# EnnisNOW

MAGAZINE

**APRIL 2020** 

# Just What They Wanted

At Home With Jim and Becky Isbell

Also inside:

Scavenger Hunt

Featured Business: Felcman's Ladies Shop and Gifts Go Fish

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Ennis High School student anglers reel in fun and friendship

In the Kitchen With Mary Helen Smith

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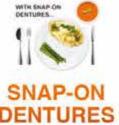




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JUST WHAT THEY WANTED

At Home With Jim and Becky Isbell.

**12** GO FISH

This EHS UIL-sanctioned team continues to hook new members.



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#### ON THE COVER

Jim and Becky Isbell love their historic home in Ennis.

#### Photo by Bill Smith.

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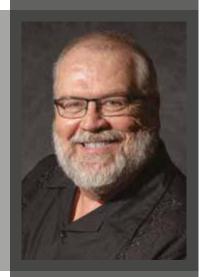
Spring SPECTACULAR SAVINGS













### **EDITOR'S NOTE**

Dallas Street is open!

The Bluebonnet Trails and Festival are upon us. I hope the rain fell at just the right time, and the sun warmed the soil at just the right time, so the germination is just right for a bumper crop of bluebonnets this year. I don't know anything about horticulture, but I can repeat the catchphrases I hear when the bluebonnets don't show up as expected. Ennis has something special in the bluebonnets, and I know we sometimes take the beauty of God's creation for granted in our home town.

The Dallas Street project is complete, and it is a great renewal for downtown, especially for the festivals and the farmers' market. Even more than that, I am hoping our retail business is beginning to regain its market share, and I want to encourage you to walk around downtown and see what our merchants have to offer.

People come from near and far to see the bluebonnets, and having grown up in Ennis, I guess it would be easy to assume they are everywhere, but they are not. Lady Bird Johnson had a lot to do with the proliferation of bluebonnets and other wildflowers along our highways. I'm glad she did. Oh, and if you see a member of the Ennis Garden Club, a "thank you" would be appropriate. They do a lot to make the trails and festival what it is. Spring is pretty special in Texas, and even more so throughout Ennis in April.

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The COVID-19 social distancing measures may feel completely unnatural to how we normally deal with emergencies, but, actually, by following these guidelines and keeping each other safe, we actually *are* all fighting this *together*. We can also fight together by supporting local businesses, calling or messaging loved ones, buying groceries for people in high-risk populations and praying for one another.

Here at NOW Magazines, we are committed to helping our local economies by helping promote our local businesses. We hope to help ease some of the discomfort of social distancing by bringing some of the best of the community home to you through our stories on local residents. And though some of the events or competitions mentioned in some of this month's articles may have been cancelled after we went to press, we hope that you will be encouraged by reading about the good and positive things that are a part of your hometown.

Becky Walker, Managing Editor | NOW Magazines

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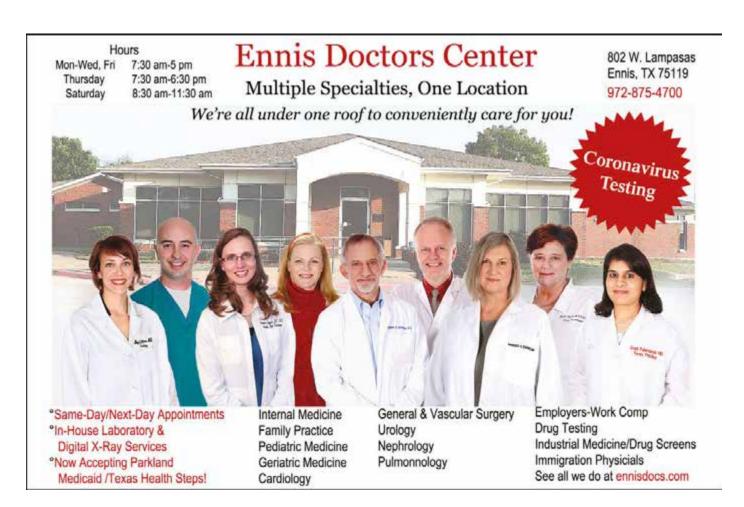


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# JUST WHAT— THEY WA

At Home With Jim and Becky





Jim and Becky Isbell came to Ennis in 2012 to help their son and daughter-in-law with their new twin boys. Instead of staying a while and going back to their farm in West Texas, they never looked back. Becky said they went driving around Ennis, and when they saw the big, two-story home, she immediately recognized it as the home they'd been looking for all their married life.

"There were lots of projects," she said as she reflected on the ongoing work the historic, 120-plus-year-old home required and continues to require. "We're not finished, but the home is very comfortable for us now." Jim recalled, "I did something I said I would never do, which was sell some of our land in Eastland County to buy this house in the city."

The Isbells are used to working hard and working together. Both are retired public school teachers. Becky taught speech, drama and English. Jim taught agriculture. While their vocations were full time, they probably put

# NTED

Isbell — By Bill Smith





in as many hours during evenings and weekends working together on their farm.

"We bought a house about five miles from our property and moved it down the farm-to-market road. Jim was on one side of the road, clearing brush and limbs with a chain saw, and I was on the other side of the road doing the same thing," Becky remembered.

When asked what room in the house is her favorite, Becky was quick to reply, "Oh, I love it all! I love it all because it is what I hoped it would be."

Accustomed to hosting large gatherings at their farm home, Jim and Becky acknowledge their current home doesn't have the open floor plan needed to support large groups. "We would have big church groups in our home, and all of our family could come stay in that house at the









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same time. That may not be possible in this house, but there are other things that we like, living in this house and in the city."

"I don't think we could live in a big city," Jim offered. "But Ennis is kind of like Abilene because it's easy to get around in."

Becky added, "I like that I can walk to town. We also like things like the city water and other things that people who have never lived in the country might take for granted. We drank bottled water at the farm because the water was so hard. It became a habit for us, and we still drink bottled water, but the water in Ennis is much better than we were used to."

"We're closer to all of our grandchildren by being in Ennis, as some of them live here, and we have some more in Arlington. We try to attend events for all of them. In fact, we try to wear the right color T-shirt when we attend their games. One of the grandchildren in Arlington pointed out that I had on the wrong color one day," lim mused.

Speaking of colors, if one asks if Jim and Becky agreed on the new paint colors inside the house, Jim affirms, "Yes. She picked them out, and I agreed."

"All the walls were brown when we moved in," Becky recalled. "Much of what we have done has been cosmetic, painting and repapering and such. However, I loved much of the old paper that was on the walls and ceilings, so much so that we saved some of what we could and framed it to hang on the wall." These framed sections of the history of the home decorate various rooms throughout it.

"We have done just about all the work ourselves, but we had help with plumbing when we remodeled the downstairs bathroom. Also, our daughter-in-law's father put the frame around the light in the TV room."

The bathroom was a major project. "The antique footed tub was my grandparents', so many in our family bathed in the tub before we got it, and I'd have to admit that probably five generations of cows used it for a water trough before we restored it," Jim said with a laugh.

Entering the home, to the left a stairway leads to the bedrooms, office and upstairs bath. Walking into the parlor on the right almost feels like stepping into a time long past. The antique furnishings are in excellent condition. There's a pump organ with an open hymnbook, inviting visitors to sit and play as the family gathers around to sing "The Old Rugged Cross."

Atop the organ is a toy carousel horse left in the house by the previous owners. While it was in a state of disrepair, Becky and her grandsons took it on as a project and repaired it with papier-mâché. Across the room is the fireplace, complete with original tiles around the hearth. "The mantel was added later," Becky said.

A broad doorway opens to the dining room, which is furnished with a beautiful antique dining suite, including the server and buffet. "When I was teaching drama and we needed props, these pieces were often what we used," Becky offered.

"Some of the furniture in our home is family heirlooms. Other things we have acquired from antique shops and 'junk dealers.' The pump organ came from an antique shop in Buda. It was behind the counter, and I asked the owner if it worked. He said, 'Yes,' and I asked if I could play it. He agreed, and I told Jim to sell the cows, whatever it took, I wanted to buy it."

Jim interjected, "I said, 'OK, but let me do the dickering!"

The kitchen was updated by the prior owners. Becky and Jim painted the cabinets, leaving a Bible verse painted by the prior owners on the inside of one cabinet door. All the accessories adorning the tops of the cabinets came from their farm.

Construction of the house was from 1895 to 1897. In 1986, it was placed on the National Registry of Historic Homes. Becky is enthralled by the history she is aware of, but admitted she wants to know more about the home and families that have lived there.



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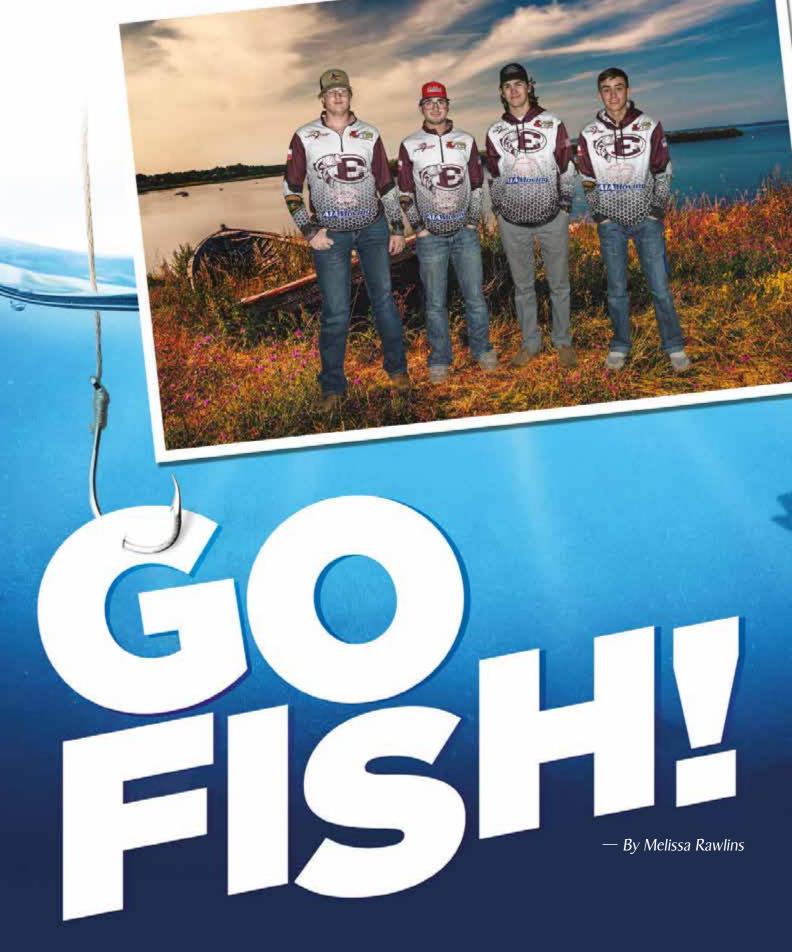
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Editor's Note: Due to the evolving COVID-19 situation, any events or competitions mentioned in this or other articles, may have been postponed or cancelled while we were at press.

Bass fishing teams are not extremely common in high schools. Ennis High School's active and successful team started quite differently than those cited in a Wall Street lournal essay published last year, "Does Fishing Have a Future?" in which Mike Toth said, "As the young turn away from the sport, companies and schools look for new ways to reel them in."

The four Ennis Lions who founded their team already liked to fish — a lot. They had watched *Skeeter Bass Champs*, and on a fishing trip with their buddies during their freshman year, they envisioned a UIL-sanctioned opportunity to fish more often and more competitively.

In their sophomore year, friends Alec Cabezas, Caleb Goedrich, Cole Reno and Marshall Sladecek talked with many teachers who enjoyed hunting and fishing. Since the young men really enjoyed fishing and didn't play football, they explained their goal was to start a team to fish in tournaments. Underscoring their dedication by doing advanced research on the organization they would have to fish through, they persuaded a now-retired teacher to be their sponsor, sign papers and get the team qualified.







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Parents came to meetings, and eight people attended their first official meeting in the founders' sophomore year. That made four teams, the minimum allowed in the league, and slowly the EHS bass fishing team gained more two-person teams. Last year, 12 teams went to the bass fishing team's first tournament, during the founders' junior year.

Now seniors, the foursome is pleased that 19 students have embraced the fun-focused, family-oriented bass fishing team. Some are younger than the founders, yet they've all been friends guite some time. Others joined as strangers, but coming in with the desire to fish, they have become fast friends and solid teammates. The older anglers have developed leadership skills on this team by hanging out with younger ones and helping them be better fishermen and make better decisions in life.

Since there's no division into junior varsity or varsity, everyone is welcome to fish tournaments with whomever they wish on the team. Their easygoing camaraderie extends to pragmatic matters like cost. New members with no gear are given help finding gear or boats and even a boat captain (usually a relative).

Parents and friends are invited to team meetings, held in the EHS ag-science and FFA classroom on the first Tuesday evening of every month. Students not in attendance will not get to fish. Team members also have to participate in the booster club with their parents.

Sponsor Lindsey Estes, also the EHS ag-science teacher and FFA advisor, is impressed with the bass fishing team's booster club. "They do fundraisers





to make sure they can pay for all the tournaments that these kids fish every year," she said.

Last year, Ennis took six bass fishing teams to regionals and then two teams to state. They all learned that patience is key. "You will not last through the eighthour tournaments if you don't have patience," Alec said. This year, the team began sending teams to fish against other teams in the central division in February. Anglers will move on to the regional tournament this month. From the top 100 teams, those that qualify will move on to fish at the state tournament in May.

"If you finish high enough in state, they'll pull you up to the Bassmaster Classic, which is like the Super Bowl of bass fishing, where you get to meet the pros and get your name out there in front of scouts for professional sponsors or colleges that have bass teams," Cole said.

Cole plans to become a police officer and to fish merely for the fun of it after high school. Meanwhile, he's learning Texas lakes and their fish and how to find them in unusual circumstances. "That knowledge is what differentiates an amateur from a pro who doesn't need cool stuff and gear but knows where to go to find the fish."

Alec plans to attend the fire academy and a trade school. Since he loves fishing, he'll keep it as a hobby, with fishing tournaments off to the side. Thus far, the largest fish Alec has caught was an 8-pound, large-mouth bass. "I caught it right before we started fishing tournaments," Alec said. "I was with my grandfather and dad. It's a family thing we do."

Cole hopes the program survives well beyond his tenure. "When my kids come here," he said, "I want to do this with my son."







**BusinessNOW** 

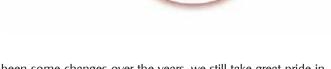
# Felcman's Ladies Shop and Gifts

- By Bill Smith

Felcman's Ladies Shop and Gifts III W. Knox St. (972) 875-7341

Hours: Monday-Friday: 7:30 a.m.-6:00 p.m. Saturday: 8:00 a.m.-1:00 p.m.

From the earliest memories of the store until today, Felcman's has been a quality brand in Ennis. Juliana Felcman Gilmore said, "I am the third generation in the store since my grandfather purchased it in 1920. The store was originally men's clothing, tailoring and dry cleaning. While there have



antita

been some changes over the years, we still take great pride in the quality of our work and the name Felcman's."

Juliana bought the business in 1996, and one of the things she added was equipment to do laundry in addition to the dry cleaning. As the business has grown with the community, the building has been remodeled in various ways, and the merchandise has changed with the times, as well. "We began the transition from men's clothing soon after I bought the store."

Felcman's continued with both men's and women's clothing until 2005. "The ladies' just kept pushing the men's back," Juliana continued. "The focus of our business today is a 'modern vintage boutique.' We have styles for everyone from a 15-year-old teenager to ladies into their 80s who want to dress nicely. Anyone will enjoy shopping here."

The store certainly is eclectic in the variety of merchandise, as there are gourmet-cooking items, bluebonnet and Texas souvenirs and all of the jewelry and accessories imaginable. "Men come in and browse our jellies, jams, barbecue sauces

and seasonings, while the ladies shop for other things. We also keep a couple of comfortable chairs handy if the men just want to read a magazine while the ladies shop.

"We recently added a new line of ladies handbags by Myra," Juliana continued. "Our line of Yellow Box shoes is very popular, as are the Corkcicle products we carry. We have a lot of T-shirt lines that everyone likes."

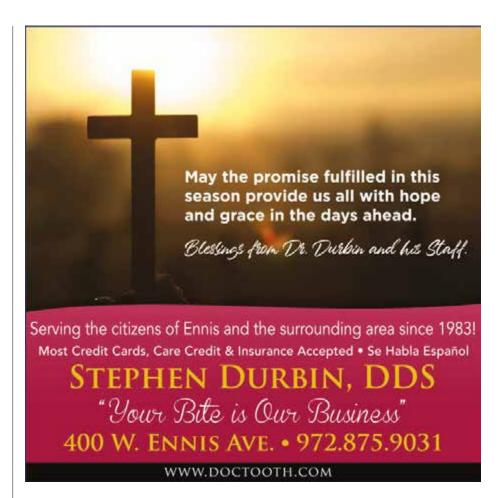
#### "The focus of our business today is a 'modern vintage boutique.""

The festivals in downtown Ennis always attract a crowd, and Juliana is very happy with the opportunities they present for the retail business. "I'm amazed at where people come from. When we don't recognize someone in the store as a local customer, we ask them where they are from. We've had people from Florida and other parts of the United States, and we have also had people from Germany in the store.

"I think we sometimes take our bluebonnets for granted, but when tourists come from somewhere that does not have them, they are really appreciative. We carry a lot of bluebonnet items such as T-shirts, magnets and Christmas ornaments. People buy souvenirs that say Texas or Ennis on them," she shared.

"Regardless of the way our merchandise has changed over the years, I think the one thing that remains constant is our customer service," Juliana said. She thinks of the store kind of like the TV show Cheers. "Sometimes, you want to go where everybody knows your name. And we're always glad you came. Whether it is getting a tuxedo altered at the last minute before a wedding or the quality work we do in laundry and dry cleaning, our service to the customer is what really sets us apart. We want to assist our clients with selecting the perfect outfit or accessory.

"We do a lot of tuxedo rental business for proms and weddings. I think our business supports the economy, and I think it is going to keep growing. We are looking forward to the April and May festivals." NOW







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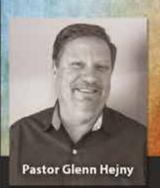
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## **Around Town**



Lauren Culpepper competes in gymnastics floor exercise.



Reggie Smith picks out something special for someone special at Walmart.

# **Zoomed In:**By Bill Smith Keith and Zoe Howard

For 25 years, Keith Howard has been the tennis coach at Ennis High School, and his record of championship tennis teams is unparalleled. His daughter, Zoe, plays tennis, but as Keith admitted, "She really loves running track."

Zoe is looking forward to next year, as she will be a senior at Ennis High School. "I blew out my knee in a field event as a freshman, and this will be my first year back to really compete on the track," she added. "I run the 400 meters. I am looking forward to college, but I have not really focused on what school I will attend. It will come down to the best opportunity I have for a track scholarship."



Owners Tim and Shara Gilkey hold a ribbon cutting for their new business, Smoothie King.



Sal Muniz and Becky McCarty set up for another downtown event.



Thomas and Sandra Johnson enjoy a sunny, but cool, afternoon on Knox Street.

### NOW



Brandi Larez is a familiar face at Waffle House.



Hanna Stafford makes a Saturday morning coffee run in downtown Ennis.

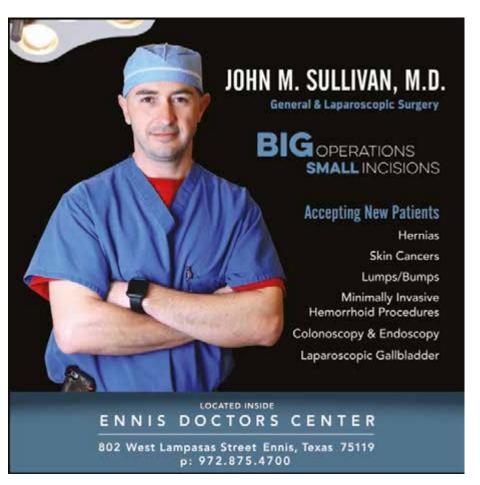


Jerry and Cecilia Holland stand before a tank similar to the kind Jerry was trained to command.



It is all smiles for the ribbon cutting at Victory Physical Therapy.



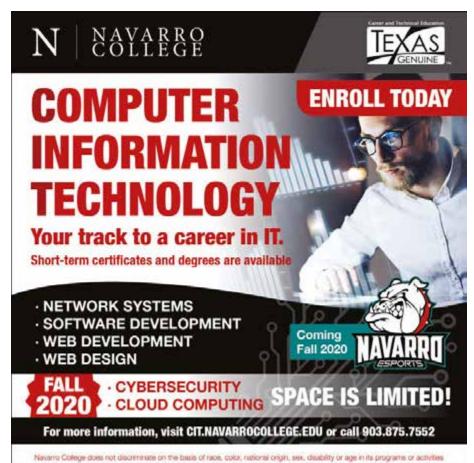


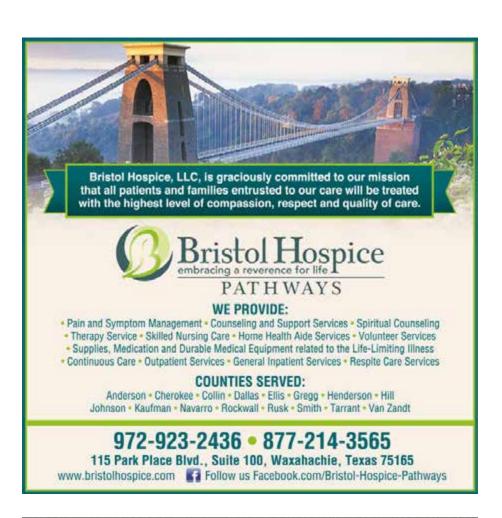


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Mary Helen Smith enjoys cooking for family gatherings because, over the years, she has come to know what her family enjoys the most. "I have three grandsons who are all sure when they come to my house there will be food they like," Mary Helen said. "They are some of my main inspiration for cooking.

"I also have three granddaughters, and for several years, if their schedules permit, we get in the kitchen at Christmas to make different kinds of candy. Most of my cooking is just for my husband, Jerry, and me, but I love to cook for the love of my family when they are here."

Mary Helen and Jerry's son, Blaine, has come to expect his annual German chocolate cake. "I baked one for his birthday when he was 14, and have baked it every year since then. He is 56 years old now." Now

#### Chicken Spaghetti

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- I bell pepper
- 3/4 rib celery
- 1 stick margarine
- I 10-oz. pkg. PictSweet Farms Seasoning Blend, combination of onion, pepper & celery (optional)
- 1 10.5-oz. can cream of chicken soup
- 1 10.5-oz. can cream of mushroom soup
- I large jar Cheez Whiz
- 1 can Ro-Tel tomatoes & green chilies
- 1 12-oz. pkg. spaghetti, cooked and drained

- 4 5-oz. cans premium white chicken I pkg. cheese, grated, for topping I 14.5-oz. can chicken broth (optional)
- **1.** Sauté onion, bell pepper and celery in margarine. Add the PictSweet Farms Seasoning Blend, if using.
- **2.** Mix both cans of soup with Cheez Whiz; add Ro-Tel tomatoes & green chilies.
- **3.** Add sautéed vegetables; add spaghetti and chicken.
- **4.** Mix well; put mixture in a large casserole, at least 11x13-inch, or two smaller ones.
- **5.** Bake 30-35 minutes at 375 F. Top with

grated cheese; cook another 5 minutes, or until cheese melts.

**6.** If it seems a little dry, add a small amount of the chicken broth.

#### Chews

- 2 cups brown sugar
- 2 sticks margarine, melted
- 2 eggs, beaten
- 2 cups flour
- I tsp. vanilla
- I cup pecans, chopped
- I dash salt
- 6 oz. chocolate mini morsels
- **I.** Mix together all of the ingredients, except the chocolate mini morsels, with a spoon.
- **2.** Spread in a greased and floured 9x13-inch pan.
- **3.** Sprinkle with chocolate morsels; bake at 350 F for 25-30 minutes.

#### Chicken and Dumplings

- 3-4 chicken breasts
- 2 cups flour
- $1 \frac{1}{4}$  tsp. salt
- 3/4 cup milk
- 1/4 cup cooking oil

- **I.** Boil chicken breasts until done; set aside. Reserve 3/4 of the pot of broth to cook dumplings in.
- **2.** Mix flour, salt, milk and cooking oil thoroughly; roll out very thin.
- **3.** Cut dough into narrow strips, about 6-8 inches long.
- **4.** Drop strips into boiling broth; reduce heat enough so that the dumplings are barely bubbling. Watch carefully, so they don't boil over. To avoid boiling over, lay a long wooden spoon across the pan.
- **5.** Cook about 25-30 minutes. Add cut-up chicken; stir.

#### **Cream Cheese Pound Cake**

- 3 sticks margarine
- 3 cups sugar
- 1 8-oz. pkg. cream cheese
- I tsp. salt
- 2 tsp. vanilla
- 6 large eggs
- 3 cups sifted cake flour
- **I.** Cream margarine, sugar and cream cheese until light and fluffy.
- 2. Add salt and vanilla; beat well.
- **3.** Add eggs, one at a time, beating well after each addition; stir in flour.
- **4.** Spoon mixture into a greased 10-inch tube pan. Bake 1 1/2 hours at 325 F.

## The Original German Sweet Chocolate Cake

#### Cake:

- 1 4-oz. pkg. Baker's German's Sweet Chocolate
- 1/2 cup boiling water
- 1 cup (2 sticks) butter or margarine
- 2 cups sugar
- 4 eggs, separated
- I tsp. vanilla
- 2 cups all-purpose flour
- I tsp. baking soda
- 1/2 tsp. salt
- I cup buttermilk

#### Coconut-Pecan Frosting:

- 1 1/2 cups (12 fl. oz.) evaporated milk
- 1 1/2 cups sugar
- 4 egg yolks, slightly beaten
- 3/4 cup butter or margarine
- 1 1/2 tsp. vanilla
- 2 cups Baker's Angel Flake coconut
- 1/2 cup pecans, chopped
- **1.** For cake: Melt chocolate in water; cool.
- **2.** Cream butter and sugar; beat in egg yolks. Stir in vanilla and chocolate.
- 3. Mix together flour, soda and salt. Beat



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flour mixture into the sugar mixture, alternating with the buttermilk.

- **4.** Beat egg whites until stiff peaks form; fold into the batter.
- **5.** Pour the batter into three 9-inch layer pans, lined on the bottoms with waxed paper. Bake at 350 F for 30 minutes, or until the cake springs back when lightly pressed in the center.
- **6.** Cool for 15 minutes; remove and cool on a rack.
- **7.** For frosting: Combine evaporated milk, sugar, egg yolks, butter or margarine and vanilla in a saucepan. Cook and stir over medium heat until thickened; remove from heat.
- **8.** Stir in coconut and pecans. Cool until thick enough to spread. Frost cake.

#### **Chocolate Peanut Candy**

- 1 pkg. Great Value Almond Bark Chocolate Squares
- 1 pkg. Great Value Almond Bark Vanilla Squares
- 2 10-oz. pkgs. REESE'S Peanut Butter Chips
- 1 16-oz. jar Planters Lightly Salted Dry Roasted Peanuts
- **1.** Spread waxed paper on a countertop before you start to microwave.
- **2.** Melt 8 chocolate squares and 4 vanilla squares and chips only, uncovered, in the microwave for 2-3 minutes. To help them melt faster, separate the squares.
- **3.** When melted, stir until well mixed; add peanuts.
- **4.** Use a spoon to dip pieces. *Note:* They set up quickly, and the recipe usually makes at least 50 pieces of candy.

#### Ham Ball

2 cans Hormel Chunk Ham, drained
2 large pkgs. cream cheese, softened
1/4 cup mayonnaise
1/4 cup green onion, or 1/2 tsp.
onion powder

- I Tbsp. Accent Pecans, chopped, to cover the ball
- **I.** Mix first 5 ingredients; form a ball. Chill for at least 1 hour.
- **2.** Roll the ball in the chopped pecans; serve with Fritos or your favorite crackers.

#### **Mary Ross Brownies**

2 sticks oleo, melted 2 cups sugar 4 eggs

1 1/2 cups flour 1/2 cup cocoa

1/2 tsp. salt

2 cups pecans, chopped

- 1. Combine oleo and sugar; stir. Beat in eggs.
- **2.** Mix flour, cocoa and salt; add to the sugar mixture. Stir in pecans.
- **3.** Bake in a 9x12-inch, greased and floured pan, at 325-350 F, for 30 minutes.

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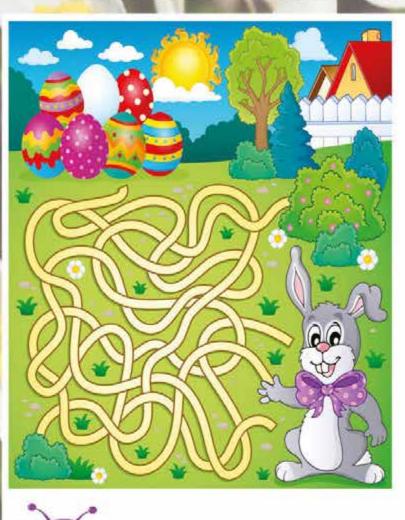
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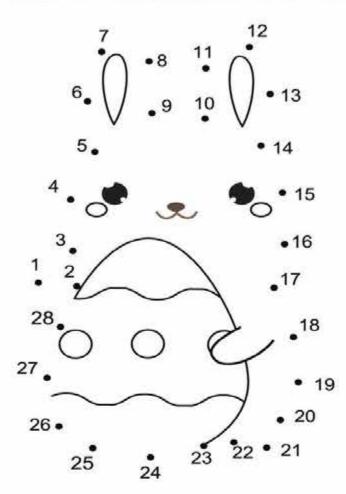
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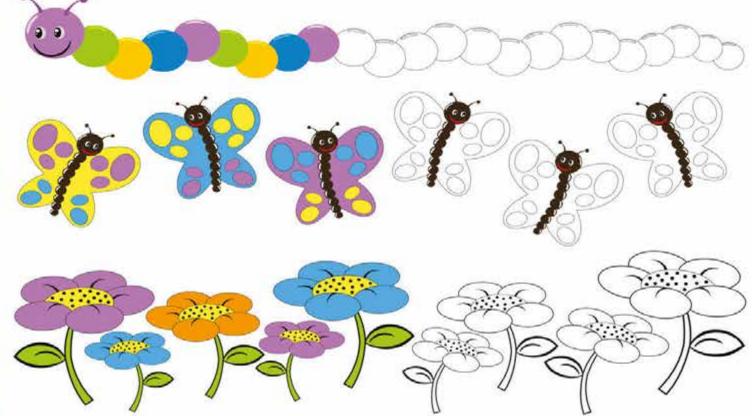
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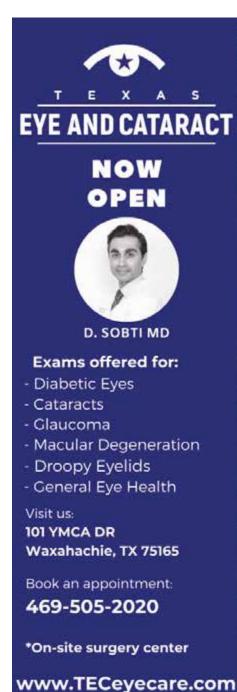
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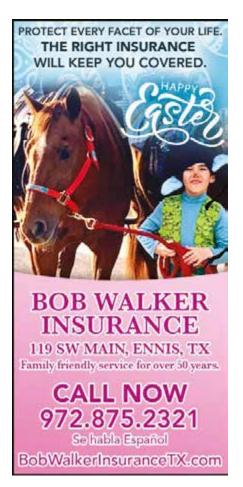
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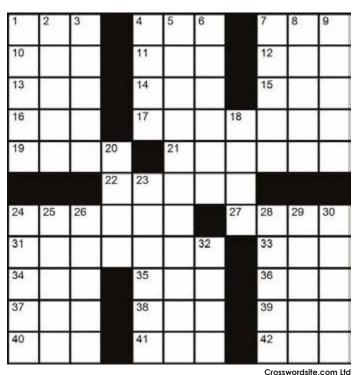








### **Crossword Puzzle**



Solutions on page 36

Crosswordsite.com I

#### Across

- 1 Rugged auto
- 4 Besides
- 7 Print leaver
- 10 Startling exclamation
- 11 Fish eggs
- 12 Instruction to a Mexican hen?
- 13 Hogwarts mail deliverer
- 14 Outdated computer monitor type
- 15 Siender metal fastener
- 16 Memory size unit
- 17 Condescended
- 19 Donkey cry
- 21 You and me
- 22 "The Treasure of the Sierra ...."
- 24 What became of the OSS7
- 27 Longest African flower
- 31 Commentary
- 33 Gallic refusal
- 34 Corporate ending
- 35 Program that performs repetitive
- 36 Whale group
- 37 Very skilled person
- 38 Corroded
- 39 Application
- 40 Shelter
- 41 Breach
- 42 Conference and source of online talks

- Down
- 1 Manhattan Project goal
- 2 High building
- 3 Its delta lies near Astrakhan
- 4 Electrical discharges
- 5 Flickertail state
- 6 Inconvenient orange road sign
- 7 The old man
- 8 Outlander
- 9 Proceeds
- 18 Augury
- 20 Geneva-based youth org.
- 23 Car safety device
- 24 Experiment
- 25 Therefore
- 26 Event host
- 28 Two cents' worth
- 29 Unfettered
- 30 Finished
- 32 Pace

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### Sudoku Puzzle

Easy Medium 

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Solutions on page 36







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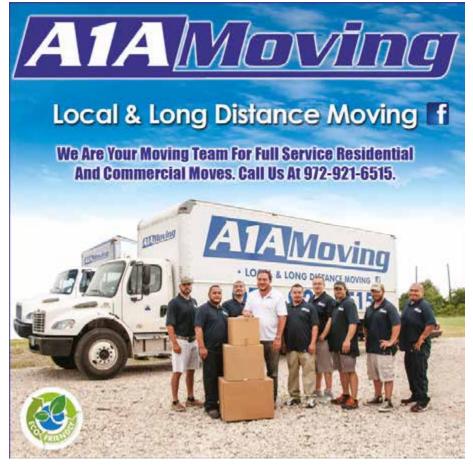
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The mission of Across is to provide interim housing to citizens of Ennis who are homeless due to a crisis situation. 505 S. Sherman St., Ennis, TX 75119 (972) 872-9828



#### **BOYS & GIRLS CLUB OF ENNIS**

The Boys & Girls Club of Ennis is a community-focused nonprofit offering recreational programs and services for all ages. 1211 S. Clay St., Ennis, TX 75119 (972) 875-8599



#### ELLIS COUNTY CHILDREN'S ADVOCACY CENTER

Providing a child-friendly environment that facilitates a coordinated intervention process reducing further trauma to the child is the mission of this Ellis County nonprofit. 425 E. Ross St. Waxahachie, TX 75165, (972) 937-1870



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# Crossword Sudoku Solutions

| 1 A             | <sup>2</sup> T | ³ V     |                 | <sup>4</sup> A  | 5 N | °D |         | P               | 8 A     | 9W  |
|-----------------|----------------|---------|-----------------|-----------------|-----|----|---------|-----------------|---------|-----|
| 10<br>B         | 0              | 0       |                 | "R              | 0   | Ε  |         | 120             | L       | Ε   |
| 13 <sub>O</sub> | W              | L       |                 | 14C             | R   | Т  |         | 15 <sub>P</sub> | -1      | N   |
| М               | Ε              | G       |                 | 17S             | Т   | 0  | 180     | Р               | Ε       | D   |
| 19<br>B         | R              | A       | Y 955           |                 | =   | U  | М       | Α               | N       | S   |
|                 |                |         | <sup>22</sup> M | <sup>23</sup> A | D   | R  | E       |                 |         |     |
| 24<br>T         | 25<br>H        | 26<br>E | С               | 1               | A   |    | 27<br>N | 28              | 29<br>L | E E |
| 31<br>R         | Ε              | М       | Α               | R               | K   | S. |         | 33<br>N         | 0       | N   |
| 34              | N              | C       |                 | 35<br>B         | 0   | Т  |         | ×P              | 0       | D   |
| 37<br>A         | C              | E       |                 | 38<br>A         | T   | E  |         | 39<br>U         | s       | E   |
| <sup>40</sup> L | E              | E       |                 | "G              | Α   | P  |         | 42 <sub>T</sub> | E       | D   |

#### Easy

| 8 | 1 | 9 | 5 | 7 | 2 | 3 | 6 | 4 |
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| 6 | 3 | 5 | 8 | 9 | 4 | 2 | 1 | 7 |
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| 5 | 6 | 3 | 2 | 1 | 9 | 7 | 4 | 8 |
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| 4 | 8 | 7 | 9 | 3 | 1 | 6 | 5 | 2 |
| 3 | 5 | 1 | 4 | 2 | 6 | 8 | 7 | 9 |
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#### Medium

| 8 | 9 | 5 | 3 | 6 | 2 | 4 | 1 | 7 |
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| 2 | 7 | 3 | 5 | 8 | 1 | 6 | 9 | 4 |
| 9 | 2 | 7 | 6 | 4 | 8 | 1 | 5 | 3 |
| 3 | 6 | 1 | 9 | 5 | 7 | 8 | 4 | 2 |
|   |   |   |   |   |   |   |   | 6 |





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#### WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

#### HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

#### WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

#### WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

#### IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

#### WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

#### HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar,