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APRIL 2021

Healing With Horses

Amy Dojahn counsels with equine therapy

Welcome
Spring With an
Easter Wreath

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Bluebonnett Trails 2021 Shopping Guide

In the Kitchen With Helen Taylor Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business: Arabella of Red Oak Senior Living

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HEALING WITH **HORSES**

Runnin Free Ranch reaches into minds and hearts.

14 WELCOME SPRING WITH AN EASTER **WREATH**

> With very few supplies, you can put your stamp on the holiday.



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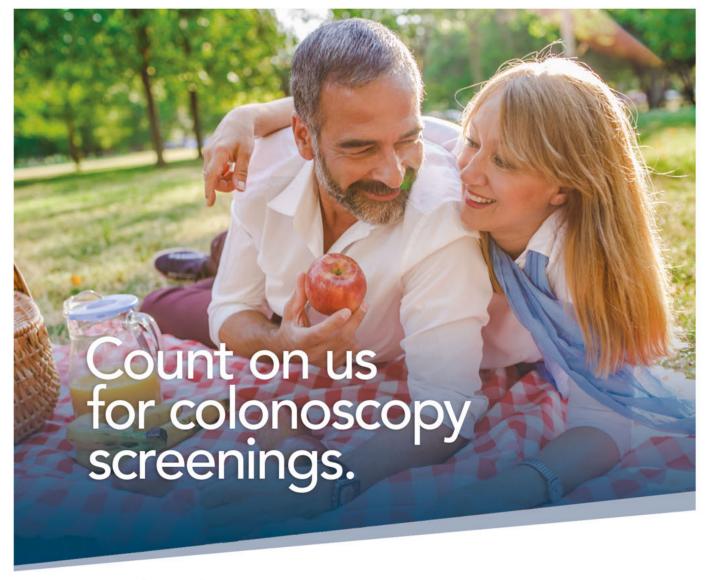
ON THE COVER

The horses at Runnin Free Ranch make a difference in people's lives.

Photo by Bill Smith.

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March is National Colorectal Cancer Awareness Month.

The American Cancer Society recommends screenings for colon and rectal cancers begin at 45. A colonoscopy is a screening that helps find polyps that can be removed before they become cancerous. It can also identify cancers early, when the odds of successful treatment are highest. When it comes to preventive screenings, like a colonoscopy, count on us.

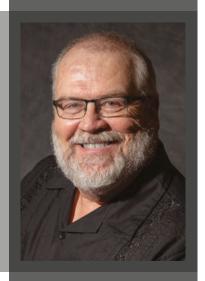
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If you're 45 or older, talk with your doctor about scheduling a colonoscopy.

To find a healthcare provider, call For more information, visit 855.875.ERMC(3762)

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EDITOR'S NOTE

Growing up in Ennis ...

When asked if I have lived in Ennis all of my life, I like to answer, "Not yet!" There is an old black and white picture around here somewhere of my siblings and me all dressed up for church on an Easter Sunday. I'm sure Dad took the picture with his antique single lens reflex camera, complete with a bellows when it folded out. (Dad loaned the camera to me when I was about 12 years old to take some pictures at Boy Scout camp. The pictures were all either double exposed or overexposed. I wonder if I could do any better with it today, since I now understand a little about aperture, shutter speed and ISO? But I digress.)

I have four sisters and one brother. My eldest sister has gone to be with the Lord, but I can still see her in her Sunday dress. She even had a hat on in the picture, as I recall. I'm guessing she was about I6 years old, leading the way, her Bible tucked under her arm, walking the three or four blocks from our home on Decatur Street to the Presbyterian church. The other five of us followed along like stairsteps behind her. I'm pretty sure I was old enough at the time to have on long pants. I'll bet I made fun of my little brother that day, because he was still in short britches.

Memories of growing up in Ennis are fond ones. I hope you and your family are making some great memories this Easter.

It takes a village ...



– Mary

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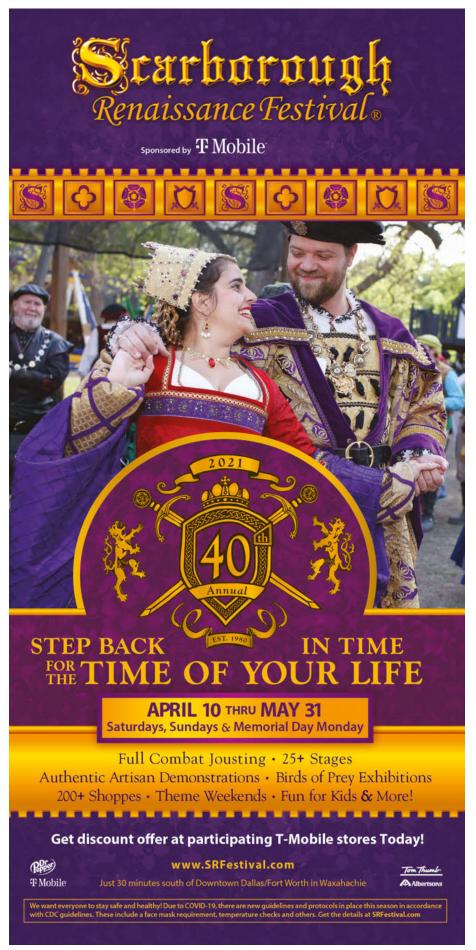
There is an idea permeating the atmosphere at Runnin Free Ranch that reaches past the pasture the horses have access to beyond their stalls and the round pen where they greet and interact with the clients. The idea is freedom, and freedom may have different definitions, depending on where one finds themself on their personal life journey.

The mission statement of the ranch says it provides "a non-judgmental, non-pressured environment where veterans, at-risk youth, those with special needs and their families can experience hope, positive life-changing relationships and freedom through the facilitation of equine assisted counseling/activities." Licensed professional counselor and founder Amy Dojahn and her husband, DJ, started Runnin Free Ranch in 2014 after selling their home, saving as much as they could and moving to the home in which she grew up in Ennis. Amy is obviously grateful as she considers living in the family home of her parents, Joe and Billie Valigura, recalling a verse from Psalm 16, "The lines have fallen to me in pleasant places: yes, I have a good inheritance." Though the need for the equine assisted counseling service is great, and she has a full schedule of clients, a brief visit with Amy and DJ indicates they are just getting started.

"I have always loved horses, and I have been around them for as long as I can remember," Amy explained. "My favorite movies are about horses, including *Black Beauty* and *Black Stallion*. As a child, I had a collection of Breyer model horses." Among collectors, the Breyer figurines are certainly the most well-known and sought after. "I had a recurring dream of owning a race horse. In my dream my sister was the horse's trainer," she recalled.

"My uncle, George Toth, had horses, and my parents would put me on a Shetland pony named Bill and just say, "Y'all go ride!" when I was 6 or 8 years old. My cousin, who was about 4 years older, would ride along with me on another horse. I was not in my wheelchair yet, but it was still amazing that my parents would let me ride by myself." Amy has been in a wheelchair since age 10 due to rheumatoid arthritis.

Although Amy loved and was around horses growing up, when she graduated from St. John High School in Ennis, she had no idea what role they would play in her future life, career and ministry. "I went to college without a lot of firm direction," she



admitted. "I loved my English teacher in high school, so when I went to college, I thought maybe I would teach English. In college I really enjoyed history, so I thought maybe I would teach history. Computer science was becoming popular, so I looked that direction, but I really did not like the numbers. Everyone had to take one psychology class, and I enjoyed the class. I saw that it could help me learn more about myself, and in the process, I could help others."



There were obstacles to overcome, but Amy confessed that one of her favorite Bible verses is II Corinthians 12:9 where Paul talks about his infirmities being for God's glory. Because of her arthritis, Amy's education was provided through the Texas Rehabilitation Commission, now part of the Texas Workforce Commission. Part of their education provision includes taking a course of study that would lead to gainful employment, and the TRC's initial test results indicated that the path Amy ultimately chose, that of licensed professional counselor, could not be approved. "I had been told, "No," before," Amy related. "No, you can't drive a car, and no, you can't get a master's degree." Amy both drives a car and has a master's degree in counselor education.

Driving a car with special needs introduced Amy to DJ, who spent 23 years working for a company that provided handicap vehicle conversions. Amy and DJ married in 2003. Though Amy is the professional counselor, DI is involved in every session managing the horses. "I have always wanted to help people, and this is just another way to do that," DJ shared.

The vision for Runnin Free Ranch started to become clear sometime after the Dojahns sold their home and were able to attend workshops at Crystal Peaks Youth Ranch in Bend, Oregon. After seeing the benefits of equine therapy while there, Amy prayed, telling God that this was what she wanted to do.

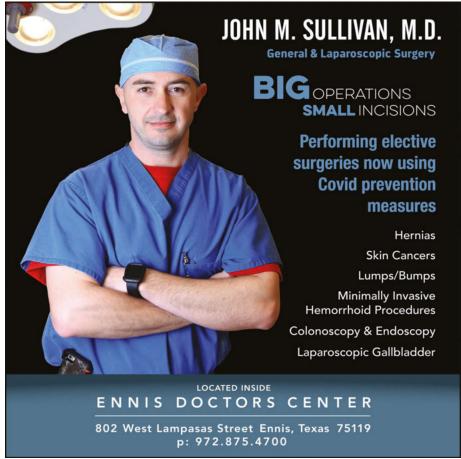


Equine assisted therapy involves building a relationship with the horses, and may include relating things that happen with the horses to the client's other interpersonal relationships. Amy explained, "If the horse pushes the client, for instance, the client may relate to how they felt when they were bullied at school. There are no cookie-cutter sessions here. The client's impression of the horses may be relatable, such as if they think the horse is pretty, or gentle, or rough or how he pays attention to the client.

"Our main focus with the horses is on the ground. We do not teach riding lessons. Interaction with the horses may include grooming, leading or feeding. Sometimes, it is just getting the client to get the horse's attention. If the horse ignores the client, we may ask the client why he thinks the horse is reacting that way." They can sense the client's emotions, whether they are happy or sad, confident or afraid. Amy uses the interactions to take the clients as they are, and help them move toward positive relationships.

Regarding the cost to clients, Amy emphasized, "Our goal is not to charge. We rely solely on donations. If the client or their family wants to give, they can, but we do not want money to be a barrier to therapy. God continues to provide everything we need."

Editor's Note: For more information, visit www.runninfreeranch.org.











Christy and Kenlei Glasgow, winners of \$50 cash, played the scavenger hunt together for fun. Never thinking they'd win, the mother and daughter are very excited they did.





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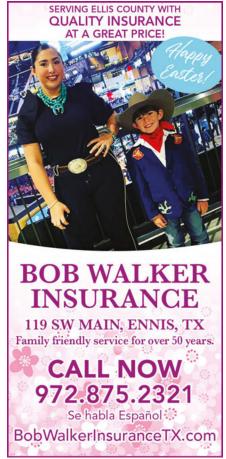
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EnnisNOW Scavenger Hunt





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Welcome Spring With an EUSIEI WITH AND WITH AND

— By Angel Morris

From florals to faux eggs, decorating an Easter wreath is a simple way to usher springtime into your home. While tulips and speckled eggs are traditional Easter wreath add-ons, you can count on DIYers to get more creative and craftier. Whether emphasizing the religious significance



or using all things bunnythemed, an Easter wreath lets you put your stamp on the holiday, which falls on Sunday, April 4, this year.



If you don't want to invest in a premade wreath but you're a first-time DIYer, starting with a simple grapevine wreath may be for you. These can be pricey at craft stores, but they can often be found for half the price, or cheaper, at yard sales and thrift stores.

Very few supplies are needed to transform a grapevine wreath into a holiday- or season-specific piece of decor. Dollar stores have really upped their floral game, and are a great place to find everything you need to create your springtime door decor.

Supplies:

- · Grapevine or willow wreath in the size of your choice
- · Florist wire (Pipe cleaners or bread ties work, too.)
- · Wire cutters
- · 2-3 faux flower stems (Tulips are used here, but any spring flower will do.)
- · 2-3 stems of smaller flowers or greenery (optional)
- · Item to cover where stems meet (A wicker butterfly is shown, but you could use a bird's nest, a crafted bunny, a wooden monogram letter, a bow made of ribbon, etc.)

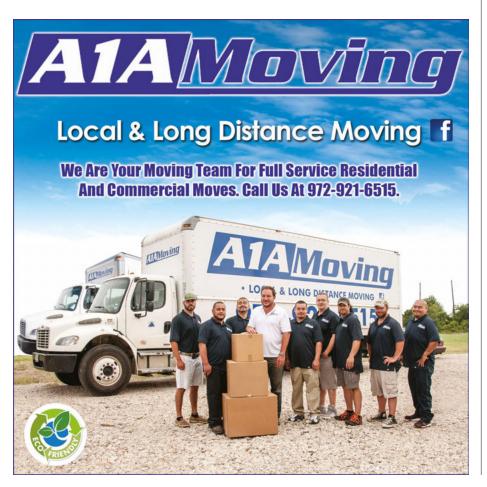
Easy Approach —

Step 1: Separate each flower from your flower stem, so that they are individuals.











Starting at the right (where our image shows a butterfly), space your stems one by one curving around the wreath toward the opposite side.

Step 2: Use your floral wire to secure each flower to the point where you want it to sit on the wreath. (Some crafters prefer hot glue to floral wire. It's your choice, but using wire allows you to swap out florals from season to season with the same grapevine wreath as your base!)

Step 3: Fill in vacant spots with your second set of stems, using leafy greenery to help hide floral wire.

Step 4: Place your focal item (wicker butterfly, bow, monogram letter, etc.) at the point where your floral stems first meet on the right side. Secure it with floral wire or hot glue.

Step 5: Wrap a wire or pipe cleaner into a circle atop the back of your



grapevine wreath, twisting the ends together through a good portion of the wreath's stems for security. This is how you will hang your wreath, either to a nail, hook or wreath hanger made for doors.

Easier Approach — A twist on this first approach to an Easter wreath is to simply encircle the top of your grapevine wreath with your tulips, leaving no portion of your wreath uncovered. In this case, you follow the same steps, but completely cover the wreath's surface.

While there is no need for a ribbon or decorative item to cover where the floral stems started, anything could still be added directly atop the flowers, if desired. Speckled craft eggs could easily be tucked around this type of wreath, either by gluing them to floral sticks, or gluing them directly to the wreath itself.



Easiest Approach — Perhaps the simplest take on a springtime Easter wreath is to take your two stems of flowers, without cutting each flower off, and place them end to end, so that the stems overlap and one set of buds is on the right, the other on the left.

Secure the stems atop one another with one wire, then secure the entire bundle to your grapevine wreath with a second wire. Bend the stems so the flowers are angling around the wreath, and cover the stems with a large bow. You can even just secure a single set of stems to your wreath for the simplest approach of all.

There are, of course, countless options when it comes to ringing in spring with an Easter wreath that depicts your style. Whimsical or modern, religious or secular, have fun creating a minimalist or over-the-top crafty piece that says, "Happy Easter, Happy Spring" to you! NOW







BusinessNOW

Arabella of Red Oak Senior Living

— By Susan Simmons

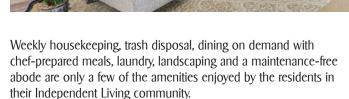
Arabella of Red Oak Senior Living

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Arabella of Red Oak is a senior living community with lifestyle choices for everyone 55 years and older. From the Independent Living option, to the Assisted-Living option, and the Memory Care option, they have the ideal place to get the most out of one's retirement and golden years.

The Independent Living option at Arabella of Red Oak is for those who want to enjoy their retirement in a resort-style environment without the responsibilities of maintaining a home. These are beautiful, fully appointed residences with services that allow you the time you need to do the things you truly love.



For those who need some support, the **Assisted Living** community offers a robust activities program, along with passionate care services. The Assisted-Living option empowers residents to enjoy every moment of life. The focus is to customize the residents' care, so everyone receives the precise balance between care and independence that they want and need. A full-time nurse, medication management, housekeeping, laundry service, scheduled transportation service, on-site physical therapy and asneeded, personalized assistance with bathing, dressing, grooming, transferring and incontinence are only some of the services offered at Arabella's Assisted-Living community. Simply knowing that the loving and dedicated staff are available 24/7 gives residents and their families peace of mind and freedom from worry.

Memory Care in The Cottage at Arabella of Red Oak is designed to provide the good life in increments of the present moment for Alzheimer's and dementia care residents — moments filled with happiness, kindness, purposefulness and laughter, the kind of small, pleasurable moments that make life worth living. The number of rooms available in The Cottage is low, and the staff per resident ratios are high, so residents receive the warmest, most attentive and compassionate care possible. The Cottage has a home-like ambiance, which enables residents to feel like they matter and are important to their caring, close-knit community. A specifically designed program for the Memory Care Cottage is called My Legacy. This program addresses one of the greatest challenges facing those affected by memory loss — an increased lack of involvement in daily activities. This program promotes engagement, participation and connectivity in the everyday living of memory care residents.

Arabella of Red Oak puts the living in senior living with its signature Passion Program. Passion is what drives them to serve seniors with a higher level of care and the best quality of life possible. The My Wellness program ensures the residents and their families can assess an Electronic Medication Administration Record at all times. The My Food program at Arabella of Red Oak is about much more than just nutrition. Food is experienced on many levels, from upscale, passion-filled meals to themed dinners, birthday meals, weekly chef features and community signature dishes. At Arabella, the My Activities program celebrates stories, memories and milestones, while exceeding daily care expectations for health and wellness needs through activities that are stimulating, engaging and entertaining.

If you are about to retire, or have been thinking of downsizing, call and schedule your in-person or virtual tour today. Arabella is open and accepting new moveins now. If you have found yourself or your loved one in need of daily life assistance, or if you have a loved one in need of memory care, Arabella is the perfect answer to your needs. Choose Arabella of Red Oak for a peaceful, country setting for senior living near the excitement of Dallas. It really is a fabulous community!





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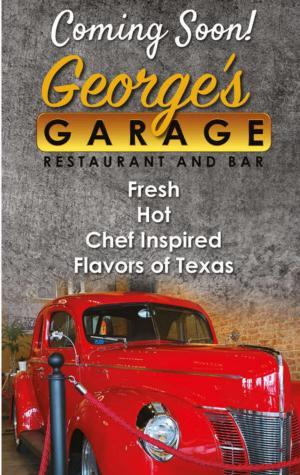
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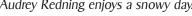




Around Town



Audrey Redning enjoys a snowy day.



Zoomed In: Payton Chapman

Payton Chapman is an all-around athlete for Ennis High School, playing linebacker on the football team and pitcher for the baseball team. He recently signed a scholarship to play football at Fort Hays State University in Kansas.

"I have lived in Ennis since I was 10 years old, so living away from here will definitely take some time to get used to," Payton remarked. "I chose Fort Hays because it felt like home when I visited. They are very similar to Ennis in the way they do things."

While Payton says his favorite subjects in high school have been government and economics, he sees a future in business. "I plan to study business in college and hope to start my own business someday."



Caroline Lemons won Grand Champion with her Chester Barrow, Oliver, at the Kaufman County Junior Livestock Show.



Keep Ennis Beautiful presents Bowie Elementary with their first Planet Earth Cart to promote a healthy respect for our community, our planet and the creatures we share it with.



Kevin and Stacey Goodman introduce their new associate, Jenny Westmoreland.

By Bill Smith

NOW



Wyatt, Libby and Knox Novy are all smiles in the snow.



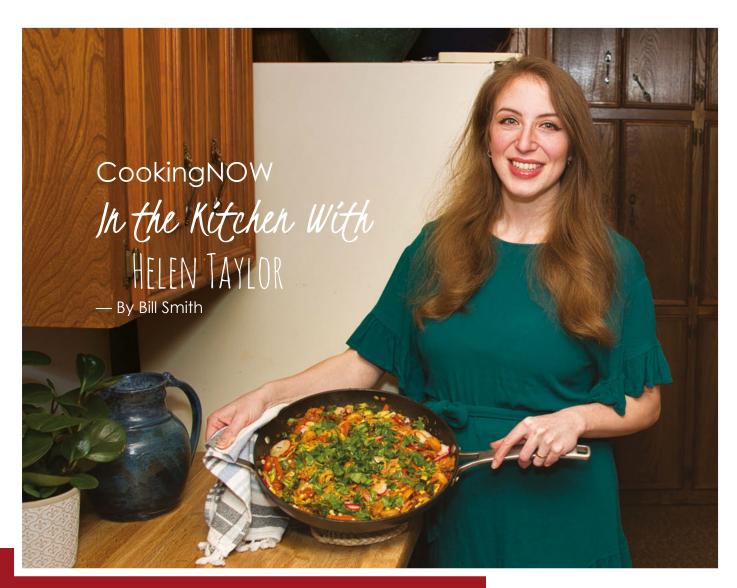
Kristi Leal with Ennis Drs. Center gives Craig Roberson, an EHS teacher, a COVID-19 vaccine as part of the teacher vaccination program.



Tommorrio Pace signs his football scholarship with West Texas A&M.







Helen Taylor enjoys cooking because it's just one more outlet to challenge her creativity. "Making a dish by the recipe is fine, but some really amazing things can happen when you just go for it and follow your curiosity," she said. "Also, some great failures can happen! But that just teaches you more about the nature of that particular product, and how to improve upon it."

Helen started out learning to cook from her mother, and her father's German heritage has definitely influenced her recipes. "Our Christmas meal is a spread of classic German cuisine," she exclaimed. "The whole family teams up to prepare sauerbraten and a German gravy, red cabbage, spaetzle, hot German potato salad and strudel. It's definitely a highlight of the season at our house!" Now

Italian Meringue Buttercream

This takes a bit more time to whip up than American buttercream, but it is worth it.

4 egg whites, room temperature 1/4 tsp. salt
Pinch cream of tartar
1 1/3 cups granulated sugar
(divided use)
1/3 cup water

1 lb. butter, room temperature 2 tsp. vanilla

- **1.** Ideally with a stand mixer, beat the egg whites, salt and cream of tartar. Slowly add in 1/3 cup of sugar; continue beating until soft peaks form.
- **2.** While the eggs are whipping, add 1 cup of sugar and the water into a medium pot. Place on medium-low heat.

- **3.** Stir until the sugar melts and becomes clear. Maintain at medium-high heat until the temperature reads 235-240 F. Very gradually, drizzle the sugar water into the mixer (while still whipping). At this point, the meringue should be at the soft peak stage.
- **4.** Run the mixer until the outside of the bowl is cool/tepid to the touch.
- **5.** One cube at a time, add room temperature butter into the running mixer. Let each piece become incorporated before adding the next.
- **6.** Add the vanilla.
- **7.** Beat until the butter is combined and the mixture has reached a silky consistency.

Blueberry Spinach Salad

Butter, enough to toast pecans

- 1/2 cup pecans, chopped
- 1/2 cup grapeseed or vegetable oil
- 1/4 cup raspberry or balsamic vinegar
- 2 tsp. Dijon mustard
- 1 tsp. sugar

1/2 tsp. salt10 oz. fresh baby spinach4 oz. blue cheese crumbles1 cup fresh blueberries

- **I.** In a small skillet, melt the butter; toss in the pecans. Stir over medium heat until the pecans are toasted. Let them cool.
- **2.** In a jar with a lid, combine the oil, vinegar, mustard, sugar and salt; shake well.
- **3.** In a large salad bowl, toss the spinach, blue cheese, blueberries and toasted pecans.
- **4.** Just before serving, add the dressing; toss gently.

Peanut Pad Thai Sauce

1/3 cup rice vinegar

1/3 cup soy sauce

3 Tbsp. crunchy peanut butter

2-3 Tbsp. red chili sauce

1 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.

Hot German Potato Salad

4 potatoes
6 slices bacon
2 Tbsp. flour
1/4 cup sugar
1 1/2 tsp. salt
1/2 tsp. celery seed
1/8 tsp. black pepper
1 cup water
1/2 cup white vinegar

- **1.** Bake the potatoes. When they have cooled, peel and cube them; set aside.
- **2.** Cook the bacon in a skillet until crispy. Crumble and set aside, leaving the grease in the skillet.
- **3.** Add the flour, sugar, salt, celery seed and black pepper. Stir together; cook over medium heat. Let simmer for 1 minute; add water and vinegar. Simmer another 2-3 minutes.
- **4.** Add the potatoes and bacon; stir gently. Serve hot.

Quiche

Makes 2 8-inch quiches. All measurements listed here are estimations.

- 1 pkg. Pillsbury piecrusts
- 3 big handfuls fresh spinach or arugula
- 2 green onions
- I cup of any other vegetables you enjoy asparagus, mushrooms, tomatoes, caramelized onions

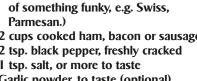




2-3 cups of any cheese (Whatever you have on hand, plus 1/2 cup of something funky, e.g. Swiss,

2 cups cooked ham, bacon or sausage 2 tsp. black pepper, freshly cracked I tsp. salt, or more to taste Garlic powder, to taste (optional) Cayenne pepper, to taste (optional) Oregano, to taste (optional) Sage, to taste (optional) Thyme, to taste (optional) 12 eggs

3 cups milk



2. Chop up all vegetables, cheese and meat. It doesn't matter how you cut them. Throw them in a large mixing bowl as you go. Add the pepper, salt, and optional spices of your choice; mix together.

3. In a large measuring cup or bowl, beat together the eggs and milk. Add some salt and pepper to this part, too.

1. Preheat the oven to 350 F. Let the raw

everything. This makes them more flexible.

crusts sit out for a few minutes while you prep

4. Unroll the crusts; lay them in the ungreased pie dishes.

5. Divide the vegetable/cheese/meat mix

into the prepared pie dishes. Pour the egg mixture on top. The egg mix should reach close to the top of the crust. If there's not enough, mix up a bit more, 4 eggs to 1 cup of milk.

6. Bake for 45 minutes to 1 hour. To check it, gently wiggle the quiche. If it jiggles, it needs to keep baking.

Cilantro Lime Roasted Corn

6 ears corn 1/2 cup mayonnaise 1/3 cup butter, melted Garlic salt, to taste Chili powder, to taste Cayenne pepper, to taste Salt, to taste Black pepper, to taste 1-2 jalapeños 1/2 bunch cilantro 1 lime, juiced

- 1. Roast the ears of corn at 400 F for 15 minutes, or until char marks appear. Let it cool for a bit: remove the corn from the cobs. Place in a bowl.
- 2. Add the mayonnaise, butter and spices to the corn. Dice the jalapeños, and de-seed them, if desired. Chop the cilantro; add the jalapeños and cilantro to the corn mix. Add the lime juice.
- **3.** Stir it all together; serve warm or cold.

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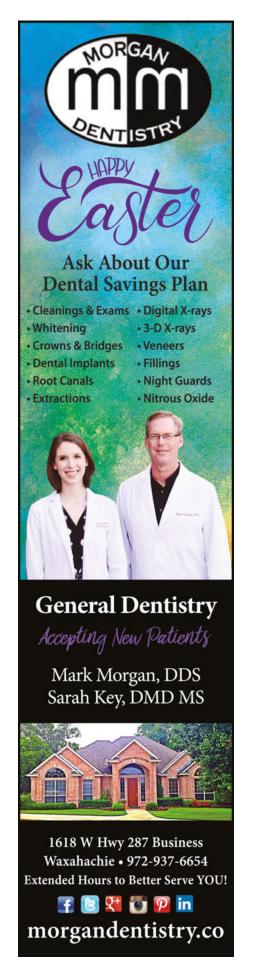
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Underneath the familiar 10-gallon hat was a genuine Texan, not just a character from Hollywood groomed for his world-famous role. Larry Hagman was born in Fort Worth, Texas, on September 21, 1931, and though having spent some of his childhood in California living with his grandmother, he returned to the Lone Star State and graduated from Weatherford High School.

Larry maintained ties with his hometown even after his most well-known character was in syndication. Former Parker County Judge Mark Riley recalled the actor returning to Weatherford in the mid-1980s to speak at a benefit for the local library. "Some years earlier, while I was working for a radio station, I received a large picture of Larry Hagman. I really did not know who sent it or why I kept it for so long, but I knew my mother was a huge fan of Hagman. Mom was in the hospital and could not attend the event, and the word we had from Hagman's advance crew was that he was not going to do interviews nor sign autographs. However, I mentioned having the picture and wanting to get it signed for Mom to one of the organizers of the event. He told me to bring the picture and keep it at my table, and he would see what he could do. To make a long story short, Hagman autographed the picture To Maurine, Love you, Larry Hagman. I was able to put the picture in Mom's room, and it was the best medicine she ever had. We don't always see that side of celebrities like Larry Hagman."

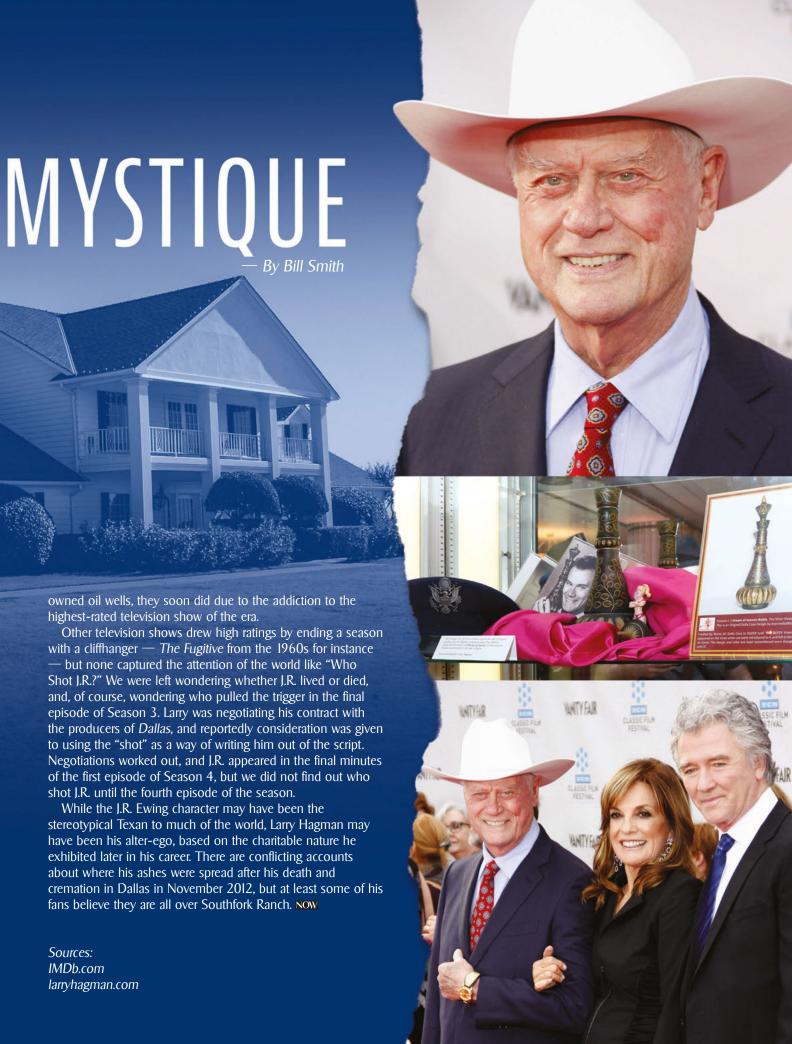
Like most thespians, Larry took many small roles in theater and television before his rise to stardom, but being the son of Mary Martin, aka "Peter Pan," certainly appears to have assisted his career. They acted together during a long run of *South Pacific* in London before he joined the United States Air Force, where much of his activity included producing and directing others in live military productions.



There was even a starring role in the popular soap opera *The Edge of Night* that Larry commanded for two years, before his widely recognized role as the bumbling astronaut Major Anthony Nelson in *I Dream of Jeannie*, where he starred alongside Barbara Eden. The sitcom drew consistently high ratings for five seasons. In the first episode, the marooned astronaut finds Jeannie in a bottle, and though their relationship is one of master and genie, the sexual tension between the two characters was thick, and many agree that the tension was the glue that held the show together. After the characters Nelson and Jeannie married during the fifth season, the tension was lost, and ratings fell to the demise of the program.

We probably never consider Larry as a vocalist, but many of his stage performances were musicals, and he appeared in the TV version of the musical *Applause* with the great Lauren Bacall. That was in 1973, but the role that brought Larry his greatest success and fame was to come along five years later, when the hugely popular prime-time drama *Dallas* debuted.

Each episode began with the popular theme song that everyone can hum along with and a view of Dallas as a helicopter panned the iconic Reunion Tower and the rest of the Dallas skyline. Perhaps the idea of playing a villain like J.R. Ewing appealed to him because it was contrary to his nature. If the rest of the world did not already believe everyone in Dallas, Texas, wore big hats and western boots, lived on a ranch and





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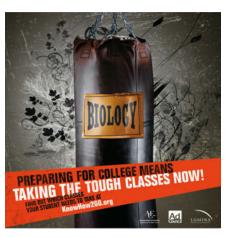
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	1	2	3			4	5	6		
7				8		9			10	
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18	19	20				21	22			
23					24					
25			26	27				28	29	30
31						32				
	33					34				
		35					36			

Solutions on page 44

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Across

- 1 Nickname
- 4 Engine speed measure
- 7 Kind of farm
- 9 Panache
- 11 Much the same
- 12 B vitamin acid found in spinach
- 14 Lebensraum, a driver of Nazism
- 16 Zilch
- 17 "The Man --- Would Be King" (Kipling)
- 18 They precede deliveries
- 23 Slender pussycat
- 24 John or Jane could be anyone
- 25 Vision tester
- 31 Largest Flickertail State city
- 32 Thomas Edison, the Wizard of --Park
- 33 Folk tale
- 34 Dissipate
- 35 Ready
- 36 Enterprise's Captain kept one

Down

- 1 Pickle parlor
- 2 Such as Yale or Princeton
- 3 Sweltering
- 4 Zebras
- 5 Stone-in-pond sound
- 6 Formerly Nyasaland
- 7 Amigo
- 8 Big Red?
- 10 Corner of the market
- 13 Corporate big cheeses
- 15 Forest open space
- 18 College "Teach"
- 19 Settle up
- 20 Unspeaking actors
- 21 Possible response to "Who did this?"
- 22 Grain
- 26 Big brute
- 27 Pyrenean peak
- 28 Keen on
- 29 Slimy pest
- 30 Eclipse

For online versions, visit nowmagazines.com



Sudoku Puzzle

Medium Easy

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

1			9		8		4	
		9						
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			8		7		1	
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	6	5				3		
	4						2	
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Solutions on page 44



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So, you've got a howling fur baby? No? It doesn't howl, but simply meows mournfully or, alternatively, bites your leg while hugging you with claws extended? Some people have them both, and the hardest thing in the world is to stand against their panic and continue in your mission to leave the premises. But rewarding cats or dogs for clinging to their human is not actually going to build their confidence. Neither will you find peace.

Tough love is the answer. Since punishing their distress responses to your absence from the home actually makes the problem worse, you must learn to be the tender, yet firm, leader of the pack. Both felines and canines will settle into your rhythm of life. But you'll need to meet your pet in the middle to deal with their separation anxiety.

Treatment will involve behavior modification techniques and, possibly, medicine. Cats and dogs can recover from anxiousness and behave beautifully when their human chooses neither to enable, ignore or punish the crazymaking symptoms of anxiety. In both species, the best practice is to reward the animals for behaving the way you prefer.

When cats are calm, pet them, cuddle them, feed them and make your lap available. When cats follow their owner from room to room, grooming themselves too enthusiastically, constantly seeking attention, vocalizing

excessively, eating their food too quickly, tearing doorjambs with their claws and letting their bowels or kidneys relax outside the litter box, then it's time to get serious. Likewise, the signs of canine separation anxiety — urinating and defecating; barking and howling; chewing, digging and destruction; escaping; and pacing — should prompt careful analysis and action.

The first step is to take your pet to the veterinarian. The behavior they're displaying may have underlying medical causes. In cats, the vet will test for urinary tract disease, external parasites or skin allergies. In dogs, a number of issues — urinary tract infections, a weak sphincter caused by old age, hormone-related problems after spay surgery, bladder stones, diabetes, kidney disease, Cushing's disease, neurological problems and abnormalities of the genitalia — can cause urinary



incontinence. If the veterinarian agrees that the sometimes-subtle symptoms indicate separation anxiety, they may prescribe any of a variety of anti-anxiety medications.

Most importantly, veterinarians will recommend behavioral modification training that will teach you and your pet how to respond to each other in a healthy manner. Experts agree that separation anxiety is the result of a dysfunctional attachment between your pet and you, the caregiver. Of all the factors that precipitate unhealthy

dependency issues, boredom and lack of exercise are the two easiest for the human partner to control.

Cats appreciate interesting environments. Providing toys, cat trees, access to windows with birdfeeders on the other side of the glass, puzzle feeders and music or DVDs designed to stimulate their brains will distract them from anxiety.

Playtime and exercise are important factors for both cats and dogs. Not only should you provide these for your pet when you are home, but you can make arrangements for family members and pet sitters to visit your pet during a gradual behavioral modification program.

that the alone time he or she fears literally promotes good things.
According to the American Society for the Prevention of Cruelty to Animals' website, "Counterconditioning focuses on developing an association between

being alone and good things, like delicious food. ... Every time you leave the house, you can offer your dog a puzzle toy stuffed with food that will take him at least 20 to 30 minutes to finish. Be sure to remove these special toys as soon as you return home so that your dog only has access to them and the high-value foods inside when he's by himself."

You have the thumbs. You are the one smart enough to make changes to your own lifestyle in order to address dysfunctions in your home. What better time than now, before your pet's new behaviors become habits. Never fear, though. Habits can be broken. Let the change start with you.

Editor's Note: For in-depth information, visit either Ohio State University's Indoor Pet Initiative's website, www. petplace.com, or the American Society for the Prevention of Cruelty to Animals' website, www.aspca.org.





4/1-4/30

Ennis Bluebonnet Trails:

Presented by the Ennis Garden Club. Celebrating 69 years! The bluebonnets typically peak around the third week of April. but can vary from year to year due to weather conditions, so please check their website www.bluebonnettrail.org or call (972) 878-4748 before you visit.

4/10

Don't Mess With Texas Trash-off:

Texans are encouraged to volunteer and clear roadsides of trash. Keep Ennis Beautiful volunteers will be picking up litter along Kaufman Street. Details TBA. 9:00 a.m.-noon.

Ellis County Market:

More than 200 vendors offering wares at this partnership event of the Midlothian, Red Oak, Ennis and Waxahachie chambers of commerce. Boutiques, kids' zone, food and drink. 10:00 a.m.-3:00 p.m., Ellis County Expo Center, 2300 Hwy. 287, Waxahachie. Learn more at https://midlothianchamber.org/.

4/10-5/31

Scarborough Renaissance Festival:

Features 16th-century performances, exhibits, entertainment, rides, crafts

and artisan demonstrations. Saturdays, Sundays and Memorial Day Monday: 10:00 a.m.-7:00 p.m., 2511 FM 66, Waxahachie. Learn more at www.srfestival.com.

4/16

Designer Bag Bingo:

Join CASA of Ellis County and Ellis County Children's Advocacy for dinner, bingo, auction and prizes including designer handbags. 6:00-10:00 p.m., Ellis County Youth Expo Center, 2300 Hwy. 287. Waxahachie.

4/16-4/17

Antique Alley:

Scattered yard sales, pasture sales and small retail antique, resale and consignment shops scattered through each community of Waxahachie, Grandview, Cleburne, Maypearl, Alvarado, Venus and Keene. For more information, visit https://www.facebook.com/ AntiqueAlleyTexas.

4/16-4/18

Ennis Bluebonnet Festival:

Come enjoy the arts and crafts vendors, plus great food and entertainment. Friday features Le Freak, "The Greatest Disco Band in the World." On Saturday, Infinite Journey, a Journey tribute band, focuses on the overall sound,

solos and soaring vocals that make Journey so iconic. On **Sunday**, the Spazmatics brings high energy, high hilarity and high-fiving your friends with the ultimate '80s tribute band. Downtown Ennis.

4/17

Mercury:

Presented by the Waxahachie Symphony, this is a baroque extravaganza featuring the music of Antonio Vivaldi. 7:00 p.m., Waxahachie Chautauqua. For more information, visit https:// www.waxahachiesymphony.org/ concerts.

4/22-5/2

Laugh Theatre:

Presented by Ennis Public Theatre. Show dates are 4/22, 4/23, 4/24, 4/30, 5/1 and 5/2. As a performing arts organization, we are well-versed in improv and adapting to our ever-evolving schedule these days. As such, we are moving Guess Who's Coming to Dinner to our 2022 season, and we are planning a show that gives us a better chance of being able to have a live performance, as well as an online option. Visit www.ennispublictheatre.com for times and ticket information.

4/23-4/25

Vintage Market Days of **Ellis County:**

More than 500 vintage-inspired

vendors, plus live music and food. Friday-Saturday: 10:00 a.m.-5:00 p.m.; **Sunday:** 10:00 a.m.-4:00 p.m., Ellis County Expo Center, 2300 Hwy. 287. Waxahachie.

4/23-5/8

Sherlock Holmes The Adventure of the **Priory School:**

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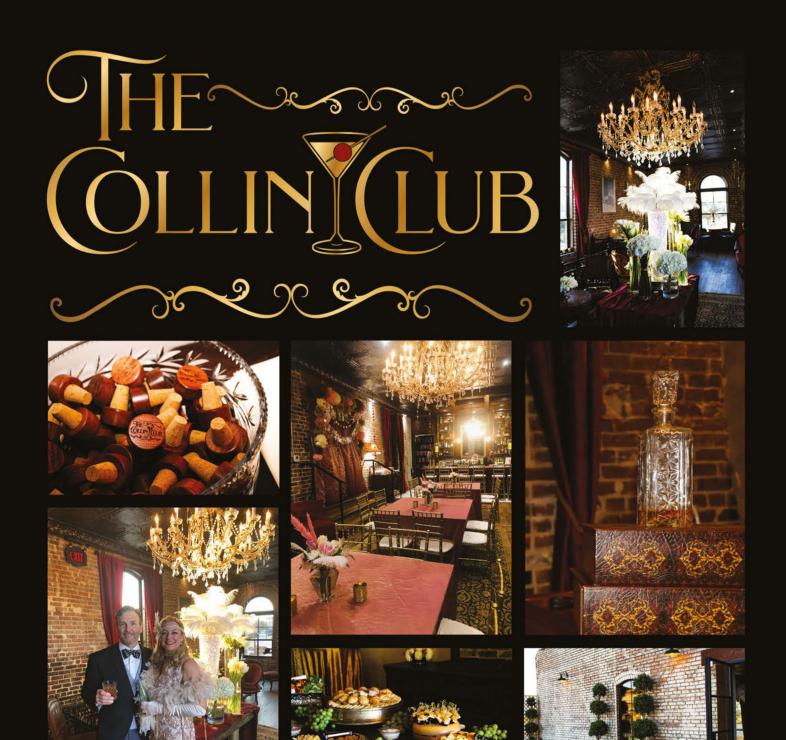
Show dates are 4/23, 4/24. 4/30, 5/1, 5/2 and 5/8. Disappearances, murder, kidnapping in Victorian England. Sounds like a job, of course, for the inimitable Sherlock Holmes. This new, family-friendly adaptation of one of Sir Arthur Conan Dovle's own favorite tales is full of humor and suspense. Visit www.theatrerocks.com for times and tickets. 505 NW Main St.

Saturdays

Ennis Bluebonnet Market:

Saturdays through October. Featuring your favorite farmers market vendors and produce and a variety of vendors, which may include handmade goods, clothes, jewelry and more. 8:00 a.m.-noon, along Dallas Street in downtown Ennis. Visit their Facebook page @downtownennisbluebonnetmarket

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

Medium

1	7	6	0	2	8	5	1	2
	1		_	-			-	-
5	8	9	6	4	2	7	3	1
4	2	3	5	7	1	6	8	9
2	3	8	1	9	5	4	6	7
9	5	4	8	6	7	2	1	3
6	1	7	3	2	4	8	9	5
7	9	2	4	8	3	1	5	6
8	6	5	2	1	9	3	7	4
3	4	1	7	5	6	9	2	8



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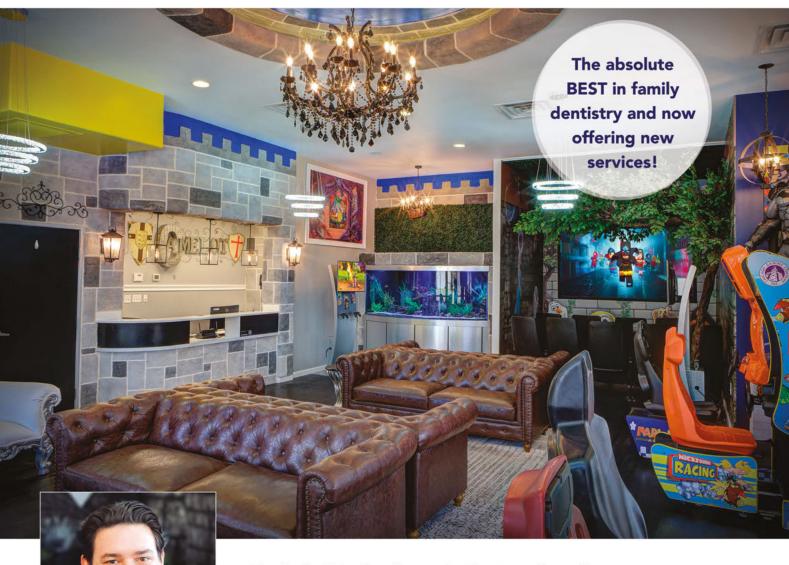












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