from The University of Texas Health Science Center at San Antonio. He completed his internship and residency at the Phoenix Integrated Surgical Residency Program - Good Samaritan Medical Center in Phoenix, Arizona.

Dr. Ballesteros is Board Certified by the American Board of Surgery and specializes in general surgery. Dr. Ballesteros received medical staff privileges at Ennis Regional Medical Center in December, 2010 and started seeing patients in Ennis in January, 2011.

Dr. Ballesteros will see patients Monday mornings from 8:00 a.m. to 12:00 noon in Ennis at his office on the ERMC campus.

Medical Office Building
2203 W. Lampasas
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Dr. Ballesteros also sees patients in Corsicana:
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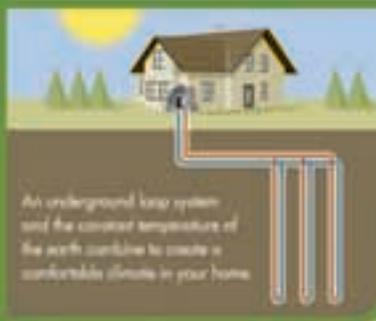
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The Hejnys pose outside
Damascus Road Fellowship
Church.

Photo by Amy Ramirez

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Editor's Note

Happy Spring!

With spring arriving later this month, we can all look forward to milder temperatures. As much as I love curling up in front of a crackling fire with a good book or a repeat show of *Law and Order Special Victims Unit*, even I am ready for some warmer weather. Hopefully, leaves will start to return to the lonely tree in my front yard. The grass will once again turn green, and the flowers, which have been dormant, will begin to bloom.



“Spring cleaning” comes around this time of year, too. For some it means climbing into the attic to make room for all the “junk” that has accumulated in the garage. For others it means spending time in the closet, deciding what to keep, what to donate and what to throw away. Oh well, I guess I better get started. I can no longer put off for tomorrow what I really should have done yesterday.

Sandra

Sandra Strong
 EnnisNOW Editor
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WOOD and The Word

— By Virginia Riddle



Glenn and his wife, Stacy.

Life is a journey with many divergent roads. Glenn Hejny, a carpenter and co-owner of Hejny Contracting, Inc., has chosen roads once traveled by Jesus, another carpenter, and Saul who became Paul after he met with Jesus on his journey down the Damascus Road. “Everyone who has an encounter with Jesus has their life dramatically changed,” Glenn said.

Glenn was reared in a Catholic family, the youngest of five sons born to Georgia and Jerry Hejny. “My parents taught me to be honest and to work hard. They are very special parents. They took the time to teach us so much. I am very grateful for my parents and brothers,” Glenn stated.

“I wanted to be a farmer, but my brothers got me into woodworking,” Glenn recalled. By his sixth-grade year he was joining his brothers, grandfather and uncle’s woodworking tradition. By high school, Glenn and his cousin, Benny



Glenn with his crew at his cabinet company.

Trojacek, were earning money by loading up tools after school and driving to Dallas to work three to four days a week. “I learned so much about wood that way,” Glenn said. He started a cabinet shop in his brother’s backyard, outgrew that, and bought a building where their shop is located today.

Like so many other seekers, Glenn’s spiritual journey has taken him down many roads. After he married his wife, Stacy, he started attending church with her. Following the birth of their first son, Adam, who is now a draftsman



**“People — that’s where it is —
God’s most special creation.”**

and cabinet builder, they attended a Pentecostal church but eventually joined the Baptist faith. He now understands God needed him to “explore it all.”

Many people have crossed or traveled this road with him. “I look back on life, and I would love to name every person I’ve known, all the wonderful people. I have learned from so many. Many lessons I’ve learned through others’ mistakes. People — that’s where it is — God’s most special creation,” Glenn stated.

Through his journey in life he can call a few important people his guideposts.

“My mother- and father-in-law, Helen and Mike Perry, were the first people who told me about the love of Jesus. I am very grateful for them,” Glenn said. He credits Lucille Wardlaw, who taught Precept Bible Studies every Monday night at Tabernacle Baptist Church, with teaching him to study the Bible for himself. A pilot, Glenn began to fly his wife and her friends to Chattanooga, Tennessee, annually for studies with Kay Arthur and Beth Moore. “I would fly them up there and find other things to do or fly home and return for them since

there were probably only about six men among all the women attending. Then one year we were given an extra ticket, so I attended the conference with my wife,” Glenn recalled. “That was when God started drawing me in. God spoke to me that weekend and gave me a vision of what I needed to do.”

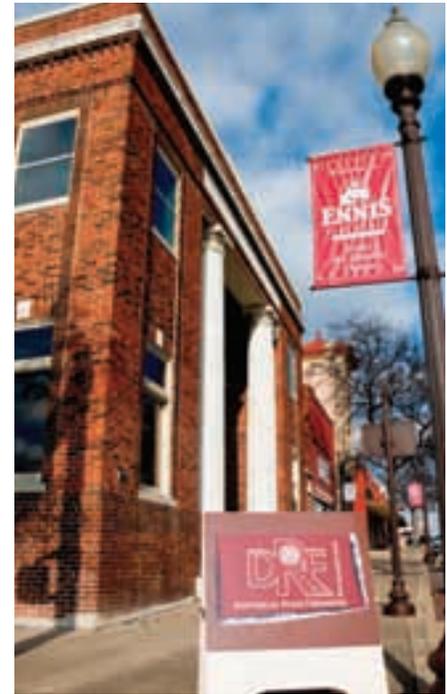
The following year, he decided to take a busload of men to Tennessee for a men’s conference. He put the trip on his credit card before he even had one of the 50 men registered for the trip. “It was a leap of faith, but God filled every



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seat. The trip to Tennessee was bad. The heater on the bus didn't work so it was freezing cold, and the bus driver drove about 50 miles per hour the whole way. We got no sleep at all," he confessed.

However, as the bus neared home the men worshiped along with Christian music and began praying. "A revival broke out on the bus, and God changed the lives of many of the men. We didn't want to get off the bus even though our wives and children were waiting for us to get off and go home," Glenn said. "Lucille had been praying for 15 years

“God spoke to me that weekend and gave me a vision of what I needed to do.”

for God to raise a man up to preach the word, and I felt the call," he added. Two other bus trips followed over the years, but the first one was special.

Glenn, along with a core group of people, started looking for a building in which to worship, but they found that everything was very expensive and needed a lot of work. "We had been looking for three to four months when I told Stacy, 'God's going to bring us something.'" What happened next was no surprise. "Bramlet Beard, president

Larry A. Jinks
M.D., F.A.C.P.
 Internal Medicine

Dr. Jinks has practiced in Ennis, Texas since 1984. He graduated from The University of Texas Medical Branch and completed his internal medicine internship and residency at Baylor University Medical Center.

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of Ennis State Bank and a long-time friend, called me about the old Citizens Bank Building located at 116 W. Ennis Avenue. I don't think he even knew I was looking for a building," Glenn remembered. "Bramlet totally restored the building; he took care of everything. He has been so great, gracious and kind," he added.

The Damascus Road Fellowship Church began holding nondenominational services in the downstairs portion of the building in July 2010. The building, still under renovation, was not yet air-conditioned. People brought lawn chairs, coolers and fans. "They wanted to come and hear the word. We have already been able to

"A revival broke out on the bus, and God changed the lives of many of the men."

reach many people," Glenn stated. "From the start, people have kept coming and coming. It has been amazing. And the outpouring of support of local churches and their pastors has been wonderful. We are tremendously blessed."

Damascus Road Fellowship is reaching out to the community. They spend time helping those in need, as well as regularly supporting ongoing ministries in the community, such as the Women's Resource Center (WRC). The WRC provides assistance to women in crisis situations. They help to meet physical, as well as spiritual needs.

Over the years, Glenn has enjoyed competition water skiing, cycling, bee keeping, stock car racing, dirt bike racing, piloting a plane and hunting while spending time with his boys, Adam and Andrew, who is a student at Texas Tech, and spending time with Stacy. With all his very active hobbies, however, Glenn can state clearly, "I find it amazing that Jesus trusts me enough to lead and encourage His people. Nothing has been like this ride with Jesus that I'm on now. It's the greatest ride down the greatest road of all!" **NOW**



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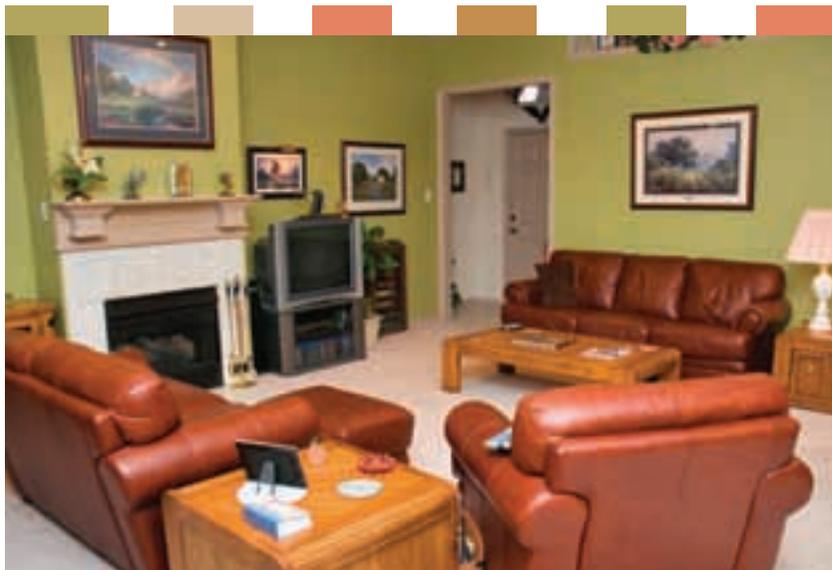


Coming HOME to Creamy Colors

— By Sandra Strong

After 45 years of marriage, it is only natural that Phillip and Vicki Bierhalter would complete each other's sentences as they talk about their life together. They both grew up in the Houston area, but did not meet until they went to college. "We were both attending Sam Houston State University," Phillip explained. "I really liked her appearance, but I couldn't imagine she would want to date me."

At Home With Phillip and Vicki Bierhalter



"I saw him leaning against his car," Vicki recalled with a nostalgic grin. "I told my friend I'd like to date him."

After that inevitable first date, they thought they were incompatible. Yet several months later, the couple finally realized they were destined to be together. "We were sort of forced on one another one weekend," Vicki admitted, as Phillip sat back in his recliner and smiled at the memory. "My friends and I called Phillip, since he was the only one with a car, and asked him to take us some place."

"We were a group of friends," Phillip added, "that just happened to make four couples."

After this first outing as a group, Phillip and Vicki began a courtship, which led to the start of a happy and fulfilling marriage with the Lord as the glue that binds their union. "I had always



asked God to send me someone who loved Him [God] more than I did," Vicki stated. "Forty-five years later, we're still together." As they lovingly looked at one another, they both agreed that God must have a sense of humor as they began counting their many blessings.

After 33 years in DeSoto, the couple decided it was about time they made some necessary and well-thought-out changes. They both had sad memories of their mothers being forced to downsize due to illness. "We decided to downsize on our own terms, not because we had to," Vicki confessed.

This decision, once firmly made, prompted the couple to begin looking for the ideal spot in the Ennis area. "We wanted to be closer to our daughter, Kelli, and her family who live in the country outside the Ennis city limits going toward Rankin," Vicki explained, "but we didn't want to move too far away from Midlothian where our son, Lee, and his family reside."

They laugh as they reminisce about

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by, the couple looked at several homes in the Ennis area before deciding on the one they have come to love since moving in on May 16, 2009. The two-bedroom, two-bath abode with a home office is approximately 600 square feet less than the one they left behind. "Basically, we lost two full rooms," Phillip added.

When Phillip stood in the center of the open living room the first time, he remembers exactly what he told the Realtor. "I told him I could live in this house for the rest of my life." His love for the home was immediate, but it took Vicki a little longer to come around. "I wanted a home similar to our old home," she said. "I wanted a home that backed up to a wide open undeveloped field."

Although she may not have an open field behind her, the home beckoned Vicki with its floor plan, which was



equally important to her as they began the search for the perfect retirement home. The large living, kitchen and dining areas are open to one another allowing gatherings with family and friends to include everyone.

One of the first things visitors notice are the warm colors found throughout the home's interior. When asked what prompted and inspired the color choices, all they could do was look at one another and laugh. "When we moved in, the colors looked fresh, as if the old

homeowners had recently repainted," Phillip explained. "Phillip doesn't like to paint," Vicki shared, "so the colors have grown on us."

They have loved the creamy avocado accent wall in the living room since the very beginning. They find it soothing. "It's all the other colors throughout the home that have taken some time to get used to," Vicki honestly admitted. A

how quickly their DeSoto home sold. "It sold immediately," Phillip said. "We spent the following seven months in our RV next to our daughter and son-in-law's place. The country setting proved to be ideal."

Originally, the plan was to buy some land near Kelli and have a smaller home built. But, the exorbitant cost of such a venture at this stage in life quickly helped change their minds. As the months rolled

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shade of creamy pumpkin adds warmth in the master bedroom, while the adjacent master bath, in creamy mocha with one golden accent wall, boasts of Vicki's personal choice of teal accessories. "The garden tub was a selling point for the home," Vicki added, as she also mentioned the beautiful vase resting on the tub's side, which Phillip gave her this past Christmas. Other prominent colors



that blend with one another include the soft mustard in the kitchen and the bright, cheery chartreuse in the guest bedroom.

Phillip's extensive tractor collection, each with its own story, is one of the

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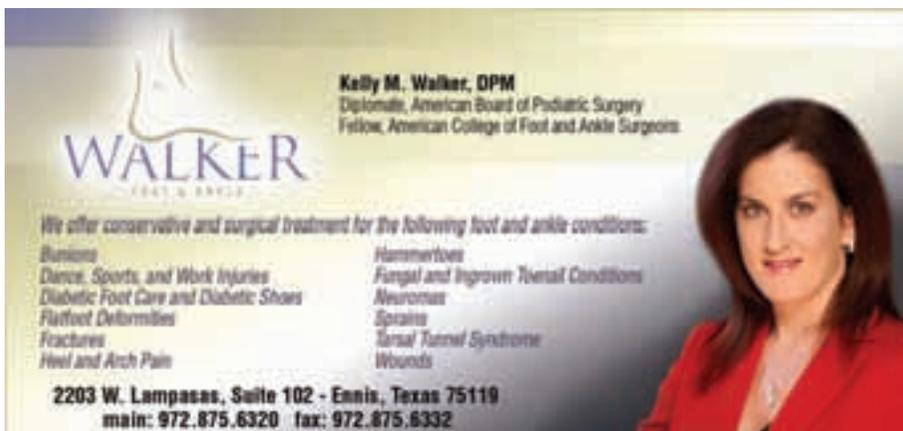
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first things visitors notice as they enter the home. The wood and glass case, handmade by the couple's son-in-law, has proven to be the perfect place for only a small portion of Phillip's more than 300 tractors. Vicki's elephant collectibles



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are found in the china cabinet in the kitchen, as well as in the guest room. Hiking and walking sticks are displayed in one corner of Phillip's home office, while antique snuff bottles and a lone Folgers Coffee can are arranged on built-in shelves in the office. Many of the couple's travels are documented in a photo album overflowing with patches commemorating 114 Texas state parks they have visited.

Another big purchasing point for the couple was the quaint backyard area with its patio and covered porch. It has proven to be the perfect place where Vicki and the five grandchildren, Hannah, Alyssa, Caleb, Camden and Karrah could get their hands dirty.

"My second most favorite hobby after traveling is gardening," she stated. To keep her green thumb alive, Phillip constructed



two large boxes for Vicki. She and the grandchildren have successfully grown a number of vegetables in the "backyard raised garden."

Framed prints of churches are a prominent part of the overall decor of the home. Simply put, they represent the couple's love for the Lord and their love for people in general. "Phillip's



mom grew up in a country church," Vicki mentioned. "These pictures remind us of family."

The Bierhalters have come to love their new home. Ennis affords them the quiet atmosphere they were looking

for when they decided to downsize, and they honestly do enjoy coming home to the "creamy colors" they have also grown to love. **NOW**

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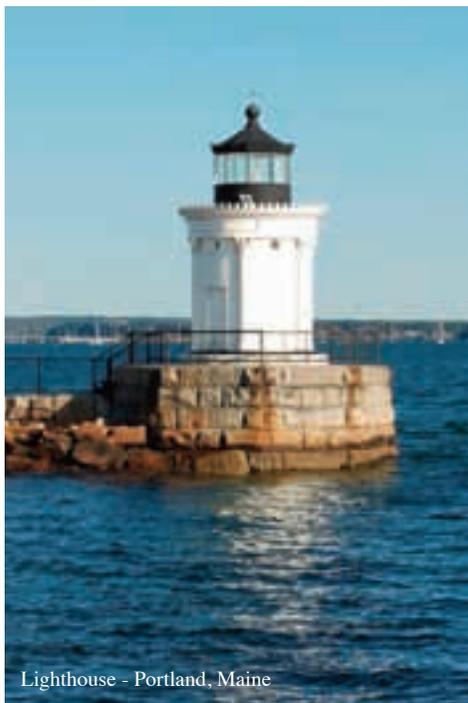
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THE ONLY WAY TO *Live* LIFE

— By Sandra Strong



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mountain range. Many, like Tammy LaScala Koch, will look at the “whole photograph” to see the life that abounds there. “I believe in living everyday to the fullest,” Tammy confessed. “I live for the moment. It’s the only way to live life.”

Five individuals can look at the same photograph and see something totally different. One might notice the pine tree in the background, while another takes an interest in the wild flowers bordering the bottom of the print. A third may have a fondness for the fluffy white clouds and the fourth, a passion for the

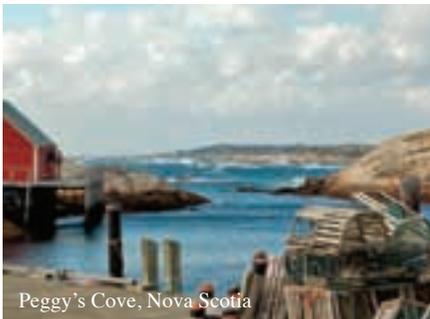
Tammy has always enjoyed each day as far back as she can remember, but after facing, and winning, two battles with breast cancer, she now takes each day as the gift it is — living each moment to the fullest. In doing so, she has been able to document her family, friends and journeys through photographs. “Pictures can tell a story,” she stated. “They are memories. I have memories on my walls and in so many photo albums that I don’t store behind closed closet doors. I have them out everywhere to share.”

Taking pictures began for Tammy when she was a teenager.

"I was 17, maybe 18, I'm not sure," she confessed. Currently 45, she has over 25 years of experience behind the viewfinder. The first camera she used was one her parents bought at Trader's Village. "It was a 'good deal,'" she remembered with a laugh. "It was a Canon A-E1 with a broken rewind mechanism. We had it fixed, but no one in the family knew how to use it, so I picked it up and began messing with it."

Those early pictures were mainly "trial and error," and her first subjects were family, places she would travel and her niece, Ashley Lynch, who will be 24 later this month. "I've documented Ashley's entire life in pictures," Tammy said, admitting her other niece and nephew do not like to be in front of the camera. "I have snapped shots at all sporting events, weddings, graduations, engagements. You name it, I've probably shot it."

As a self-proclaimed "personal home photographer," Tammy boasts she has never once exposed film. "I've shot from manual cameras that needed film to the digital ones I use now. Never once did I expose film or lose a photograph. I could do an entire roll of film and maybe only



Peggy's Cove, Nova Scotia

have one bad photo. I still like the film cameras better. To me, the photographs seem to be much clearer and sharper than the digital."

Tammy admitted she is still getting used to the two digital cameras she uses on photo shoots these days. "I'm able to take several shots, cull through them and decide which ones to keep and which ones to delete," she said. "Or I can click indefinitely to make sure I get the right shot." Her first digital camera was purchased in 2007 after her first trip to Alaska. She came home with 10 rolls of film that processed into hundreds of photographs which equaled a large sum of money. "My husband, Dwight, had

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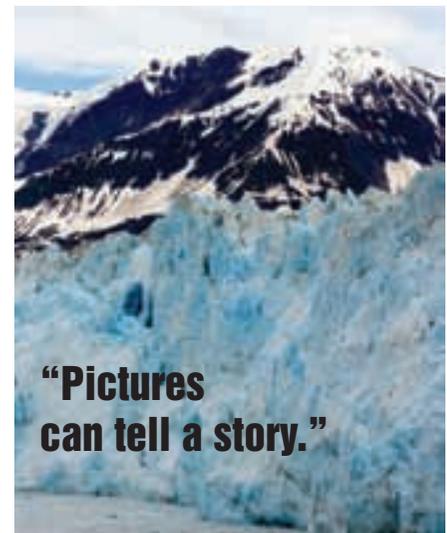
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a fit,” she said, smiling as she recalled his reaction. “You can’t pick and choose pictures from film. Going digital allows me to process only the ones I want to keep.”

Another downside to digital is the absence of negatives. “If I erase photos I better be sure I have copied them onto the computer or saved them to a CD. Once they are deleted, they are gone forever,” she said.

Take for example the photos she snapped while whale watching on her first Alaskan trip. She took three rolls of photographs. “Each roll held 24 pictures,” she said. Trips two and three



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to Alaska were put to memory via the digital way. “The last trip to Alaska was two weeks in the summer of 2010,” she explained. “I took 2,500 photos on that trip alone. I saved all of them to a disc and only printed the ones I wanted to put in an album.”

Tammy loves photographing outdoors. The natural lighting and backgrounds make each photo unique. “I love staircases, old buildings, rustic doors and railroad yards,” she shared. “The sky is the limit. The sky is as far as you let your

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imagination take you.” One of her favorite places to shoot photographs is Lions Park because of the many backdrops the rocks, wrought iron and pond offer.

What makes the “right” picture? That was an easy question for Tammy to answer. “Capturing expressions and personalities are so important when taking close-up shots. I never want a person in a photo to look strained or forced. I want them to look natural.” Sometimes, she admitted, she has to tone down those subjects who want to continually “strike a pose.”

The hardest shots are those of young children. They have not learned how to look directly at Tammy and the camera at age 3 and 4, so keeping them focused can be a challenge. One child she loves taking photos of is Presley, Ashley’s daughter. This past year, Tammy entered the local bluebonnet photo contest. “I didn’t win, but we sure had fun taking the pictures,” Tammy remembered. “I’ve taken her to the Dallas Arboretum since she turned 1. I try to get at least one photo each year with the same backdrop to see how she has changed in 12 months.”

Tammy recalls many funny shoots since taking up the hobby as a teenager. As an adult, the most fun shoot was her last trip to Alaska. She took photos in Denali National Park. “We came around a curve. We could see Mt. McKinley. I was able to snap several photos before it disappeared behind the clouds on the next curve.” Getting those photos of Mt. McKinley put Tammy in what is known in Alaska as the 30 Percent Club. “Only 30 percent of those taking photos will get a shot,” she beamed.

On this last trip, she also saw and photographed the “big five” — black bears, moose, Dahl sheep, wolves and caribou. “We were in an old school bus touring the area,” she explained, still beaming with her accomplishment. “To catch all five of them in their element was pretty awesome.”

Tammy cannot recall any disasters, only lots and lots of memories. After two bouts with breast cancer, she has an even deeper understanding of the importance of photographs. Not only how they live on after we are gone, but the double joy she now has comes from just being able to take them. **NOW**

Coastal Getaway

— By *Becky Walker*

There is just something about the smell of salt in the air and the sound of waves crashing against the shore. The beauty of the ocean is like none other, and for landlocked North Texans, the Gulf Coast is a favorite vacation destination. This is true any time of year, but the frigid temperatures we experienced during February might really make a trip south sound like a great idea for many. Corpus Christi is definitely one destination to consider when thinking about a coastal getaway.

Corpus Christi offers fun of all varieties. Completed in 1941, the seawall was constructed to offer the city protection from hurricanes, but it also provided the city with one of its most striking and beautiful attractions. The seawall is 1.75 miles long and graced by multiple *Miradores Del Mar* — gazebos that overlook Corpus Christi Bay. The wall itself is made like stairs leading into the bay. Joggers, cyclists and inline skaters all find the wall an excellent place to get in a good workout. For Tejano music lovers, the Selena memorial, located along the seawall, pays tribute to the hometown girl whose life ended far too soon.

The Port of Corpus Christi is the fifth deepest in the United States, and the marina, known as the T-Heads, is a bustling place, with restaurants, private yachts, sailboats and rentals available. Sailboat races take place here on a regular basis. It is also home to the *Niña*, part of a replica fleet constructed in Spain and sailed to the United States

in commemoration of the 500th anniversary of Christopher Columbus' voyage to the New World.

On the east side of downtown is Harbor Bridge, the second tallest bridge in Texas. Spanning 620 feet, it opened to traffic in 1959. Crossing the ship channel via the bridge, you will find the *U.S.S. Lexington*, a World War II-era aircraft carrier, which has been retired to the bay. The ship is now a museum, which displays the various models of aircraft flown from its flight deck during its many decades of service. Pretend you are a flying ace as you pose for a photo in front of a Blue Angels fighter jet, F-14A Tomcat or climb into a flight simulator. Walk the narrow corridors and learn about the young men who fought for our freedom.

Standing on the flight deck, you can look out over the bay or back toward the shore, where you will see the Texas State Aquarium, which features a variety of presentations and exhibits, including dive shows and

animal feedings. Several restaurants offering fresh seafood are also nearby. If the beach is more to your liking, North Padre Island, the world's longest barrier island, is located just south of Corpus Christi.

Corpus Christi is located six hours south of the Metroplex. If you are thinking about a spring break trip, you will want to book your hotel reservations early! **NOW**



A view from the seawall.



A replica of Christopher Columbus' *Niña*.



An F-14A Tomcat aboard the *U.S.S. Lexington*.



Anchored in Corpus Christi Bay, the *U.S.S. Lexington* is now a museum.



Many *Miradores Del Mar* that overlook the bay, add to the charm of the seawall.

Cool Kids, Beads and *Healthy Hearts*

— By Aleta Penfold

Healthy hearts are the main focus for teacher Deliah Lewis' Physical Education (PE) classes all year round. "We work on healthy hearts all the time, starting in the first weeks of the school year," she explained. "A healthy heart is important. The younger they are when they learn how to care for their hearts, the better. Knowledge is power. Knowing how to care for their hearts at a young age will hopefully keep them from having issues as they get older."

Mrs. Lewis' PE classes start in the fall with a quick lesson on the heart. She uses different visual aides to depict simple diagrams of the heart and blood flow, which are appropriate





for her young, first- through third-graders. Plaque “gunks up the system,” she teaches. “I tell the kids that we want to keep our plumbing clean,” she laughed. “Most kids at this age understand how the plumbing system works in their houses. So, if we talk about how eating right and exercising can help keep our body’s plumbing system clean, they seem to get it!”

She teaches the students how to “listen” to their hearts, by placing a finger on the carotid artery in their necks. One child at least, inevitably says, “My heart is beepin’, Miss Lewis!” The students are taught that their hearts should beat really hard and fast when exercising so that it can beat really slow and healthy when resting.

Mrs. Lewis calls her students “the cool kids,” and one way they are rewarded is with special beads for bracelets and necklaces. Beads are given out for simply having a birthday, or students may get a pumpkin bead at Halloween or a tree bead at Christmas, but most beads are earned by hard work. A bead depicting a brain may be given for literary events accomplished by participating in spelling or writing contests. Students may get a bead shaped as a foot for participating in a race or walking or running a mile. After collecting 10 of these foot beads, students can trade them in for a wristband. These “cool kids” are now a part of the prestigious “mileage club.” Wristbands come in lots of different cool colors, so of course the students want to collect at least one of each.

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Another popular and coveted bead comes in the shape of a heart. Any heart-healthy, cardiovascular exercise will earn this bead. Students can jump rope, use the hula hoop or ride bicycles in the gym. Sometimes dancing is also offered as an exercise that will earn a heart-shaped bead.

Mrs. Lewis said, "I love to encourage dancing because it's so much fun and such a great exercise. We are so lucky to have Stephanie Reese from Go-Academy come every October and teach a unit on dancing. After the break, we come back to school and review what she taught us in the fall. We love country line-dancing because it's so easy and fun and this year we are also learning the latest craze, Zumba. Lots of red, heart beads are earned and given out in February!"

Children are also encouraged to stay active when not in school and can earn beads that way, too. Mrs. Lewis worries about the sedentary lifestyle of children today and wishes they would just go outside and play more. She has implemented a program called Fabulous Fitness Frenzy Wall, a large awards display in the gymnasium. Students can do any exercise good for the heart as an extra curricular activity. They hand in a form their parents have signed, stating the activities and time spent doing them. Riding bikes, playing tag, cheer practice, gymnastics, sports and swimming are just some of the activities done after school, earning the students points, which then add up for stickers. These stickers are part of the wall display for the whole school to see. And of course, more beads are happily snatched up.

Mrs. Lewis also started a program she calls, Tune-in Time, for students who arrive at school sometimes as early as 50 minutes before school starts. "I try to help the kids tune into the day and get started, instead of just sitting in the gym, waiting for the bell to ring. We do announcements, pledges and sometimes practice for holiday programs or show movies, but I always try to simply incorporate movement in all of these things. My goal is to teach kids to keep moving during appropriate times."

She encourages her students to keep moving even when playing video games and watching TV at home. "Just keep moving!" she emphasized. She tells the kids to do exercises during the



commercials of their favorite TV shows and loves the idea of the Nintendo Wii, a popular, interactive video game.

Teaching students to make good choices in daily activities also includes helping them make good choices in their diets. "We are always talking about food," she added. Mrs. Lewis has divided food into three categories: Go, Slow and Whoa!

"Go" are foods that can be eaten all the time and include fruits, vegetables and whole grains. "Slow" foods are eaten once at each meal and would be things such as proteins and dairy products. "Whoa" foods are considered a once a week treat and would include candy, cake or cookies. Children are never told they cannot have certain high calorie or fatty foods, but are encouraged to think or plan when in a week's time, they could. "Again, making good choices is the key," Mrs. Lewis repeated.

Deliah Lewis obviously made a good choice for herself in choosing teaching as a profession. She has taught school for 30 years and has been in physical education for the last 22. She claims she has the best job in the whole world. "My students love me unconditionally. And, where could you ever find a job that if you missed a day of work, 300 kids notice and are bombarding you with questions like, 'Where were you yesterday? We missed you, why did you miss school?' Co-workers may or may not notice, but these kids of mine sure do!" she laughed.

"One thing I love about teaching PE is gym class may be the only place kids will share certain things. Boys, especially tend to talk more when they are physically active. I may know things sometimes even their teacher doesn't know, like why a situation at home caused them not to get their homework done. Sometimes, I really wish I didn't have to learn of some of these things, but I am honored when they trust me. I love my students unconditionally, too!" **NOW**

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From left:

Wanda Jackson, assistant administrator and
 Cindy Pierce, administrator

GETTING FIT

After rehabilitation at Odd Fellow & Rebekah Nursing Home, residents return home to live life to the fullest.

— By Sandra Strong

When the time comes to search for a “home away from home” for a loved one, family members need to look no further than the Odd Fellow & Rebekah Nursing Home. “We found our niche,” said Cindy Pierce, newly appointed administrator of the nursing facility. “We offer a home-like environment here. It’s a huggie-feely kind of place, and we wouldn’t want it any other way.”

To continue providing the level of quality care expected and received at the Odd Fellow & Rebekah Nursing Home, a three-phase expansion began in 2010. Phase I, completed in late January, was celebrated with a grand opening celebration early last month. “We had a wonderful turnout at the grand opening of the Odd Fellow & Rebekah Nursing Home Rehabilitation &

Wellness Center,” Cindy said. “All the time and work for the care and service expansion was definitely worth it.”

The main goal of the rehabilitation and wellness center is to see patients rehab after surgery so they can return back to their homes. “Phase I is totally geared toward this purpose,” Cindy explained. “For example, when a resident comes to us after undergoing hip or knee surgery, our goal is to get them back home with the same, or as close to the same range of motion as they had prior to the problem that caused the surgery. We want them returned back to the level of independent living they enjoyed prior to the surgery.”

Even in these early stages of Phase I, success stories are being shared because of the exceptional therapy department

Business **NOW**

manned by physical therapist, Dr. Gerald Noteman, who is also the project manager for the therapy department. The program he developed, Functional Integrated Therapy (FIT), is a method of therapy designed for the needs of each individual resident. "FIT is the main form of rehabilitation therapy presented at the wellness center," Cindy said. "Skilled therapy, including occupational, physical and speech therapies, ensures residents are returned to the highest level of personal independence possible."

The large, oversized rooms found in Phase I offer residents the needed space to rehab and perform daily exercises in the privacy of their own rooms instead of in a crowded gymnasium or workout room. The spacious rooms are painted in shades of tan, peach and green which are as inviting to the eye as they are soothing to the soul. The 11 rooms with 22 available beds and two suites come equipped with flat screen televisions that easily swivel so they can be viewed anywhere in the room, free Wi-Fi and 24-hour room and nursing services. Amenities also offered at the center include a full beauty salon, healthy



cooking classes, movie night, daily activities and a community area with another very large, flat-screen TV and fireplace.

Phase II, the remodeling and updating of the pre-existing nursing facility, is expected to begin in mid-to-late 2011. A completely functional rehabilitation gymnasium, Phase III of the total package, is scheduled to begin in early 2013.

"We have an exceptional staff here at Odd Fellow & Rebekah Nursing Home," Cindy stated. "Our main goal with the rehabilitation and wellness services facility will always be to have residents return home ready to live the rest of their lives to the fullest." **NOW**



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- Health and wellness classes on cooking healthy, dieting and lifestyle changes to promote health and vitality at any age

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Frankie Horton smiles as he enters the post office.



Hometown Chiropractic presents Janet Rayburn with the 2011 Teacher Appreciation Award.



Sisters Brittnee Marshall and Ashley Nichols pose for the camera while at Starbucks.



Sterling House residents celebrate "National Chocolate Cake Day."



Chamber members Betty Taylor, Daisy Morris, Irene Vitosky visit with EnnisNOW's Linda Roberson.



Kerry Holifield adds to her wardrobe by shopping at Cato.

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Zach Knight moves some baskets at Walmart.



Jovetta Mach and Mia Mach pose for a picture.



Frank Dlavaj shows off his winnings after the \$100 drawing at Allen Samuels.



Matt and Amy Hutyra smile for a photo while working the cake walk at Flap Jack Fever.



The ladies of Before & After hair salon pose for a pic.



Tori, Juliana, Juliet, Miranda and Eli get ready to for an awesome sled ride.

Nurturing Nutrients — By Betty Tryon, BSN

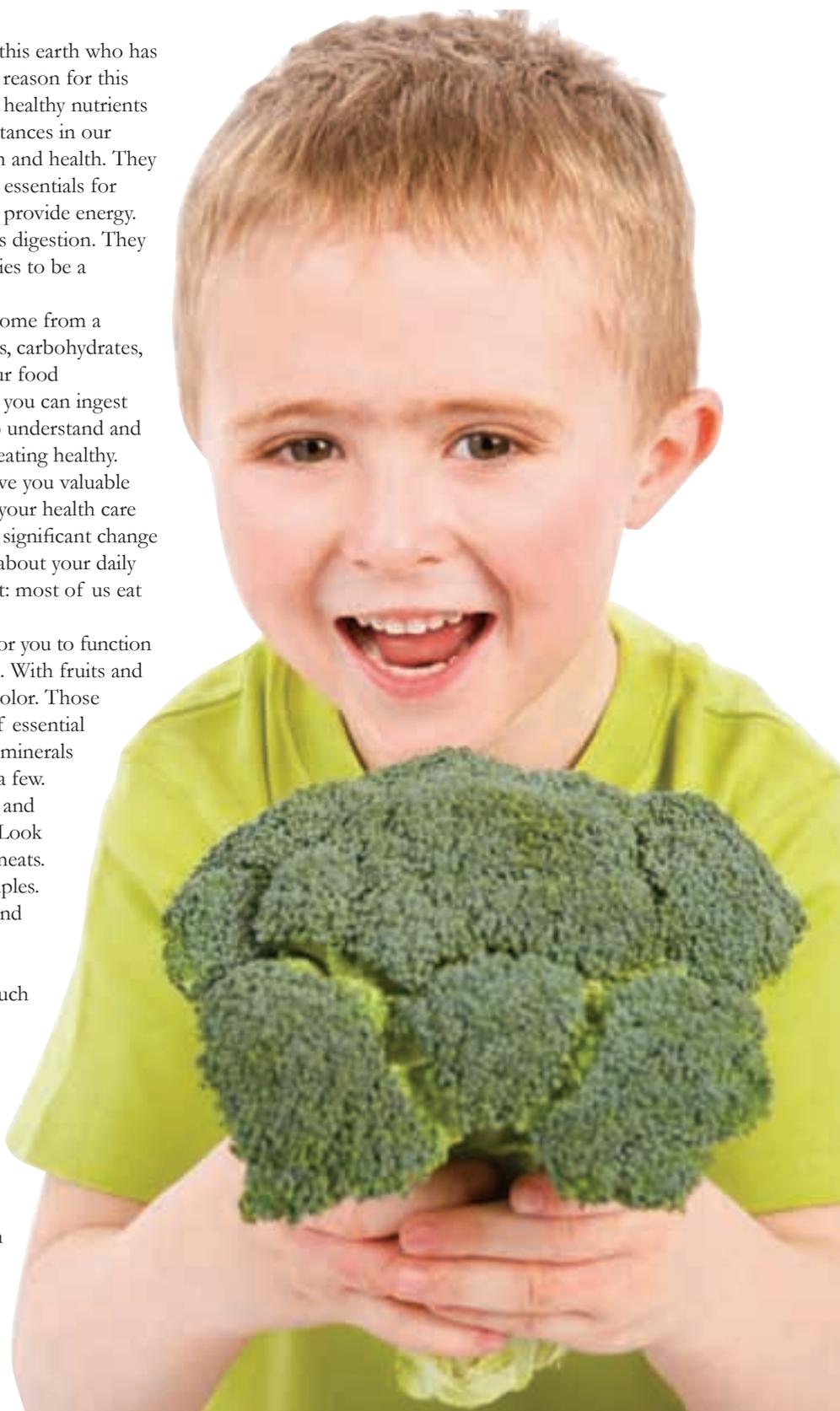
“Eat your vegetables!” Is there a mother on this earth who has not directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients are nourishing substances in our bodies. They are the foundation for life, growth and health. They strengthen and support by providing necessary essentials for muscle and bones. Nutrients feed our cells and provide energy. Nutrients help regulate bodily functions such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from a myriad of food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels on food products can give you valuable information about its contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of sodium (salt) and sugar. Here is a hint: most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods will contain the greatest concentration of essential nutrients such as vitamins A, C, E and K, with minerals such as calcium, magnesium and zinc to name a few. Make an effort to eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats, trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables! **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.





Fun in the Shade

— *By Nancy Fenton*

This month, our theme is how to get something to grow in the shade. There are lots of shade-loving plants, but they need to be especially hardy to take our heat and erratic rains. Prepare the soil with compost and expanded shale if needed, and you will be ready to start. Sometimes it is hard to find blooming plants that do well in the shade. Columbine is one of the best, and if it likes it where you put it, it will reseed itself and make lots to share! Blue and yellow (gold) varieties are available. Lily of the valley usually blooms early in the year also. Hosta will tolerate alkaline soils and comes in many interesting leaf colors ranging from wavy silver and green to very light green with dark edges. They bloom, too, with lavender or white flowers on a long stem.

It is difficult to get really bright blooms in the darkest shade, but bright bulbs provide lively color before all the leaves come out to shade your area. Pansies in the cooler months and

impatiens in the warmer ones can do well in the lighter shade areas. In the darkest areas, go for caladiums in white, red or yellow hues. Against a background of hardy ferns like the Wood Fern, Japanese Fern or Royal Fern, the contrast can be wonderful. My favorite background “filler” is the Inland Sea Oat plant. It looks a lot like a regular oat plant as it grows, but takes very little water and loves deep shade. But be aware that it spreads rapidly, once you get it going.

Next month we will look at a fern garden that will not require a giant water bill. For other questions, please call the Ellis County Master Gardeners at Texas AgriLife Extension, (972) 825-5175 or visit with us at the 2011 GARDEN EXPO to be held at the Waxahachie Civic Center, Saturday, March 26. **NOW**

Nancy Fenton is a Master Gardener.

How Will New Tax Laws Affect You?

— By *Bob Irish*

Now that the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010 is law, you'll want to familiarize yourself with how this new legislation affects you — both as a wage earner and an investor.

Consider these key parts of the new tax laws:

- **Income tax rates remain the same.** Under previous legislation, tax rates were scheduled to rise in 2011, but the new laws will keep all tax brackets the same.
- **Payroll taxes reduced by two percent.** Your share of the Social Security payroll tax will drop from 6.2 percent to 4.2 percent for 2011. Consequently, you should see more take-home pay. You may want to consider investing at least part of this savings in another retirement account, such as an IRA.
- **Top capital gains and dividend tax rates stay at 15 percent.** The question of what would happen to capital gains and dividend taxes has been of great interest to most investors. For the past several years, the highest capital gains and dividend tax rate has been 15 percent. However, this 15-percent rate was scheduled to expire at the end of 2010; after that, dividends were to be taxed at one's standard income tax rate, while long-term capital gains would be taxed at 20 percent for anyone above the 15-percent income tax bracket. But due to the new legislation, the highest tax rate for both capital gains and dividends will stay at 15 percent for at least 2011 and 2012.
- **The capital gains and dividend tax provisions can have significant effects on your investment decisions over the next two years.** You now still have a strong incentive to follow a "buy-and-hold" investment strategy, under which you'd earn the favorable 15-percent rate on capital gains from selling an appreciated asset, such as a stock, that you've held at least one

year. And the 15-percent rate on dividend taxes will continue to provide you with good reason to seek out those stocks that regularly pay dividends; besides offering an advantageous tax rate, dividends, when reinvested can help build your ownership stake in the dividend-paying investments. (Keep in mind, though, that companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

- **Estate tax exemption set at \$5 million per person.** Under previous tax laws, the estate tax was scheduled to be repealed entirely for 2010 only, and then return in 2011, with an exclusion amount of \$1 million and a top tax rate of 55 percent. Under the new legislation, the exclusion amount for 2011 and 2012 is \$5 million per person (\$10 million for married couples), with a top tax rate of 35 percent. The new law also includes a "portability" provision, which can provide increased flexibility in estate planning between married couples to attain full use of the \$10 million exemption. You'll need to see your tax and legal advisors to determine what, if any, changes you'll want to make to your estate plans for the next couple of years as these laws will sunset at the end of 2012.
- **Gift tax exemption set at \$5 million per person.** Under previous tax laws, the gift tax exemption for lifetime gifts was \$1 million. The new legislation increases the lifetime gift tax exemption to \$5 million per person. You should work with your tax and legal professionals to determine whether the new exemption amount provides opportunities for you to consider during the next two years.

As always, changes in tax laws can have a big impact on your financial future — so stay informed and take the steps you need to keep progressing toward your goals. **NOW**

Bob Irish is an Edward Jones representative based in Ennis.

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March 4

Empowering Seniors and Caregivers Conference: 8:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 Northwest Tarrant Avenue, Burleson, TX 76028. This annual conference is hosted by Meals On Wheels of Johnson and Ellis Counties (MOWJEC), which is a community benefit organization that has been serving the homebound elderly and disabled residents throughout Johnson and Ellis counties for 33 years. Because a meal will be served, please RSVP by calling (817) 558-2840 or downloading an RSVP form from www.servingthechildrenofyesterday.org.

March 5

Woman of Faith, Patsy Clairmont: The Avenue, 10:00 a.m.-3:00 p.m. Cost: \$25 entry fee includes a box lunch; \$5 extra fee for childcare. Register early at www.theavenuechurch.com/events. For more information, call (972) 937-5301.

March 7-11

Texas Public School Week.

March 8

EHS Choir Concert: 7:00-9:00 p.m., EHS Auditorium.

March 10

Miller's Fundraiser Night at McDonalds: 5:00-7:00 p.m., Dorie Miller Intermediate School.

March 12

3rd Annual Czech St. Patrick's Celebration: 7:00 p.m.-midnight, KJT Hall. Visit www.kjt35.org for more information.

March 13

Texas Motorplex Bracket Racing: series season opener.

March 14-18

EISD spring break for all classes.

March 19

Silent Auction and Bake Sale: 6:00-9:00 p.m., Church of Christ, 1503 Country Club Road. Funds raised will aid Felton and Betty Smith as they travel to Ukraine with Eastern European Mission to teach summer camp. For more information, call (972) 875-7484.

March 25-27

Old-fashioned Singing: Friday, 7:00 p.m.; Saturday, 3:00 and 7:00 p.m.; Sunday, 3:00 p.m., Historic Chautauqua Auditorium. Includes dinner on the grounds. For more information, call (972) 923-2709 or visit www.WaxaOFS.com.

March 26

11th Annual Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. For more information call (972) 825-5175 or visit www.ecmga.com.

March 27

Muscle Car Club Challenge: 8:00 a.m., Texas Motorplex, Ennis. Admission: \$30 to race; \$12 to watch.

Fabulous Forties Fling: 7:00-11:00 p.m., Texas Motorplex, located between Waxahachie and Ennis and hosted by Waxahachie Autoplex. For sponsorship information or reservations, contact the Meals On Wheels office at (817) 558-2840 or (972) 351-9943 or online at www.servingthechildrenofyesterday.org.

Weekends in April

Forever Plaid presented by Ennis Public Theatre, 2705 N. Kaufman Street. Friday and Saturday shows all month. Call (972) 878-7529 for ticket prices and curtain times. Season tickets are also available.

April 1-30

Bluebonnet Trails.

April 1 and 2

Heart of Texas Arts and Craft Show: Friday, 2:00-8:00 p.m.; Saturday, 10:00 a.m.-6:00 p.m., Waxahachie Civic Center. Admission: adults/\$4, children 12 and under/free. Visit www.heartoftexasshow.com for more information.

April 8 and 9

Ennis Chamber of Commerce BBQ Cook-off: for more information, call (972) 878-2625.

April 16 and 17

60th Annual Ennis Bluebonnet Trails Festival: 9:00 a.m.-5:00 p.m. Call (972) 878-4748 to find out more about the event sponsored by the Ennis Garden Club.

April 29

Ennis Relay For Life: Texas Motorplex.

Ongoing:

Ennis Public Library offers computer classes to the public covering basic computer skills, word processing skills and Internet and e-mail skills. These classes are by registration only and are free to the public from September through April. Classes not available during the summer months. Please call the library at (972) 875-5360 for more details.

Third Mondays

Ellis County Aggie Moms: 7:00 p.m. at Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit www.elliscountyyaggiemoms.org.

Fourth Mondays

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Avenue.

Mondays and Wednesdays

Sign Language Class: 4:00-5:15 p.m., Ennis Public Library, 501 W. Ennis Avenue, Ennis. Classes are free and available for all ages. No sign-up required.

First and Third Tuesdays

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.

Third Tuesdays

Skyblazers of Waxahachie R/C Club: 7:30 p.m. at the Parks and Recreation Building in downtown Waxahachie.

Wednesdays

GriefShare: recovery seminar and support group: 6:15 p.m. at Palmer Christian Child Care and Day School, located at 510 S. Dallas Street. For more information, call Vivian Saladino at (214) 802-2256 or e-mail griefshare@fbcpalmer.com.

Third Wednesdays

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries: monthly luncheon from 11:30 a.m.-1:00 p.m. at the Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). The cost is \$13, inclusive. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmestepp@yahoo.com.

Thursdays

Celebrate Recovery: 7:00 p.m. at 408 Water Street, Waxahachie. The purpose is to help people live free from addiction, compulsive or dysfunctional behavior. For more information, contact Brandon Jones at (214) 949-5725 or Brandon@thefrontiercommunity.org.

Chess for Kids: 6:00-7:30 p.m., Ennis

Public Library, 501 W. Ennis Avenue, Ennis. Elementary age and above. No sign-up required.

First and Third Thursdays

Moms 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.

Third Saturdays

Covenant Treasures Institute College Level Classes: 8:00 a.m.-3:00 p.m., Refiner's Fire Ministries International, 1611 W. Ennis Avenue, Ennis. Call (972) 765-3530 for more information.

Submissions are welcome and published as space allows. Send your event details to sskoda.nowmag@sbcglobal.net.



In The Kitchen With Shirley Sills

— By Adam Walker

Shirley Sills was born in Bristol and has spent all but a few years of her life in her hometown. She enjoys cooking recipes handed down from her mother, as well as those she has received from friends. She has also tried many from her collection of cookbooks, as well as from magazines. “My mother was my inspiration,” she explained. “As the oldest child, I learned to cook at a very young age. While my mom was out in the fields keeping the weights on the cotton, I prepared the meals.”

She likes down-home cooking and baking that reflects her down-home country heritage. “I still cook like my mother taught me,” Shirley admitted. “I get a lot of pleasure out of watching others enjoy what they’re eating.” **NOW**

Caramel Pie

- 25-30 caramels
- 2 cups milk
- 3 eggs, separated
- 3 Tbsp. cornstarch
- 1/8 tsp. plus pinch salt
- 1 1/2 tsp. vanilla
- 1 baked pie shell
- 8 Tbsp. sugar
- 1/2 cup water

1. Melt caramels in 1 cup of milk.
2. Beat egg yolks well. Add remaining milk and 2 Tbsp. cornstarch.
3. Once caramels are melted, combine with egg mixture. Add pinch of salt and cook until thick.
4. Add 1 tsp. vanilla and pour into baked pie shell.
5. Beat egg whites with remaining salt and vanilla. Gradually add 6 Tbsp. sugar continuing to beat.

6. In a saucepan, combine water with remaining cornstarch and sugar. Cook until clear. Let cool and beat until the consistency of meringue. Add to egg whites and beat well.
7. Pour over pie. Bake at 350 F until egg whites are brown.

Good Chocolate Fudge

- 1 cup milk
- 2 Tbsp. Karo syrup
- 4 Tbsp. cocoa
- Few grains of salt
- 2 Tbsp. butter
- 1 tsp. vanilla
- 1 cup pecans

1. Mix milk, syrup, cocoa and salt. Bring to a boil. Reduce heat to low. Cook until mixture reaches soft boil. Remove from heat. Set pan in cold water.
2. Beat in butter, vanilla and nuts.
3. Pour into greased dish.

Coconut Pie

- 4 eggs, separated
- 1 1/4 cups sugar
- 3 rounded Tbsp. flour
- 1 stick margarine
- 2 cups milk
- 1 tsp. vanilla
- 1 cup coconut (optional)
- 1 9-inch, uncooked pie crust

1. Beat egg yolks, sugar and flour.
2. Add melted margarine, milk, vanilla and coconut, if desired. Put in unbaked pie crust and bake at 350 F for 45 minutes.
3. Beat egg whites. Top pie with beaten egg whites; bake 15 minutes. Sprinkle coconut on top. *Variation:* Substitute 1 small can of pineapple for coconut.

Spinach Salad

- 1 6-oz. pkg. fresh baby spinach
- 1/2-3/4 cup chopped, toasted pecans
- 1/2-3/4 cup dried cranberries and fresh strawberries
- 1/3 cup olive oil
- 3 Tbsp. sugar
- 2 Tbsp. red wine vinegar
- 1 Tbsp. sour cream
- 1/2 tsp. Dijon mustard

1. In a large bowl, combine spinach, pecans, cranberries and strawberries.
2. In a jar with a tight-fitting lid, combine remaining ingredients. Shake well. Drizzle over salad and toss to coat.

Blackberry Wine Cake

- 1 box Duncan Hines white cake mix
- 2 3-oz. or 1 6-oz. pkg. blackberry Jell-O
- 1/2 cup oil
- 4 eggs
- 1 cup blackberry wine
- 2 cups powdered sugar
- 3 Tbsp. margarine
- 1/4 cup wine

1. Mix first 5 ingredients. Pour into well-greased, floured bunt pan. Bake at 350 F for 45 minutes. Let stand 15 minutes. Remove from pan.
2. Mix remaining ingredients. Pour over cake.

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