Ennisnow

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MAGAZINE

We Serve

MARCH 2025

Kathy Cikanek and Jeannette Patak represent a legacy of Lions

Best of In the Kitchen: Asian Cuisine

Also inside:

Scavenger Hunt

Crossword

Featured Business: Family Care Clinic

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ON THE COVER



For more than 100 years, the Ennis Host Lions Club has given back to the community.

Photo by Anthony Sarmienta

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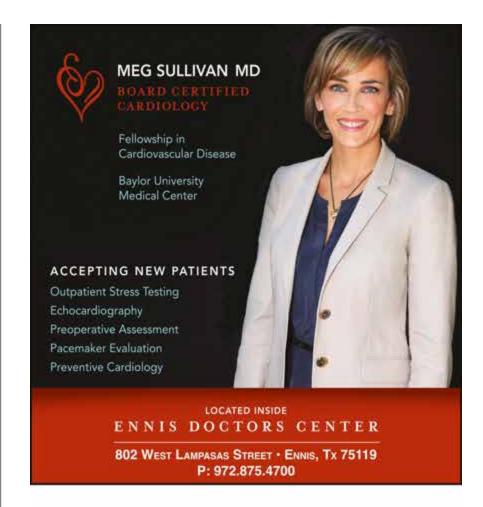
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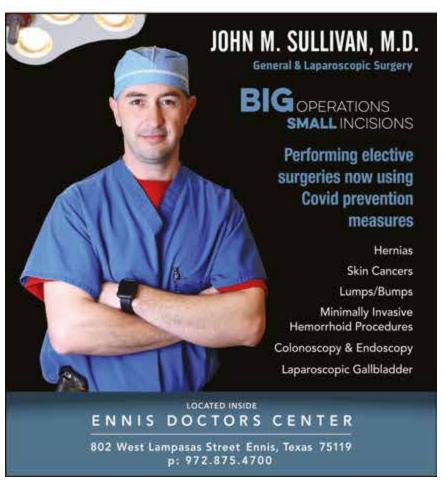
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EDITOR'S NOTE

Independence declared ...

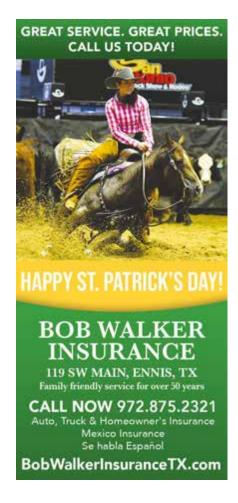
As the fledgling colonies in the part of Mexico that eventually became Texas learned in 1836, it is one thing to declare independence, it is quite another to own it. Though tensions had been growing for some time, perhaps as far back as 1824, the first shots of revolution were fired at Gonzales in the autumn of 1835. One of the early battles took place at Mission Concepción in San Antonio. I was blessed to have visited this site last year, and while I think every Texan should visit the Alamo, there are lots of other sites that were important to Texas' freedom.

Texas officially declared her independence from Mexico on March 2, 1836, but as we know, the Mexican army did not pack up and go home. The battle for the Alamo had already begun, and the mission was defended valiantly by about 200 soldiers for 13 days against a greatly superior Mexican army. On March 6, the Alamo fell.

The Texans had lost the battle, but the war continued, notably with another horrific defeat at Goliad. General Sam Houston had the Texas army on the move with General Santa Anna and the Mexican army in pursuit. In a battle that lasted only 18 minutes, the Texans defeated Santa Anna's forces, and the war was over. Texas was its own Republic, and in 1845 was admitted to the Union as the 28th state.

We Texans are known to be a "little" braggadocious. I'd say we earned it. Celebrate being a Texan this month.

Independence won!







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WE SERVE

— By Bill Smith





The list of Ennis Host Lions Club past presidents is long. The history of the local club can be traced back to its founding in 1921, just four years after the first Lions Club in Chicago was founded in 1917. The list of local presidents who have served more than one term is much shorter, as Lion Wallace Roberts was the only one to serve two terms prior to last year when Kathy Cikanek held the reins for a second term. The list of prior presidents reads like a who's who of city, school district and business leaders in Ennis from days gone by.

The office of secretary, however, has a very short list. Jeannette Patak has been serving for just a couple of years. And while a lot of people can recall Bob Taylor as the immediate past secretary who served since 1991, and perhaps his predecessor, Tracy Lanier, Lion Lanier's tenure goes so far back that the club does not have a record of his predecessor!

Kathy joined the club soon after she went to work in the Ennis Independent School District central office in 1979. "Jan White encouraged me to join, pointing out the Lions serve the community, and they have a lot of fun doing it," she recalled. "The club was meeting in the ballroom at the Country Club back then. The meetings were lively and fun, and we had a couple of fundraisers that the club had done for many years. The community looked forward to the annual mop and broom sale and the annual pancake day. I was so happy to be a part of it.

"Over the years, our fundraisers have also included golf and bowling tournaments, magic shows and musical performances," Kathy continued. "Last year, we started selling pecans during the holiday season, and we are happy with the way the community responded. We hope to continue to grow our fundraising efforts also."

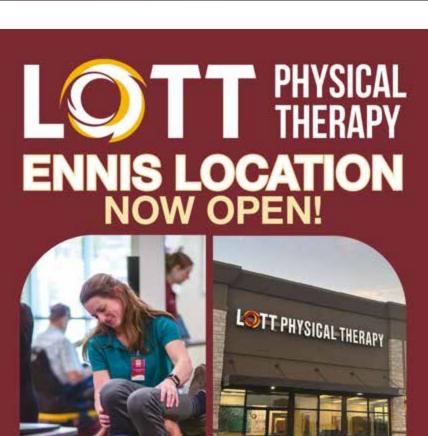
Jeannette served for many years as president of the Ennis Chamber of Commerce and was the administrative assistant of the Chamber prior to that. "I knew I wanted to be a member of a civic club, and I saw that the Lions were doing a lot of things like the eye van and contributing to other nonprofit organizations in the community. I remember calling on them to help with security and lining up the parade for the Polka Festival. We always had plenty of members willing to serve," she reflected.

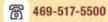


"The eye van was something I was aware of through my position with the school district," Kathy mentioned. "I oversaw the school nurses, and this is such a blessing to many of our local children. In 2024, we provided glasses to about 140 kids, at absolutely no cost to them. The van arrives at Tabernacle Church, where we meet, and the school brings the children in buses. The optometrist is on the van, and our volunteers lead the children out there for the exam. If they need glasses, and most of them do, then our volunteers help fit them and help them choose their frames. The glasses are delivered to the school and given to the children a few weeks after the examination."

Sight conservation has been a major charity for Lions Clubs since 1925, when Hellen Keller attended the Lions Club International Convention and challenged the Lions to become "knights of the blind in the crusade against darkness." The Lions accepted her challenge, and in addition to







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providing free eyeglasses for children. they also include sight programs aimed at preventing blindness.

The citizens of Ennis have generously contributed to the Lions Club's fundraising projects over the years and should take pride in the fact that through those projects, they are participating in the gifts the club has been able to give back to the community. In addition to the eve van. the Lions have provided thousands of dollars in scholarships and donations to local charities. The Lions also raised funds for Lions Park, which is an attractive addition to the city. While the park is maintained by the city, Lions still take pride in participating in park cleanup days along with Keep Ennis Beautiful.

Lions support the youth of our community, and another major project of Lionism is the Texas Lions Camp in Kerrville, Texas. Local members have made numerous trips to the camp over the years to

build fences, renovate cabins, cook and help with just about any other project requiring some additional manpower. The camp has operated since 1949, and the Ennis Lions Club has donated to it for many years in the name of some of the individual members, honoring them as Melvin Jones Fellows, named for the founder of Lionism.

"Our membership declined during COVID as we were not able to meet regularly or participate in the projects as actively as we had," Kathy mentioned. "We still have a great group that meets for lunch every Wednesday at

Tabernacle Church. We are planning a membership drive in April, and we are encouraging our members to invite people to come visit and see if being a Lion appeals to them. We provide a nice lunch and have had some great programs."

"We also want to appeal to prior members of the club who had to stop coming during the pandemic to come back as active members," Jeannette added. "We miss them! We recognize that social media has become a source for local businesses to contact prospective clients, but I think there is nothing better than face-to-face meetings and serving alongside other members for making business contacts."

Lions Clubs International is the largest service club in the world. With 1.4 million members in 49,000 clubs across the globe, Lions help hundreds of millions of people every year. The Ennis Host Lions Club serves locally and supports the international efforts every month. "Come visit next Wednesday," Kathy encouraged. "You'll be glad you did!" NOW





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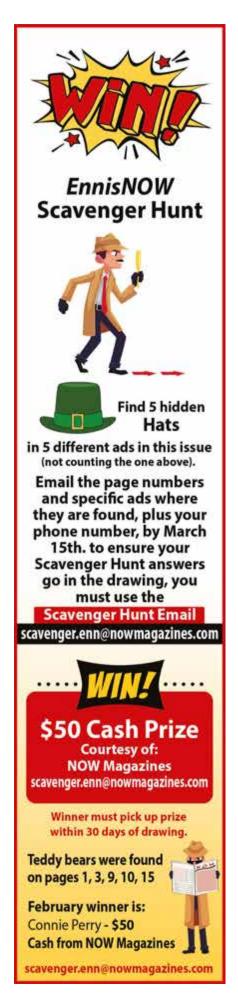
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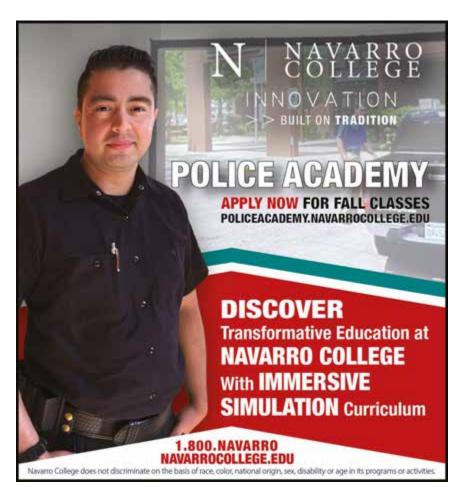


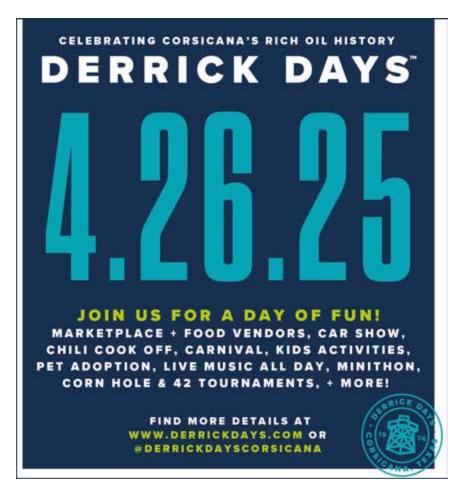
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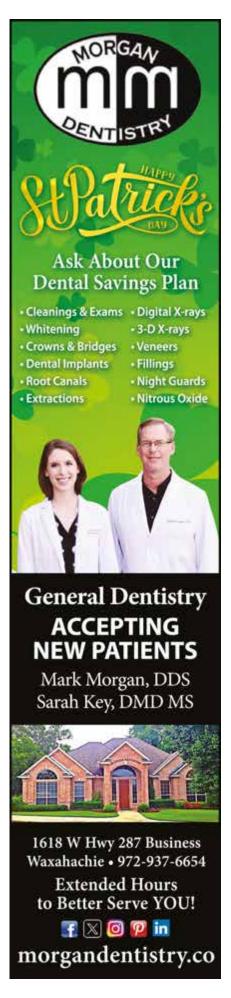












Around Town



Zoomed In: Dan Lynch

Formerly a professional guide at Lake Fork in East Texas, Dan Lynch loves to fish. "I've been in magazines, like *Bassmaster Magazine*, and in some movies. I used to have a big boat, and I would use it to fly fish for bass," he said. "That's what I'm known for. That's my passion." But on this brisk winter day at Bluebonnet Park's fishing pond, the bass weren't biting, So, he fished for rainbow trout instead. "Normally, there are families out here fishing," he said. "But it's just been too cold. I got a late start today. I've caught about 15 or 16."



Doris Honza appears on Good Morning America with her sister-in-law and nieces while visiting in NYC.



Alicia Walther; Cathy Lee; Brooke Hill; Kathy Olson; and children, Everett, Easton and Haven, celebrate three generations of being best friends.



In her fourth hour of a six-hour shift, Kadence from Girl Scout Troop 2325, still sells cookies with a smile.



Larry Candy teaches Valentina and Eli Reyes how to play chess.

By Becky Walker



Retired railroad electrician Steve Stewart reminisces on his career during a visit to the Ennis Railroad & Cultural Heritage Museum.



Leo James and Titan Todd enjoy a Dallas Stars hockey game.



Gilbert Hernandez and Bella enjoy a warm afternoon at the Puppy Patch Dog Park.



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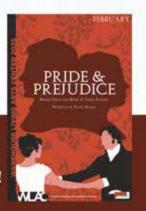
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BusinessNOW

Family Care Clinic

By Sandra Johnson

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Hours: Monday-Thursday: 8:00 a.m.-5:00 p.m. Friday: 8:00 a.m.-noon

Dr. Blayne Laws and his wife, Heather, have been faithfully opening the doors at Family Care Clinic for the past 21 years. They've enjoyed the same location, making it their home away from home. "We're here for the patients," Dr. Laws said. "Doctoring is my area of expertise, while Heather oversees the business side of the practice."

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

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

FAMILY CARE Clinic

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

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

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

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

THE "FAMILY FEEL" IS RECOGNIZED SOON AFTER PATIENTS CHECK IN. **BOOKS AND MAGAZINES TAKE UP** MOST OF THE TABLE SPACE. WHILE GAMES AND TOYS ARE AVAILABLE FOR THEIR YOUNGEST PATIENTS.

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

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

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

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

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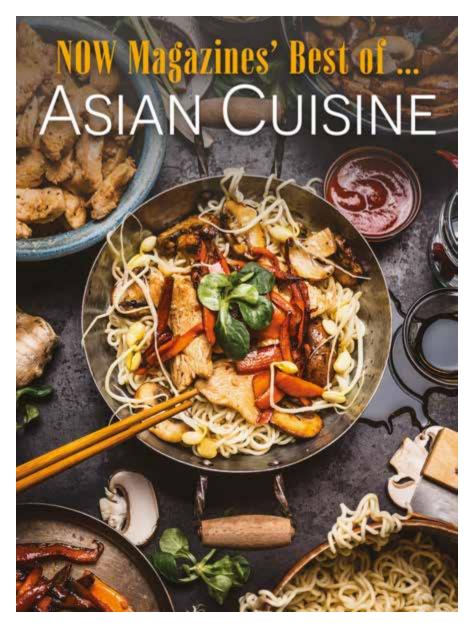
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Asian cuisine offers a lot of variety. From the mild flavors of Japanese cooking to the spiciness of the Szechuan region, there is something for every palate. Here are a few samplings from the many Asian-inspired recipes we have published over the years. Enjoy! **NOW**

Peanut Pad Thai Sauce

Provided by Helen Taylor for the April 2021 issue of EnnisNOW Magazine.

1/3 cup rice vinegar

1/3 cup soy sauce

3 Tbsp. crunchy peanut butter

2-3 Tbsp. red chili sauce

I lime, juiced

1/4 cup brown sugar

1 tsp. minced garlic

Sesame oil, to taste

1. Combine all ingredients. Add to your favorite stir-fried vegetables and rice noodles.

Spring Rolls

Provided by Sara Allen for the March 2019 issue of MidlothianNOW Magazine.

Dipping Sauce:

1/2 cup hoisin sauce (I wouldn't use off brand.)

1/4 cup peanut butter, smooth

1/4 cup water

1 Tbsp. rice vinegar

Shrimp Rolls:

6 oz. thin rice noodles

10 round rice paper wrappers 10 leaves red leaf lettuce, thick stem ends removed, cut in half

1 cup carrots, shredded (divided use)

I cup red cabbage, thinly shredded (divided use)

1 cup fresh bean sprouts (divided use)

1 1-lb. pkg. cooked shrimp, peeled, no tail

1/2 cup cilantro (divided use)

1. For dipping sauce: Combine all sauce ingredients in a medium-sized bowl, whisking until smooth.

2. For shrimp rolls: Boil noodles until tender but not mushy, about 6 minutes, or according to package directions. Drain; cool with cold water. Refrigerate until ready to use.

3. Fill a pie dish or bowl large enough to hold rice paper with water. Set damp dish towel on cutting board. Immerse one rice paper sheet into water for 15-20 seconds.

4. Remove, shaking off excess water; lay flat on dampened towel. Paper may still seem stiff. However, it will become pliable as you build each roll.

5. Lay one piece of lettuce over bottom third of rice paper. On lettuce, place 2 to 3 Tbsp. of noodles, 1 Tbsp. of carrots, 1 Tbsp. of cabbage and a few bean sprouts.

6. Roll paper halfway into a cylinder. Fold sides in envelope pattern. Lay 2-3 shrimp along the crease. Place a few pieces of cilantro beside the shrimp. Keep rolling paper into a tight cylinder to seal.

7. Repeat with remaining wrappers. Store with seam side down. Serve immediately with dipping sauce.

Instant Pot Sweet and Sour Pork

Provided by Ian Davis for the April 2024 issue of North Ellis Co.NOW Magazine.

1 pkg. Pioneer Roasted Pork Gravy Mix

I cup water

1 cup light brown sugar

1/3 cup white vinegar

3 Tbsp. soy sauce

3 Tbsp. tomato paste

2 garlic cloves, minced

1/4 tsp. ginger, ground

1 lb. boneless pork chops, cubed

I onion, chopped

I green bell pepper, sliced

1 8-oz. can pineapple chunks, drained

1. In a large bowl, whisk gravy mix, water, light brown sugar, white vinegar, soy sauce, tomato paste, garlic and ground ginger. Pour into the Instant Pot.

2. Add the pork, onions, bell peppers and pineapple chunks into the sauce mixture; stir.

3. Pressure cook on high for 10 minutes.

Mongolian Stir-fry Beef

Provided by Gavin Bone for the February 2019 issue of WaxahachieNOW Magazine.

1 1/4 lbs. flank steak, thinly sliced 1/4 cup cornstarch 3 Tbsp. vegetable oil 1/2 cup low-sodium soy sauce 1/2 cup brown sugar 1/4 cup water I tsp. minced ginger Chili garlic sauce, to taste 3 garlic cloves, minced Green onions, sliced for garnish Pinch red pepper flakes

- 1. In a large Ziploc bag, add the flank steak and cornstarch. Toss the beef to coat evenly.
- 2. Heat a large skillet to high heat; add vegetable oil. Once heated, add the steak in a single layer.
- 3. Cook on each side for 1 minute, or until the edges begin to brown. Once the steak is cooked, remove and set aside on a plate.
- **4.** In a small mixing bowl, combine soy sauce, brown sugar, water, ginger, chili garlic sauce and garlic. Add the sauce to the pan; bring to a boil.
- **5.** Add the steak to the sauce. Allow the sauce to thicken for a couple of minutes.
- **6.** Toss with the chopped green onions; sprinkle with red pepper flakes.
- **7.** Serve on top of steamed white or fried rice.

Hot and Sour Soup

Provided by Vicki Padgett for the May 2019 issue of CorsicanaNOW Magazine.

- 3-4 cups chicken broth
- 4 dried shitake mushrooms, rehydrated and julienned
- 1/4 cup bamboo shoots, julienned
- 1/2 cup rice vinegar, unflavored
- 2 Tbsp. soy sauce
- 1 green onion, cut into 2-inch-long strips
- 1 tsp. Tabasco sauce
- 1/2 tsp. black pepper

Firm tofu, cut into small cubes (optional)

- 3 Tbsp. cornstarch
- 1/4 cup cold water
- I egg, beaten (optional)
- Slivers of chicken or pork, to taste (optional)
- **1.** In a large saucepan, bring the chicken broth to a boil. Stir in the next 7 ingredients, plus tofu, if using; return to a boil.
- 2. Mix together cornstarch and water. Add to the soup; stir until thickened. If desired, drizzle in the egg, stirring the soup constantly.
- 3. For extra protein, add slivers of chicken or pork to the soup as it boils.





Edward Jones

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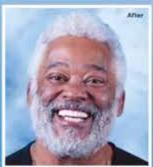




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16 Flow away

18 Doctrine

19 "The --- of

Tralee*

21 "Dead man's

hand* pair

22 Kind of infection

conductor ---

- 6 Reduces 25 Civil wrong
 - 26 Mathematical degree?

24 Retained

- 27 "Monday Night Raw" channel
- 28 Comcast, for example
- 31 Spheres of interest
- 33 Mollycoddle
- 35 Political housecleaning
- 36 Character originally played by Jay Silverheels
- 37 Kale South of the Border
- 38 Showing attitude

- Down
 - 1 Ardor 2 Boney's exile
 - isle 3 "Life" writers
 - 4 Plow into
 - 5 "We did it --we could"
 - 6 Strikebreaker
 - 7 PC linkup
- 8 Signs idiot can sin badly
- 9 Tasty bit
- 10 Appears
- 17 Borscht base
- 20 National Popcorn Poppin' mo.

- 21 Ventilate
- 22 "To thine own self ---" (Shakespeare, "Hamlet")
- 23 Friars Club events
- 24 The ---Commission on alleged N Y P D corruption
- 27 Plays for a idiot
- 29 Takes a breather
- 30 Ruse
- 32 Gone by
- 34 "You must ask us how much it costs"

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Features tab. Click on the Crossword-Sudoku tab. Click on a puzzle to view solutions.







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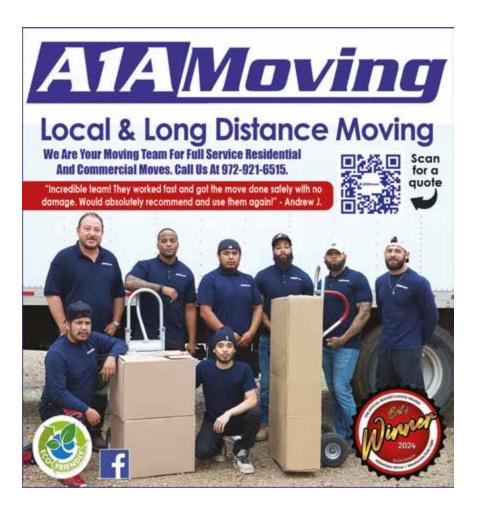
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Happy T. PATRICK'S DAY ebsites to verify dates and time Check with individual organizati

3/8

Habitat Restoration:

Join Keep Ennis Beautiful, the Texas Conservation Alliance. and the US Army Corps of Engineers to help remove litter at Lake Barwell. 9:00-11:00 a.m.; volunteers check in at the Lake Bardwell Project Office, 4000 Observation Dr. For more information, visit www.keepennisbeautiful.com.

Mardi Gras Beads & Bling:

It's a Mardi Gras Thing Masquerade Party: Presented by the Greater Ennis Chamber of Commerce. 6:00-10:00 p.m., SPJST Lodge #25, 1901 E. Hwy. 34. For information, email jennifer@ennis-chamber.com.

3/15

2nd Annual Ennis Open **Chess Tournament:**

4 round Swiss-style tournament. Games: 45 minutes per side, 5-second delay per move. US Chess Federation rated and unrated sections. Prize money to winners of rated sections. Lunch provided. \$20 entry fee. 9:00 a.m., Baylor Baptist Church, 210 N. Preston. Register by texting Tournament Director Iason Howell at (254) 495-3445.

3/20

Band Pre-UIL Concert:

The public is invited to enjoy this evening concert. Free. 7:00-9:00 p.m., EHS Auditorium, 2301 Ensign Rd.

3/28-4/6

The Sweet Delilah Swim Club:

Recommended for ages 13-plus. **Show dates:** 3/28-3/30, 4/3-4/6. Ennis Public Theatre, 113 N. Dallas St. Tickets: https:// ennispublictheatre.com.

3/28-4/13

A Merry Adventure of Robin Hood:

Fun for the whole family. **Show**

dates: 3/28-3/29, 4/4-4/5 and 4/11-4/13. Tickets: https://www.theatrerocks.com.

4/12

Relay for Life:

Ioin us for this Mardi Grasthemed time to celebrate, remember and fight back! 4:00 p.m.-midnight, Veterans Memorial Park, 2301 Ennis Pkwy.

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

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This nonprofit was founded by Lisa Edwards-Loftin to provide transitional services to men and women who are experiencing struggles in life due to addiction. Wraparound services for homelessness, domestic violence and veterans are also provided. Classes meet in the fellowship hall at Eastside Church of Christ, 607 E. Mortin Luther King, Ennis, TX 75119. liso@therescuehaven.com.



With a mission of "helping men help themselves and break the cycle of homelessness," this is a recovery home where men can learn tools to fight their addiction issues, or life-affecting issues and live in a clean, sober and functional environment each day. Visit the thrift store to donate or purchase a variety of items. Open Manday-Thursday: 9:00 a.m.-5:00 p.m. and Friday and Saturday: 9:00 a.m.-7:30 p.m., 205 W. Brown St., Ennis, TX 75119. (972) 875-7972.



This organization serves our Community by providing Assistance and Resources, through Engagement and Services while focusing on long-term solutions for people and families in need. It serves as the resource hub for the city of Ennis and provides charitable, benevalent, civic, educational, social and societal services to the community to improve the lives of our fellow citizens. 107 N. Sherman St., Ennis, TX 75119, (972) 695-3524.



THE PARKER LEE PROJECT

This nonprofit's mission is to help families worldwide with medically dependent and special needs children in obtaining needed medical supplies, equipment, education and support. megan@theparkerleeproject.org, (469) 441-1485.



BREAST CANCER AWARE FOUNDATION OF FLLIS COUNTY

This organization wants people to be aware of the risks of breast concer, know they are not alone and that people do recover. Their goal is to mativate people to be knowledgeable and get tested. shandrawashington45@gmail.com, (469) 570-8016.



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