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MARCH 2016

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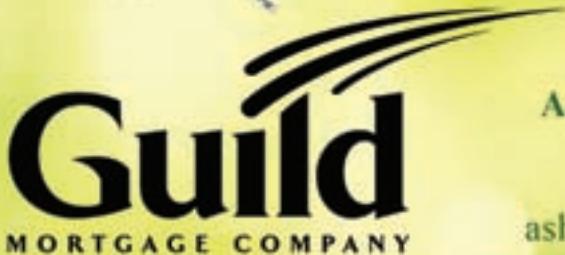


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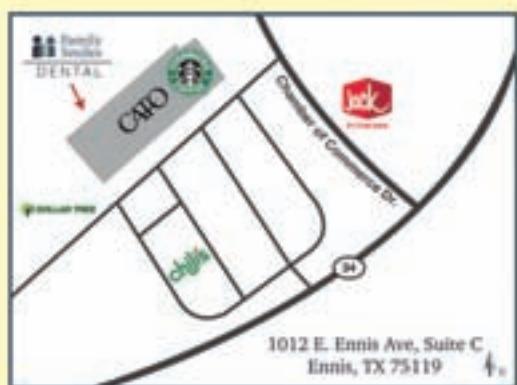
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ON THE COVER



Joe Zhanel has spent a lifetime playing pool.

Photo by Amy Ramirez.

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Editor's Note

Hello, Family and Friends!

I'm the least patient person I know. I've learned not to pray for patience unless I want situations to arise where this virtue is warranted. I fail miserably with patience when it comes to grocery shopping and driving. People don't shop the way I do, and they definitely don't operate their vehicle in the same manner. When shopping, I'm on a mission to "grab and go," getting back in my car as quickly as I can.

My lack of patience continues as I start my journey home. People pull out in front of me, only to drive five miles under the posted speed limit.

It's frustrating, but I think God is trying to teach me something. It's OK if I take my time. I don't have to be in a big rush to get things done or get from here to there. I'm learning that it's alright to breathe and enjoy my life, or as my Pastor says, "Just enjoy the journey!"

Here's hoping you enjoy your ride through life, too!

Sandra

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STEELEY

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Perched comfortably atop a high chair at the American Legion hall in Ennis, Joe Zhanel is in his element. With his wife, Samantha, beside him and near the felt-topped tables he loves, Joe chatted about playing pool since he was 5, winning a trip to Las Vegas with his cue stick and life in general. "If you aren't going to put your heart and soul into something, you might as well not do it," Joe explained. "You've got to play with passion."

For Joe, heart and soul began at a young age and at the feet of his "pappy," Jack Wilder, of Ennis. Pappy had a pool table, and Joe roamed around it, begging to join the game. "I pestered my pappy," Joe laughed. "But I wasn't knee high to a grasshopper, and I couldn't see over the table. Being the carpenter he was, he built me a box to stand on and sawed off one of his pool sticks for me to use." The box worked, the cue stick sufficed, and Pappy taught Joe to play. "I had a good teacher in my pappy," Joe explained. "And I knew at that young age I had a passion for pool."

From the beginning on the box, Joe grew and continued to develop as a player. A lifetime Ennis resident, he came to the American Legion with his dad as a teenager, and there he met people who helped him hone his game. Some are still his friends today.

When Joe was 18 years old, he graduated from Ennis High School as part of the class of 1994, and he also took his pool game to the next level by watching videos. A favorite was *Tricks To Do With the Cue Ball* by Earl "The Pearl" Strickland. "That got me interested," Joe related. "That's when I learned to massé (curve) the ball. I can do crazy things with the cue ball."

At age 21, Joe met Samantha, and yes, she was playing pool. The fateful meeting took place at the American Legion. "She came in with her mom, and when I laid eyes on her, I knew I had to have her," Joe remembered.

Today, it's a family affair, and Joe and Samantha play pool together. Married for 15 years, they live in Rice and have two daughters, Taylor (17) and LeAnn (14). Taylor attends Rice schools and is "serious about her books," according to Joe. She hopes to be a pediatric pulmonologist one day. LeAnn also attends Rice schools and already plays pool with her parents. Joe works at Nelson Putman in Ennis.

The spunky, little kid playing with the sawed-off cue grew into a man with a steely



TERMINATION

— By Stephanie Marchbanks

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determination to win. Every day for over 30 years, Joe has shot pool. When asked what keeps him at it, he didn't flinch. "I like competition," Joe asserted. "I like to annihilate people. I like to see the look on their faces."

Today, Joe plays in two leagues: a Sunday night regular league at the American Legion and a Master's League at the Texas Rose Restaurant & Club in Wilmer on Mondays and Thursdays. Since 2014, Samantha has joined Joe as a league player, both at the American Legion, and also for Monday night nine ball.

Joe credits league operators David and Allison Miller of Red Oak for introducing him to the Master's League, which is part of the APA (American Poolplayers Association). The APA hosts the world's largest pool league and awards over \$1,500,000 at their championship events. The APA Master's Championship is held in Las Vegas each year, and Joe won the points division championship in his first season (2015), which automatically won him a five-day, all-expenses-paid trip to Las Vegas to



compete with players from the United States, Canada and Japan. He competed for four days before he was eliminated, but that didn't dampen his excitement. "It was my first time ever in Vegas. I was smiling ear to ear the whole way there and back," Joe recalled with a grin.

But the road to Vegas started five years earlier at the American Legion. The Millers encouraged Joe to get some teams together, and his efforts led to six teams that now play out of the American Legion on Sundays. Players are ranked with a skill level on the teams, and Joe was the highest-ranked player. His team was racking up wins, when David advised Joe to find a league with better competition. "You can see all of my trophies," Joe explained, waving his arm toward his laurels lined up like gleaming soldiers behind him. That's when Joe began playing in the Master's League, and the rest is history.

Joe is happy to share the tips and strategies that he feels have made him successful. Sometimes, a player acts defensively, such as "hiding the cue ball" when the shot is made in such a way as to roll the cue ball behind another ball on the table, thus denying the opponent a good shot. "That's a defensive shot," Joe explained. "Defense wins the game."

After defense, Joe has a multipoint plan. First is the proper stance,



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which is getting down on the table by bending at the hip. Second, use the proper bridge (hold) on the cue stick, holding it loosely, not with a "death grip." Third, after a player has looked to line up the shot, he or she should zone the eyes to the object ball and follow through with a smooth stroke. "Stroke, don't poke," Samantha added. And finally, come speed and control — too fast and the ball goes haywire.

Joe always thinks three to four shots ahead in his game and considers angles carefully. "Angles are your friend in pool," he noted. But his best advice to players is to play with heart and have fun.

"Putting English on the ball" relates to different points on the cue ball and whether or not a player aims for those points, depending on what he or she wants the ball to do. "Put the Midas touch on it" means to put the brakes on the ball by stopping it dead on the table when hit with the correct speed.

Joe's family is his first love, and although he enjoys other things, such as building furniture and working on his hot rod, his mind is never far from the game he adores. And his trip to Las Vegas is something he will remember forever. "Out of 373 teams, we came in 23rd," Joe remembered. "It was the greatest time of my life." **NOW**



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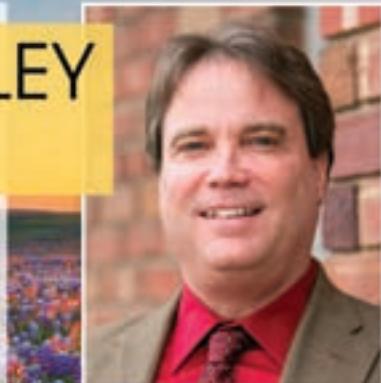
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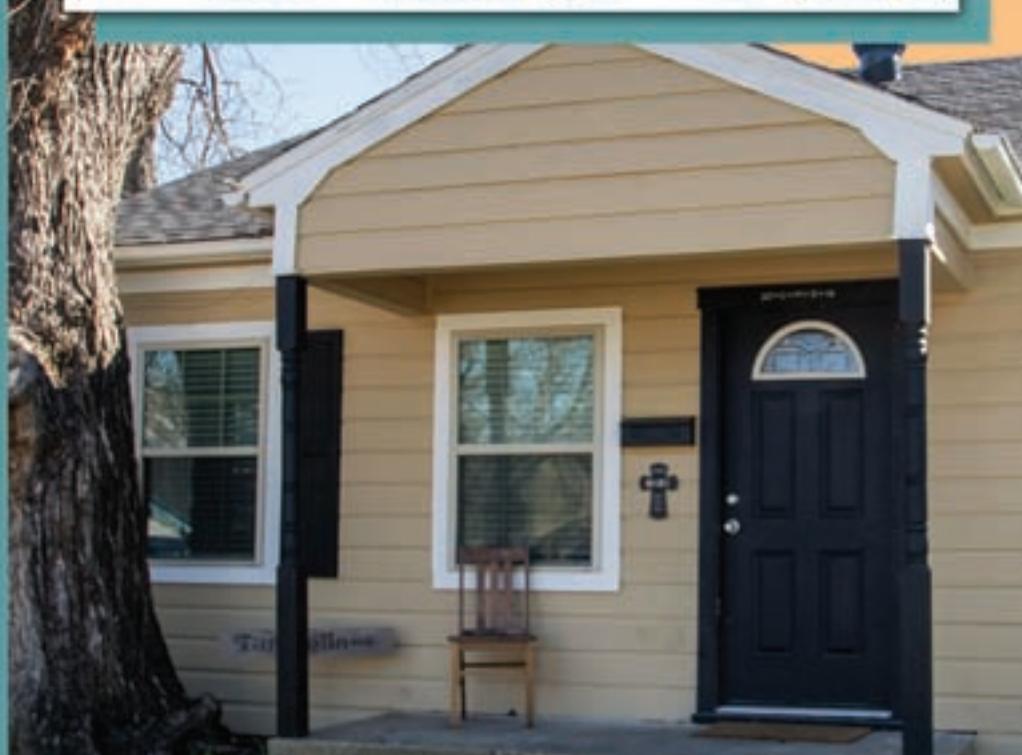
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Faith, family and heritage are important elements of Dominic and Mandie Tartaglia's lives, and ever since meeting through a Catholic online dating service, a conventional life took a backseat to following their hearts in all matters. "I knew right away that Dominic was the one," Mandie admitted. Seven months later, they were engaged and married nine months later in 2013.

A native Californian, Mandie understood the high cost of living, especially regarding her family, in which she is the eldest of nine children. Her father, a U.S. Marine, moved them around a bit, but they eventually settled in California. When Mandie and Dominic met, they were living in Los Angeles. Mandie, a senior at UCLA, was studying anthropology, and Dominic was the associate director at a company that worked with disabled people.

Years before meeting Mandie, Dominic left his affluent home in New Jersey, getting a degree in theology at Franciscan University of Steubenville. After struggling through some personal demons, Dominic was offered a job answering phones at a small investment firm. Feeling restless, he purchased a classic Volkswagen bus and traveled most of America before, eventually, ending up in LA.



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— By Donnielle Tyner

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During their engagement, the couple visited Mandie's father, who was stationed in Fort Worth. Dominic and Mandie witnessed how different Texas was, and they loved it. "Texas was so open and family-friendly. It felt like home," Mandie explained. While visiting, Dominic discovered a job interview at St. John Catholic Church, and they decided to apply and see what would happen. After another interview, Dominic relocated to Ennis, with Mandie following soon after. In 2014, they had their daughter, Goldie, and adopted their son, Michael, the following year.

In 2015, they decided to put down roots and purchased their first home, after making friends through their church



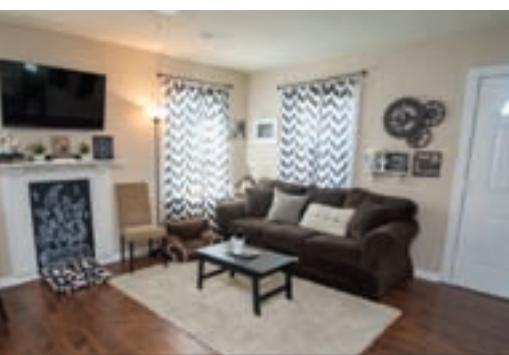
and their newly opened business, Pop Top Coffee Shop. The location of their home was extremely important to the couple. "I wanted to live close enough that I could walk or bike to work and to the shops downtown," Dominic remarked. "This home was exactly what we were hoping for."

One of the things they adored about the three-bedroom, two-bath home was the layout. "It really is one of the most perfect layouts," Dominic explained. "The main living areas are open to each other." The kids' rooms are connected to the living room, but the parents' room has privacy. The couple feels their home is just right for a growing family.

Simple and elegant is what comes to mind when you step into the Tartaglias' living room. Mandie's love of neutral

colors, especially black and white, can be seen throughout the home. An entry table, which was a junk piece she reclaimed, sits against one wall and holds everyday items, such as keys and wallets in pretty bowls and jars. The newest addition to the room, a faux fireplace, was added under their mounted television. A chalkboard interior allows Mandie to change the appearance of the fireplace throughout the year. The large chalkboard next to the front door is one of her favorite pieces. She changes the quotes on it to reflect the season or her mood.

Much like the chalkboard, the rest of her living room is decorated in a way that allows her to make changes on a whim. Mandie, who adores variation in decor, keeps the base of her design neutral, so



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she can exchange small items, such as curtains and pillow covers, to satisfy her urge to redecorate.

Goldie's room is a mixture of shabby and colorful whimsy. In one corner hangs a sheer tent crafted from an old embroidery hoop. Recycled items are an important reoccurring theme throughout the home. The wall art is filled with biblical verses that reflect the family's faith, and displayed throughout the room are books, which Mandie owned as a child. "My mother sent those to me when I was pregnant with Goldie. When I finally set them out, they matched the color scheme perfectly. It was meant to be," Mandie gushed. Quilts folded on the repainted Salvation Army dresser, were stitched by Mandie's grandmother, Susie. In the corner stands a rocking chair inherited from her great-grandmother, Goldie, which holds special childhood memories for Mandie.



The unusual decorations in Michael's room set his area apart from the rest of the home. Above his bed are six small clipboards with antiquated drawings of anatomy, a skull sits on his bedside table and a WWII gas mask casually drapes over an old military chest. Some of the items were Mandie's and represent her love of anthropology. Some are Michael's. He is currently a paramedic student at Navarro College, and these



items reflect his own dark humor. A large bookshelf takes up one wall in his room. Inside is a vast collection of publications the couple has gathered over the years. Classic novels, organized by color, are all favorites of the family.

In the kitchen, Mandie's heritage and personality shine. A large shelving unit holds several kitchen utensils and also displays some items that are very personal to Mandie. A white teapot with brightly colored flowers is a Swedish heirloom from her great-grandmother. On another shelf sits a statue of Mary between two colorful sugar-skull candles, representing both her faith and her Mexican heritage. Across from the sink is an inlet that houses the laundry area. The shelf above the washer and dryer displays cute, labeled jars instead of boxes of laundry detergent. "I actually like having my washer and dryer in the kitchen," Mandie declared. "Now I never forget to finish the laundry."

Tucked away at the back of the home is the master bedroom. A giant vintage map of America, which takes up the entire wall space above their bed, instantly attracts the eye. The decor is white in order to offset the dark hardwood floor, but teal and yellow accents are found in the throw pillows and art. A prayer kneeler, which was a wedding gift from Dominic to Mandie, is a prominent feature of the room, as well as Goldie's baptismal candle, which is displayed in a sconce between the two windows across the bed.

The Tartaglia home is an unconventional mixture of love, faith and items that reflect their quirky natures. Their sudden relocation to Ennis was unexpected at the time, but they couldn't be happier. "The position at St. John was the only job I applied for in Texas. Moving to Ennis, it was a God thing," Dominic stated with confidence. "Right now, there is nowhere else we'd rather be." **NOW**

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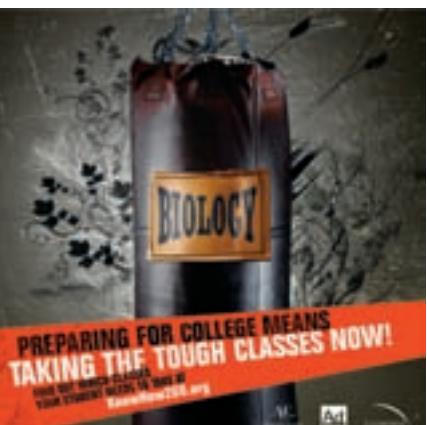
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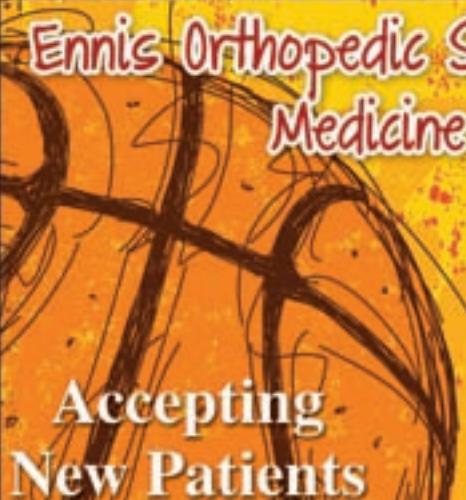
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Once Lost, Now Found

— By Sandra Strong



“We are not a rescue group. We’re just a group of people who are *passionate* about reuniting pets with their owners.”

Once upon a time, there was a lady with a big heart for animals. The lady happened upon a Facebook post stating that someone had lost their dog, and she quickly realized she had just seen the dog on her road out in the country. The lady went back outside to see if she could once again see the dog. As fate would have it, she found the dog, brought it home, contacted the owner and watched with tears in her eyes as the dog and owner were reunited. If this were a tall tale or fable, the story would end here, but that's not the case.

Janna Pruett Dolezalik is the woman with the big heart. This first "rescue" happened in March 2013 and was the catalyst that inspired The Way Home for Lost and Found Animals — Ellis County, a nonprofit Facebook page devoted to reuniting animals with their families. "When I saw that post, I knew I had to try to find the lost dog," Janna stated. "Oh my goodness, I would have a fit if one of my dogs was missing, and I was unable to find it on my own."

Thinking the page would only survive a few months, Janna set out to grow the site by asking family and friends to "like" the page. She soon realized there were more individuals in Ellis County like her — big-hearted people who are driven when it comes to reuniting pets with their rightful owners. At the onset, she had her doubts about the longevity of the page. She never thought it would grow, and grow so fast in such a short period of time! "I was adding 10 new members a day," she explained. "We also get new members each time we post that a pet is 'Home Sweet Home.'"

The last member count was taken after the December tornadoes. Two weeks prior, the count stood at 3,765. As of the first of January, the count jumped rapidly to 4,126 active members. The page proved to be worth the time

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spent to manage it during this devastating time. "Some of the Way Home members volunteered to go to animal shelters and shelters that were housing people directly impacted by the storms," Janna shared. "They posted pictures of the animals listed as lost. It proved to be a great help for those who didn't have computer access, as well as for the shelters that were suddenly overwhelmed." Neighbors were helping neighbors. Strangers quickly became friends. Pets were reunited with their owners. But, Janna knows she does not, and could not, work the site alone. Yes, she may be the one who "oversees and checks out the people interested in joining," but it takes a "village of sorts" to find lost pets and reunite them with the families that are distraught and missing them. "Every member works this nonprofit," Janna shared. "It's a networking nonprofit made possible only by its members. I don't keep a count of how many we've reunited, but I know the count is very high."

Janna has so many stories to share, but a few really special ones come to mind. There was a dog found at Lake Bardwell. Life preservers were used to encircle the dog and bring him to safety. The lady who found the dog gave him a safe place to stay until his owner could be found. An iguana was found up a tree on Cherry Street. The owners of this creature thought he was surely dead and were so surprised when they got him back. Waxahachie has an even more unique lost and found animal story. "I remember this one so well because it was a missing kangaroo," Janna said with a laugh. "That kangaroo made national news," she recalled. "We're happy we were able to play even a small part in getting him home, safe and sound."

Another story with a heartwarming ending is about Midnight, a black Labrador Retriever who, before being posted as lost, was last seen in Ennis. The owner was well past distraught. She was beside herself with grief. "We used the Facebook page to post pictures of Midnight. We posted signs all over town," Janna said. "Members in Ennis even changed their jogging routes in hopes of getting a glimpse of Midnight." Finally, a member posted that a black Lab fitting Midnight's description had been found. Long story short: Midnight was reunited with his owner, Annie Toal Whittington, after he'd been missing for nearly a month, and what a wonderful reunion it was for both pet and owner.

The goal of The Way Home for Lost and Found Animals — Ellis County is simple: Reunite animals with their owners by networking via Facebook. There is definitely *no* re-homing of found animals allowed. "We are not a rescue group," Janna stressed. "We're just a group of people who are passionate about reuniting pets with their owners."

To view the guidelines in full, visit the group on Facebook. While here, you will also find the five things to do if you've lost a dog and the five things to do if you've found a dog. The first thing you need to do when you realize your dog is missing is to immediately put out food, water and your pet's bed or an article of your clothing at the location where your dog was last seen. There is a really good chance your pet will return. The first thing to do when you've found a pet is to

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Microchipping your pets is something Janna believes in. Finding the owner of a lost dog or cat is so much easier when there's a microchip in place. "Retrieving information on the owner is immediate, whether the pet is taken to a veterinarian's office or the ECSPCA," Janna said. "The only downsides I see to a microchip are the owner must keep the information updated and the microchip itself can migrate from the original spot where it was placed."

The Way Home for Lost and Found Animals — Ellis County is bringing comfort, as well as closure, in some rare cases. Comfort comes in knowing that many other animal lovers are actively looking for what might be your missing dog or cat. As they look, they post their findings. "We get lost and found posts coming in all at the same time," Janna said. "Many times, we'll have a found post before we know the pet is missing."

Although the work on the page seems to never end, Janna takes no personal credit for the page and its constant and continued growth. "As a team, we all do things together," she said. "There is no *I* in team. There is no possible way I could do this page alone. It takes each and every member to make it successful." **NOW**

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— By Melissa Swedoski

Woo-hoo! When Planted

As spring unfurls its sunny beams across North Texas, many are ready to get back outside and get their hands in the dirt. Since most of the soils in the area are difficult to work with, raised box gardens offer a creative, as well as versatile, option for the backyard. From small, square boxes to large, rectangular vegetable gardens, the choices are limited only by your imagination.

Before building, determine the amount of useable room you have available. Consider how many plants, flowers or vegetables you want inside the raised garden and the square footage that can be allotted. Planter boxes, the self-contained version of garden boxes, can be placed on concrete or grass, while raised beds are best in the yard.

Material Requirements

As interest in home improvement projects has grown, so have the options. Raised beds can be made with lumber, stone, concrete blocks or almost any other material, even burlap sacks. The simplest way is to create a raised pile of soil, which gets the plants away from the not-so-good native soil and promotes good drainage. The real investment will be in the choice of soil, and in this area of Texas, ideal soil is a mix of minerals, sand, clay and organic matter, and can include a quality compost.

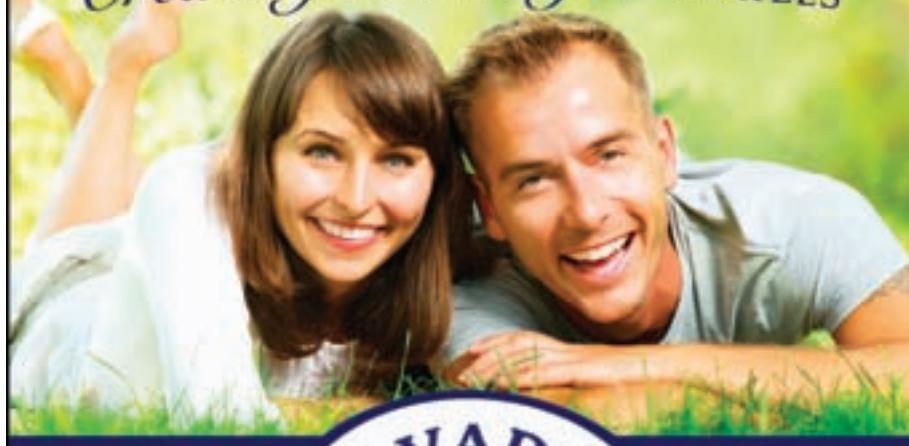
Pressure-treated wood or cedar are the top options for raised garden boxes, since both are easy to work with and durable against natural elements. There's also "construction heart" redwood that is exceedingly rot-resistant. Pine is a popular choice by the do-it-yourself





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A word to the wise: You will need saws, drills, clamps, wood glue, measuring tape, paper, pencil, screws, wire cutters, shovel, staple gun, level, bird netting and/or row cover. Most raised beds are weekend DIY adventures, but stopping multiple times for a trip to the home improvement store could extend that. If you don't have large table saws, purchase pre-cut lumber that will only require sanding and sealing.

Construction

Using raised beds means growing more in less space with less work. Read seed packages to determine how much space is required for each plant, so you can lay out the garden correctly. Wider and deeper rows need less water and produce more, while more plants can be planted in a rectangular bed than in a long narrow



bed measuring the same square footage. For a garden of plants and/or flowers, best results will come with breaking up the sod, removing it to eliminate weeds, and tilling the soil, which especially helps clay soil.

Vegetables generally need eight hours of direct sunlight to have a good harvest, so make sure you pick a location in your yard that can supply that. Make it as level as possible, well drained and near a water source. Build the frame and mark the location. Move the lumber and dig 1-inch deep holes for posts. Put the lumber back in place, and attach it to the posts. Loosen the soil to about 12 inches deep, allowing for proper drainage.

Mix the topsoil with some humus, sand and manure inside the frame, then rake it until smooth. Choose your veggies, lay them in the box based on spacing requirements and dig a hole big enough for the root ball. Plant it, fill it with soil, and then water thoroughly. Use stakes, if there is a need, and add mulch to the base of the plants for an extra boost. For this part of Texas, tomatoes, green beans, squash, corn, peppers and cucumbers are common, but be sure that the last freeze has occurred and the soil is slightly warmed up before planting.



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In a more limited space, craft a waist-high planter box that measures 6 feet long, but only 22 inches deep and 12 inches wide. This also allows for adjustment in budget, since the frame can be made from pine wood, while only the box needs to be made out of cedar. You can have room for multiple kinds of vegetables, although in smaller quantities than with the raised-bed style.

If you prefer the full planter box style, fasten the boards using galvanized screws, since they are less likely to rust, in a rectangular shape. Put the bottom board inside the box and attach it. Create four or five drainage holes in the bottom of the box, add a layer of nylon or vinyl screen on the bottom to protect the wood, and then prime, paint or stain it. Add a thin layer of gravel to help with drainage, and then add the soil.

Flowers

If the garden is in the shade, consider using the very hardy Chinese Wild Ginger, or even the Begonia *semperflorens* Kaylen, which shares a lovely shade of burgundy. For smaller, less showy flowers, try *dianella tasmanica*, with wide spike-like leaves outlined in bright white.

When the full, hot Texas sun hits in the summer, several flowers can make your raised garden as beautiful as during the spring. From the Black-eyed Susan to the Victoria Blue Sage, colors abound. Lantana comes in a number of colors, while Dwarf Mexican Petunia brings in the lavender shade, and there's the always popular Autumn Sage as well as the Pink Skullcap.

All landscapes deserve a pop of color and the ability to flourish, and raised bed gardens can add an undeniable impact to your backyard beauty. **NOW**



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Dr. John Sullivan still finds great joy in being a surgeon in a rural setting.

Specialized Care Close to Home

Dr. John Sullivan develops a one-on-one relationship with each patient.

— By Virginia Riddle

The doctor/patient relationship is very important to Dr. John Sullivan, the only general surgeon who lives and works in Ennis. “Why do I practice in Ennis? In Ennis, a doctor can still remain their own boss and do what’s best for his or her patients. Knowing when not to operate and which patients need more specialized care and when to refer them to Dallas is an essential part of being a rural surgeon,” Dr. Sullivan explained.

In addition to his solo practice, Dr. Sullivan is on staff at Ennis Regional Medical Center, serves as president of the Ellis County Medical Society and is the chairman of the board, president and medical director of Baylor Surgicare at Ennis, which he opened along with a group of other surgeons in 2009. “One huge advantage of a surgery center is cost. For many patients,

it may be more affordable and adds to their options when faced with a needed surgery,” Dr. Sullivan said. He treats hernias, skin cancers and a variety of tumors or “lumps and bumps.” He also performs colonoscopy, endoscopy, minimally invasive hemorrhoid procedures and laparoscopic gallbladder and hernia surgeries. “It’s important to establish trust first. Patients feel more comfortable and will be more likely to follow my recommendations. I feel that my patients and I are in a contractual relationship in which I have a fiduciary responsibility,” John said. Aracely Munoz is Dr. Sullivan’s principal medical assistant.

Dr. Sullivan graduated with his bachelor’s degree and medical degree in an impressive seven years from the University of Michigan. A department chair transferred to The University

of Texas Health Science Center and encouraged him to complete his residency and fellowship training in laparoscopy and endoscopy there. When the opportunity to be the only general surgeon in a small town opened, he moved to Ennis. Dr. Sullivan is a fellow of the American College of Surgeons and became board certified in general surgery in 2006. He is multilingual in Spanish, German and Portuguese.

"It's important to establish trust first."

These days health insurance is a challenge for Dr. Sullivan. "The complex insurance environment has such high deductibles that people are avoiding or missing essential preventative services," he said. Declining reimbursement and increasing complexity of a private practice is forcing more doctors out of private practice and into third-party employment, which brings another dynamic to the doctor/patient relationship. "I fear people are losing the traditional, personal relationship once cherished between a patient and his or her doctor and are placing faith in a 'system' that will never really care for them," he stated.

Married to Dr. Meg Sullivan, the couple has two sons, Jack and Henry. "I enjoy hunting and fishing and teaching our boys to appreciate the out-of-doors and to conserve nature," John said. He contributes to the Boys & Girls Club, Golden Circle, Helping Hands, the Gingerbread House, the YMCA and the Lights of Ennis.

Inspired as a boy growing up on an Illinois farm to become a surgeon, John found that he loved anatomy. "I would open up a dead animal and try to figure out what happened or what organ was sick. Chronic diseases like hypertension or high cholesterol are never fixed. They are treated and followed, and medications are adjusted, but most surgical diseases are cured with surgery. You only have one gall bladder, so once it's out, it won't bother you anymore," he said. "That's the joy of being a surgeon." **NOW**

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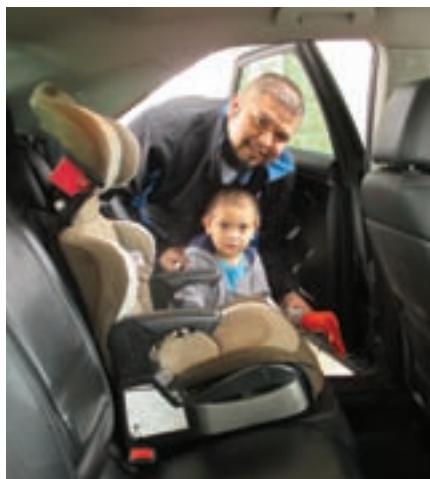
Tina Polson, Dianne Kopec, Melissa Allen, Angela Sibley and Kari Rounsvall, stylists at Before & After, along with Haven Rounsvall, smile for the camera.



Wayne and Sandra Turner with Circle of Friends hold a ribbon cutting and business after hours at the Ennis Chamber.



Ennis Public Library Circulation Librarian Lisa Slaughter takes a break in the library's garden area.



Victor Cerdá and his son, Xavier, age 2, get ready to vacuum the family car.



Frank Sarfani from Papa John's Pizza greets attendees at a recent Chamber function.



Anthony Sarmienta, one of NOW Magazine's graphic artists, puts the finishing touches on an Around Town page.



Barber Rey Castillo puts the finishing touches on J.T. Chapman's haircut.



Mandie Tartaglia, owner of Pop Top Coffee Shop, trains Nathan Allen, the newest member of the Pop Top team, as Goldie Tartaglia looks on.



Dave Lindauer, Nancy Thomas and Mayor Russell Thomas pose for the camera outside the downtown building they are refurbishing.



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How Should You Respond to Market “Correction”?

As an investor, you may be gaining familiarity with the term “market correction.” But what does it mean? And, more importantly, what does it mean to you?

A correction occurs when a key index, such as the S&P 500, declines at least 10 percent from its previous high. A correction, by definition, is short-term in nature and has historically happened fairly regularly — about once a year. However, over the past several years, we’ve experienced fewer corrections, so when we have one now, it seems particularly jarring to investors.

How should you respond to a market correction? The answer may depend, to some extent, on your stage of life.

- **If you’re still working** — If you are in the early or middle parts of your working life, you might not have to concern yourself much about a market correction because you have decades to overcome a short-term downturn. Instead of selling stocks, and stock-based investments, to supposedly “cut your losses,” you may find that now is a good time to buy more shares of quality companies, while their price is down.

Also, you may want to use the opportunity of a correction to become aware of the need to periodically review and rebalance your portfolio. Stocks, and investments containing stocks, often perform well before a correction. If their price has risen greatly, they may account for a greater percentage of the total value of your portfolio — so much so, in fact, that you might become “overweighted” in stocks, relative to your goals, risk tolerance and time horizon. That’s why it’s important for you to proactively rebalance your portfolio — or, during a correction, the market may do it for you. To cite one aspect of rebalancing, if your portfolio ever does become too “stock-heavy,” you may need to add some bonds or other fixed-rate vehicles. Not only

can these investments help keep your portfolio in balance, but they also may hold up better during a correction.

- **If you’re retired** — After you retire, you may need to take money from your investment accounts — that is, sell some investments — to help pay for your cost of living. Ideally, however, you don’t want to sell stocks, or stock-based vehicles, during a correction because when you do, you may be “selling low.” (Remember the most common rule of investing: Buy low and sell high. It’s not always easy to follow, but it’s still pretty good advice.)

So, to avoid being forced into selling, you need to be prepared. During your retirement years, try to keep at least a year’s worth of cash instruments on hand as well as short-term fixed income investments. By having this money to draw on, you may be able to leave your stocks alone and give them a chance to recover, post-correction. And it’s important to maintain a reasonable percentage of stocks, and stock-based vehicles, in your portfolio, even during retirement because these investments may provide the growth necessary to help keep you ahead of inflation. Consequently, as a retiree, you should have a balance of stocks and stock-based vehicles, along with fixed-income vehicles, such as bonds, certificates of deposit, government securities and so on.

Being prepared can help you get through a correction — no matter where you are on life’s journey. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Irish is an Edward Jones representative based in Ennis.

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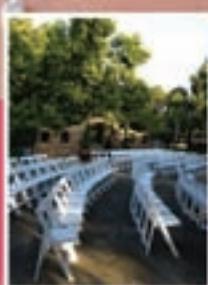
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Catching the Elusive Zzz's

Among the most common complaints in any physician's office is insomnia. Even though we all recognize the health benefits of adequate sleep, the majority of adult Americans report less than seven hours of sleep per day. Further, chasing insomnia with sleeping pills may result in a prolonged morning "fog" the next day and may disrupt the normal balance between REM and non-REM sleep. So, how do we reclaim a healthier night's rest?

First, and most importantly, prioritize proper sleep hygiene and structure your day to accommodate an eight-hour sleep period. This means that you select a time to go to bed each night and stick with the schedule. Our bodies seek to establish a circadian rhythm in which a predictable daily routine is followed. When bedtime varies widely, such a rhythm cannot be achieved and sleep patterns suffer. Shift workers present the most extreme challenge to the establishment of a circadian rhythm, and it is not surprising that these workers have the highest incidence of insomnia.

Also, when you go to bed, prepare to sleep. Don't read, eat, watch TV or talk on the phone in bed. The logic here is that you want to train your brain to want to go to sleep as soon as you lie down at night. Further, when you go to bed, plan on being there for the night. That is, except for going to the bathroom as needed, do not get up until the alarm goes off in the morning. Getting up at night to read, eat or watch TV undermines the assumption of the body's circadian rhythm and leads to erratic sleep patterns.

Speaking of the alarm clock, never look at the clock until the alarm

sounds. If you are having difficulty sleeping, the worst thing you can do is watch the clock turn 1:00 ... 1:15 ... 1:18 ... etc. Each time you look at the clock, the more "worked-up" you become, making sleep all the more elusive. If you are worried you might inadvertently turn off the clock and miss work, try putting a second alarm clock across the room that you must leave the bed in order to disarm.

Stimulants are a huge detriment to proper sleep. Try cutting back on caffeine, smoking and stimulant medications like decongestants. Eating within two hours of bedtime may lead to insomnia and nocturnal indigestion. Avoid late evening exercise sessions as the added adrenaline rush may give you a bad case of the wide-eyes. Consider listening to soft music or drinking herbal tea at bedtime that may be soothing and aid in restful sleep.

Finally, relax. Let sleep naturally happen. Too many people obsess about sleep and lack thereof. Sleep will naturally occur, so be patient and cultivate healthy sleep patterns. Avoid chronic sleeping pills, as the resultant sleep is not natural and addiction is a significant concern. Over time, these medications may become ineffective for sleep but may create a diminished daytime mental clarity. Choose your mattress carefully, and don't underestimate the value of a good pillow. Sleep well — to your health. **NOW**

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Calendar

MARCH 2016

March 1, 15, 29

Ellis County HEALS support group meeting: 6:30 p.m., 408 Water St. For more information, email elliscountyheals@gmail.com or follow them on Facebook.

March 5

Ellis County Women's Expo/Business, Health & Wellness: 9:00 a.m.-4:00 p.m., Waxahachie Civic Center. Tickets: adults \$5; children under 10 are free. For more information, call (972) 937-2390 or visit www.waxahachiechamber.com.

Deeper Journeys Ladies Conference: 9:00 a.m., The Avenue Church, Waxahachie. For more information, visit www.theavenuechurch.com.

March 17

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center, 2272 FM 878, Waxahachie. For more information, visit www.wd5ddh.org.

March 19

Ellis County Master Gardener Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. The \$5 event includes guest speaker Neil Sperry, plant sales, 200 vendors, children's interactive

projects, college scholarship fundraiser and more. For more information, contact expo.ecmga@gmail.com.

Wheelin' N Peelin' Car Show: 8:00 a.m.-2:00 p.m., 101 W. Main St. in downtown Waxahachie. Set up begins at 8:00 a.m. Car registration is \$10. You must preregister to participate. There will be no "day-of" signups. In the event of inclement weather, the car show will move to **March 26**. For more information or to register, visit Waxahachie Downtown Merchants Association on FB or call Amber Caverly at (214) 679-8778.

March 25

14th Annual Garrett Rural Volunteer Fire Department Fish Fry: 4:30-8:30 p.m., Knights of Columbus Hall, 850 S. I-45.

April 1, 2

Waxahachie Old-fashioned Singing: Chautauqua Auditorium, Waxahachie. For more information, visit www.waxaofs.com.

April 2

North Ellis County Business & Community Expo: 10:00 a.m.-3:00 p.m., Red Oak High School, 122 SH 342, Red Oak. For more information, call (972) 617-0906.

Fort Worth Symphony Orchestra: 7:00 p.m., SAGU Hagee Center. This will be the grand finale performance for the Waxahachie Symphony Association's 2015-16 season.

Ongoing:

Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at ccurry_98@yahoo.com.

First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210 N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at SeldomSeenQuilting@gmail.com for more information.

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In the Kitchen With Randy and Debbye Owen

— By Virginia Riddle

Randy and Debbye Owen use their individual talents in the kitchen to treat others to culinary delights. "I do most of the preparation of each meal. Randy does the baking for meals and special occasions. We both learned to cook from our mothers and grandmothers," Debbye said. "We both grew up in Navarro County in a small-town atmosphere where meals and family gatherings were a way of life."

Randy, a detective sergeant for the city of Ennis, and Debbye, laboratory information services manager at Baylor Scott & White Health, are busy parents of two young adult boys. The couple uses recipes that have been handed down through generations, as well as online jewels they "tweak." "We prepare quick meals during the week that are much appreciated," Debbye said. **NOW**

Skillet Lasagna

1/2 lb. farfalle (bowtie) pasta
1 lb. ground beef
1 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. pepper
1 tsp. Italian seasoning
1 24-oz. jar pasta sauce
1/2 cup sour cream
8-oz. mozzarella cheese
Grated Parmesan cheese (optional)

1. Cook the pasta according to package instructions.
2. Brown the ground beef with the four seasonings; drain and return the meat to the skillet.
3. Fold the pasta into the ground beef; add pasta sauce, and stir until the mixture is evenly coated.
4. Dab sour cream onto mixture and top with mozzarella cheese; cover and simmer until cheese melts.

5. Sprinkle Parmesan cheese on top, if desired.

Brunch French Toast Casserole

1 cup brown sugar
1/4 tsp. nutmeg
1 tsp. cinnamon
1/2 cup butter
12 slices white bread
5-6 eggs
1 1/2 cups milk
Maple syrup (optional)

1. In a bowl, mix brown sugar, nutmeg and cinnamon; melt butter inside a 9x13-inch baking pan.
2. Place 6 slices of bread in the bottom of the pan; sprinkle half of the brown sugar mixture over the bread, and top with a layer of remaining bread slices.
3. In a bowl, whisk eggs and milk until well blended; pour over bread layers.
4. Sprinkle with remaining brown sugar

mixture. Cover; refrigerate overnight, or cook immediately.

5. While covered, bake at 350 F for 30 minutes.

6. Uncover and bake an additional 15 minutes, or until brown.

7. Serve with maple syrup, if desired.

Chicken Tortilla Soup

2 14-oz. cans Mexican-style stewed or diced tomatoes
1/4 tsp. sugar
5 cups chicken broth
4 chicken breasts, baked and cubed
Salt and pepper, to taste
Cayenne pepper, to taste
TABASCO Pepper Sauce, to taste
2 cups Monterey Jack cheese, grated
Tortilla chips
Avocado slices (optional)
Jalapeño slices (optional)

1. In a blender, combine undrained tomatoes and sugar; blend until smooth or chunky, as desired.

2. In a large saucepan, add broth, blended tomatoes and chicken pieces; add salt, pepper, cayenne pepper and TABASCO Pepper Sauce.

3. Simmer for 20-30 minutes on medium-low.

4. Serve over cheese and tortilla chips; add avocado and/or jalapeños, if desired.

Jeri's Cheese Dip

1 lb. ground beef
1 lb. spicy sausage
1 10-oz. can Ro-Tel tomatoes
1 32-oz. pkg. Velveeta
1 10.75-oz. can cream of mushroom soup
1 tsp. cayenne pepper
Tortilla chips

1. Brown ground beef and sausage; drain.

2. Blend Ro-Tel tomatoes in a blender until smooth.

3. Slice Velveeta into chunks; add all ingredients to a Crock-Pot.

4. Heat on medium-high until the cheese melts; reduce heat to low while serving with tortilla chips.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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