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May 2010

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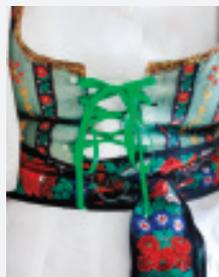
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Getting ready to Polka!

Photo by Terri Ozymy.

Editor's Note



Happy Holidays!

So much is celebrated in the month of May that I think it is more than appropriate to say "Happy Holidays" to each of you. There is Mother's Day on May 9, Armed Forces Day on May 15 and Memorial Day on May 31. May promises to be a month to honor all those, who have held a part in shaping my life and the lives of so many living freely here in America.

First and foremost, I give thanks to my mom. Her wisdom and strength have helped me through some difficult times. As children, we never want to be like our parents, but I am so glad I see my mom when I look in the mirror.

I also extend a huge heartfelt thank you to all those who have served, or are still serving, in the military. Without each of you, my freedom of speech would be limited and my choices would be few.

Sandra Strong
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Just The Way It Is

— By Sandra Strong

How difficult it must have been for Czechoslovakian families to leave their homeland so many years ago, all the while knowing the possibility existed they would never return and see loved ones again. They traveled cramped for space in the bowel of a ship for weeks, wondering if America really would hold a brighter future for their children. Czechs, like Elaine Gallagher, honor their ancestors by keeping their heritage and rich history alive in a multitude of ways. “We do this with Czech festivals like the annual Polka Festival here in Ennis,” Elaine said. “We also sponsor Czech language classes, encourage the young people to dance the polkas and waltzes and sing the old Czech songs with words that make you laugh and cry all at the same time.”

They also wear the Czech *kroj*, or costume, of their homeland as often as they can. As Elaine begins to tell about the different variations of the *kroj*, the passion becomes apparent in her voice. The love for her homeland is evident as she thumbs through the pages of several books, gifts she purchased for herself on her many trips back to the Czech Republic. When asked when the idea of brightly colored costumes originated, Elaine simply answered, “I’ve talked to lots of people, and they all said the same thing, ‘It’s just the way it



is.’ No one seems to be able to come up with the exact date or the reason for *kroj*.” But for Elaine, the reasoning behind it all really is not what is most important. The feeling she gets when she is dressed in one of her five *krojs* is probably what is most important to her. “The costumes are colorful,” she stated, “but the feeling you get when putting one on is indescribable. I’ve seen them make more than one person cry.”

The variations found in *kroj*, both in the Czech Republic and Slovakia, are many — reportedly more than 550. The differences found in each costume are indicative of its district of origin

and the purpose for which the *kroj* is worn. Colors, as Elaine already mentioned, are beautiful and intense. When paired with a mixture of ribbons, flowers, eyelet, lace, hand embroidery and hand-cut lacework, they easily become a priceless, wearable piece of artwork. “The variations can be ever so slight,” Elaine explained. “The colors represent the area, as well as the purpose.”

Even the simplest and poorest regions have their *kroj*. “The Wallachian area is represented by a mixture of blue and red,” Elaine said, adding that her mother would have worn the *kroj* of this particular region. “The women wear red vests with simple blue skirts and red scarves. The men wear off-white pants with simple red vests.”

One commonality in all *kroj* is the detailed, intricate embroidery. The richer the area or region, the more colorful and detailed the embroidery will be.

The first *kroj* Elaine owned was one she made herself, and it is still in perfect condition today. The skirt was crafted from a piece of tapestry material she purchased from Walmart. The blouse





Larry A. Jinks
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Dr. Jinks has practiced in Ennis, Texas since 1984. He graduated from the University of Texas Medical Branch and completed his Internal Medicine internship and residency at Baylor University Medical Center.

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was a purchase from the old Ellen's Ladies Shop, once located in downtown Ennis. "I bought the blouse, but I came home and removed the sleeves," she confessed. Elaine also bought two yards of soft white cotton material in order to sew new, more authentic Czech sleeves into the blouse. "My mom hand-embroidered the sleeves that are still on the blouse," she said, emotion growing in her voice as she remembered her mom's passing in 1993.



The pattern for the *kroj* was her mom's design. The ribbon on the neck and sleeves came from the Czech Republic. The lace accents were purchased at the now-defunct Ennis Fabric Shop. Elaine has a total of five *kroj*s, but this is the one she holds most dear. "I love this one," she said. "When I wear it, people think it's authentic. The only piece that really is authentic is the vest, and all I did was sew the skirt to the vest. It makes it much easier to wear." Here in America, it is common to mix *kroj*, using a skirt from one region with a vest and blouse

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from another area. But, that is not the case back in the homeland. "The *kroj* is," Elaine said, sure to stress the word is, "what designates one group from another. It's important for them to remain true to their area."

Time and space are not sufficient to describe every costume found in every region, but some fun facts are worth sharing. The *kroj* for the women have full gathered or pleated skirts which are worn over cold starched cotton petticoats — sometimes as many as 10 — even though Elaine has seen as many as 14 under a single skirt on one of her many trips back to the Czech Republic with her daughter, Kathleen Prachyl. Blouses are made of cotton, linen or organdy. The white puffed sleeves are stuffed with tissue paper or netting. The vests are crafted of heavy broadcloth, wool, sateen or velvet. They fasten with buttons, ornamental clasps or are hand-laced with decorative ribbons. All pieces are intricately embroidered with an array of bright colors. "At one time all embroidery was done by hand," Elaine shared. "Should you purchase a *kroj* in the Czech Republic today, the embroidery is done by machine."

The men wear trousers of a specific color, which are also paired with matching shirts and vests. The hats vary from region to region; some tall with wide brims, others similar to a lady's pillbox or a derby. They all have ribbons tying greenery and flowers to the hat. If the hat sports a tall white feather, it means the young man is available. Married ladies wear caps, bonnets or scarves on their heads, while those who are eligible for marriage, teens and small girls, wear brightly colored flower wreaths adorned with many ribbons in their hair.

Elaine has received authentic *kroj* pieces from family and friends, as well as people she meets for the very first time. As she speaks, one can hear her love for her homeland in her voice. "We are proud to always shout that we are Americans, citizens of this great country," Elaine admitted, "but there is also something in every one of us, which tells us to never deny the hard working, honest upbringing our Czech forefathers instilled in us." The pride in wearing *kroj* will continue to run deep for Elaine and her family, those both near and afar. **NOW**

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Family Togetherness

— By Adam Walker

Down a narrow road on the outskirts of Ennis lives a young couple, Wade and Erika Bishop, and their four children. In and of itself, there is nothing remarkable about that, but when you realize the children's grandparents live in the house next door and their great-grandmother lives in the mother-in-law's cottage adjoining their house, well, then you have something, which does not happen very often today — four generations of a family living within yards of each other. "It's a blessing to live near my in-laws," Wade said, "having extended family here to help out. It's like Little House on the Prairie." Erika agreed, "We truly live



At Home With Wade and Erika Bishop



for family — all being out here together — we wouldn't have it any other way. My mom walks down in the mornings to take care of the kids. That allows me to work. And my grandmother watches the kids. She cooks for them, plays cards with them and shows them old videos of me when I was a kid. The kids' PawPaw, Gene Behne Jr., also loves picking the kids up in the golf cart and taking them to feed the animals.”



Wade is a coach at Ennis High School, where he also teaches junior and senior English. Erika teaches second and third grade. They met and had their first date at an Ennis Lions football game. “I think our whole lives involve Ennis Lions football,” Wade admitted. “I wouldn't miss a game for anything!” Erika confirmed, “I'm a coach's wife at heart.” Wade graduated from Ennis High in 1994 and Erika in 1997. Friends introduced them at a game, where they sat by each other and started talking about sitting together at the next game. They began writing e-mails back and forth. They dated for about two months before they became engaged. Ten months later, they were married. Now six years and four children later, life is busy but fun for this couple.

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“We love our jobs,” he said. “One of the interesting things is that I’m now coaching kids Erika taught years ago.”

When Wade and Erika built their house, it was a single structure with four bedrooms, but it continues to evolve with the family. With the birth of Kingston, their youngest, the dining room became a fifth bedroom. What was once the garage has become a second living area, and when Erika’s grandmother, the children’s great-grandmother, moved in two years ago, they built a mother-in-law’s cottage for her connected to the rest of the house by a breezeway-cum-carport. “We are always doing something to the house,” Erika reported, “painting, changing the carpet or something.” Wade agreed and added, “Our house is lived in. We’re homebodies. We built the kids their own playground. It’s wonderfully chaotic.”

Erika finds creative uses for all sorts of treasures, which she

finds at Canton’s First Monday Trade Days. Her built-in bookshelves and entertainment center in the new den is partially constructed of old tin ceiling tiles, which she discovered there.

Other furnishings come with their own stories, like the interesting hexagonal corner table a friend rescued from a dumpster, refinished and then gave to Erika when she relocated to a smaller house. Another is the hutch in the dining area, which was once a fixture in a local business, but was purchased by Wade and Erika when the business closed. Great-grandma Pat Behne gave Erika a number of antiques, which had been part of her household, things she and her husband had collected over the years, like an antique country English bed and her dining table, end tables and a collection of eyeglasses from great-grandpa’s optometry practice. Erika’s father, who owns the Rock Pile on Hwy.

287, contributed the rock for the exterior, slate for the walkways and did the brickwork for the fireplaces and the



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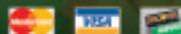
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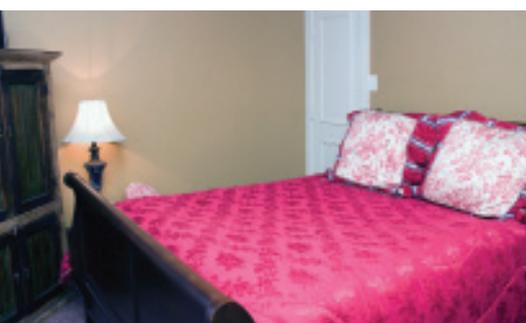
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a different complementary shade — mustard, sage, olive and khaki. Erika enjoys repainting and even retexturing the walls, so nothing stays the same for long. The children's rooms express their individual tastes. Bella's room is lavender and accommodates all her dollies and dress up clothes in shelves built from old doors. Jax, who is the "King of Wii" according to his mother, has khaki walls covered in the bright colors of sports memorabilia and a bed that could double as a tree house. Little baby Kingston's nursery is done in black and accented with every sort of crown imaginable; while Carly, the Lionette, has the sedate room with an arched window, fit for a mature young lady.

backsplash in the kitchen. "My mom was the builder/contractor for the house. She really helped me with the decorating," Erika confessed. So, even the decorating is a multi-generational affair.

Erika likes distressed and crackle-painted furniture. Several of her most treasured pieces, including the living room entertainment center, the china cabinet and other large pieces, have been custom-built by friends.

Erika likes an earth tone palate as exemplified in the flooring of brown and gold tile in some rooms and frosted brown carpet in others, but she also likes lots of color, so each room is painted

Pat's adjoining quarters, on the other side of the breezeway, host more of her antique furniture, including an Italian table with beautiful parquetry flanked by two small Italian-styled chairs, which

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she and her late husband bought in the town of Calvert, Texas. She also has a claw-footed, round coffee table and an old secretary with the original rolled glass panes in the doors. “The only new piece of furniture in here is the couch,” Pat boasted. Her built-in bookcases accommodate her collection of cookbooks. The big island in the open concept living area is perfect for entertaining her great-grandchildren when she cooks for them or hosts them for card games. The sand beige walls are

accented by the pea green cabinets and Pat’s colorful collection of roosters and hens. “I love to have my great-grandkids in here,” Pat confessed, “but I also like to take them outside and teach them to play golf. Golf’s a family thing. Their great-grandpa and grandpa both loved golf, and so do I. So I’m teaching them.”

Another thing Pat likes to share with Erika is caring for the rose garden in the backyard near the playground. According to Erika, “It’s beautiful. I have every color of roses in there. It’s too bad they

aren’t already in bloom.”

Reminiscing with her grandmother about times spent golfing with her father and grandfather and time spent as a family, made Erika draw a comparison with the father of her own children. “Wade is a lot like my grandpa was. Grandma loves Wade because of that. He’s a great man and a great father. A lot of men don’t spend much time with the kids, but he does.”

Everyone agrees with great-grandma Pat, “We’ve had a great life.” **NOW**

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Sarah McDade, Jazmyn Makey and Brandie McDade smile as they attend Grandparent's Day.



Ruby Gutierrez smiles as she counts her Easter eggs.



Supporters of the arts attend the Ennis Public Theatre fundraising event. From left: Nancy Dodson, Hannah Mc Clary, Jackie Pollan and Judy Nelson; PJ Searcy, Sheryl Sullivan, Beverly Worthington and Tom McAfee.



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“
Gawdy
 is GORGEOUS
 — By Sandra Strong

replicate a certain necklace, Carly takes great pride in knowing all her creations are one-of-a-kind originals. The only constant on the necklaces and boot bands she creates is a small white bead with the letter “G” engraved on it. Carly places this bead as close to the fastener as possible. “The ‘G’ stands for Gawdy,” she explained. “It represents my line of Gawdy jewelry. I changed the spelling from gaudy to gawdy to make it all my own. I thought it sounded a bit more country.”

Picking a pattern comes from somewhere deep within the recesses of a vivid imagination — an imagination that sees shapes and colors and has mastered the art of piecing them together to come up with gorgeous pieces of wearable artwork. One such piece was a turquoise necklace with chunky white and turquoise stones, accented with black beads and a flat turquoise cross in the center. “I liked this one so much that I made two,” she said.

The pieces she enjoys designing most are spontaneous; the ones she decides on, not from a special request, but those that are dictated by the size and color of her stones, accent beads, crosses and peace signs she has available to work with. “I start with the larger stones I want to use and work from there,” she said. “My color pallet is dictated by the color of the larger stones. I may string the same necklace four separate times before I like the way it looks.”



The beads and accent pieces used are purchased from Christy Ma, “a sweet little lady” in Richardson, Texas. Carly usually makes a bead run once a month; sometimes once every six weeks. It all depends on what she has left in stock and what she needs in order to make additions to her basket of completed necklaces. “I come home and work several days on the elements I brought home from that particular bead run,” Carly stated, also mentioning that the desk in her room, handcrafted by her dad for the purpose of bead work, is most generally covered in beads. When looking at the table filled with options, visitors will not only see a wide assortment of colorful beads, they will also see crosses, glass in the shape of teardrops, chunky turquoise in a wide variety of colors and shapes, accents in animal prints and ceramic peace signs, all in many variations of colors, sizes and textures. “I do use glass and shell beads and stones, but that’s

When it comes to jewelry, Carly Rejcek always knew what she wanted. Always frustrated by the high prices and not finding exactly what she liked, she decided to start handcrafting necklaces for herself. “I’ve always loved the big turquoise necklaces,” she confessed. “They were so hard to find, and when I did find one, it was way too expensive.” So, Carly did the next best thing — making her own pieces.

She is a self-proclaimed, self-taught jewelry artist. She refers to the “trial-and-error” method when asked how it all began. “I came home that summer from Blinn College,” she remembered. “I began experimenting with stones I had.” The most difficult part of the entire process was the fastener. At the time, she had just completed a metals class. In this particular class, Carly learned the proper way to assemble the fastener. “I stumbled upon it quite by accident,” she admitted. “Now it’s second nature.”

Unless a family member or friend has a special request to

rare,” Carly said. “Turquoise is what I use the most of because it’s my favorite.”

The wire Carly uses to string the necklaces and boot bands is also purchased in Richardson. “It’s a real thin wire,” she said, “that’s very flexible, but very, very strong.” Carly knows of only one time a necklace she constructed broke while being worn. “My aunt claimed my uncle pulled the necklace by accident while they were salsa dancing,” she said. “My aunt found every single bead and brought them back to me to restring.”

Carly’s mom and several of her family members wear her creations. Although the majority of her creations are choker-type in length, Carly has also managed to please family and friends with longer



necklaces. “They can be worn long or doubled up to look like two necklaces instead of one,” she said.

Boot bands are the newest addition to Carly’s line of Gawdy jewelry. “Another aunt requested a ‘boot necklace.’ I thought she wanted a necklace with a boot accent,” Carly smiled. “I soon realized she wanted jewelry to adorn her boots.” The boot bands are quickly becoming trendy with the same family members and friends who made her necklaces popular.

The need to make something for herself she could not find elsewhere, quickly turned into a way for a college student on a limited budget to supplement her income. Carly is currently a junior at The University of Texas at Arlington, where she is majoring in art. Not surprising, since Carly has what it takes to turn something “gawdy” into something gorgeous. **NOW**

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Cowboy Pride

— By Alana Williamson

While many seventh-graders are exploring their athletic abilities, 13-year-old Jake Lewis discovered his unique talents early on. Jake has been competing in bull riding since the age of 9. “I used to ride on my dad’s back, pretending I was riding a bull,” Jake said, describing his early interest in the sport.

His father, Kyle Lewis, a former bull rider, who now hauls bulls to professional bull riding events, explained the first time Jake rode a bull. “He was crying, ‘got bucked off,’” Kyle said. He told Jake to get back on and ride. “If you don’t like it, you don’t ever have to do it again.” After the second ride, Kyle remembered Jake saying, “Daddy, that was the best thing I ever did!”

After two to three months, Jake was able to ride a bull for the required eight seconds during competition; it took about a year to get fully comfortable with the sport.

Jake received encouragement along the way from his father in the form of rewards and lots of praise. About five months after training began, Jake suffered a setback. He broke his leg during a ride. Kyle recalled the moment he realized his son had been injured. “He grabbed the fence during his ride,” Kyle explained, “and you’re never supposed to grab the fence.”

After looking down and seeing his leg was clearly broken, Kyle used a two-by-four piece of wood to brace his leg. Jake, who had yet to complain of the pain, was rushed to the hospital. After recovering, he began training again. “I was pretty tough about it,” Jake complimented himself.

Jake admits the adrenaline rush is his favorite aspect of the sport. He gave some insight into how it feels to ride a bull in competition. “You would never think that eight seconds can be so long,” Jake explained. “You’re in your own zone. It’s like you and the bull are in your own world.”

Before each competition, he and his friend and fellow



competitor work out and pray together to prepare. His friends at Ennis Junior High School do not always understand his interest in the sport, but that does not bother him. “I’m proud I’m a cowboy,” Jake stated.

Jake is a member of the Texas Youth Bull Riders, a competitive association for 4- to 19-year-olds, and has won numerous awards over the past four years, including 14 buckles and one saddle. He finished one season with the title of his association’s Champion and three times as Reserve Champion. In addition, Jake has qualified for the World Finals three times. This event, which will be held this August at Will Rogers Coliseum in Fort Worth, is the top event for youth bull riders.

The young bull rider practices several hours once a week during the season, which runs from January through August, and his bull riding takes him to rodeos all over Texas, as well as

Louisiana and Oklahoma. He also finds time to participate in football, track and archery. Balancing his extracurricular activities during bull-riding season is difficult at times, but having the option to not attend bull riding events when he is too tired is a big help.

In addition to the support of his father and mother, Jennifer Lewis, Jake has other family members in his cheering corner at competitions. His sister, Pressley, enjoys traveling with him and has encouraged him to keep bull riding. Also, Kyle's parents, known affectionately as Mammy and Pappy, have scarcely missed one of Jake's events.

Giving him a unique advantage, Jake occasionally accompanies his father as he hauls bulls to events held by the

“You’re in your own zone. It’s like you and the bull are in your own world.”

Professional Bull Riders. He likes to watch all of those events and help his father work behind the scenes at the shows. “Bull riding is my passion,” Jake said. “But I also like working with the bulls.”

Jake's future goals include obtaining a job roping bulls in the arena and possibly going into sales within the bull industry. Kyle echoes his talent in this area. “He is a top hand working in the back pen,” he said. Kyle jokingly recalled one trip to a rodeo in Stephenville where Jake worked so well, that he was offered a job.

He has also had the opportunity to learn by watching professional riders. Jake likes to pattern his riding style after J.B. Mooney and respects the sportsmanship of his other favorite rider, Cord McCoy. “Even if he bucks off, he always has a smile on his face,” Jake said of Cord.

Having learned so much over the past few years, Jake is willing to offer younger riders advice as well. He often gives riding tips when he sees younger riders practicing at rodeos. “I tell them to never give up and stay in it,” Jake said. “It’s a lot of fun.”

Kyle admitted he was a bit skeptical when he put Jake on his first bull, but he is glad Jake has come this far. “I love it that my son is a cowboy, and he loves being one.” **NOW**

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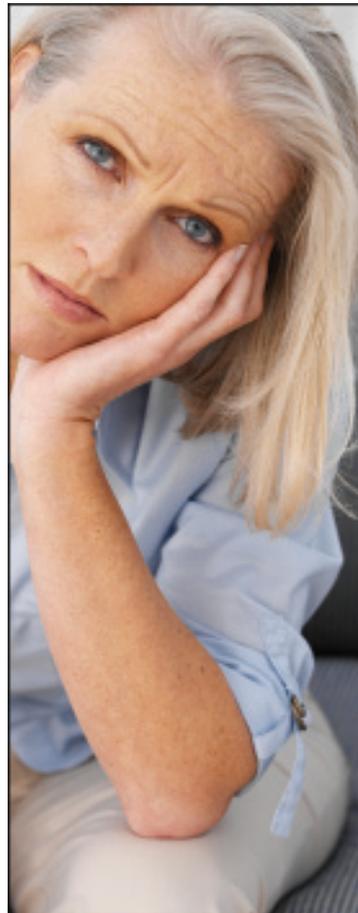
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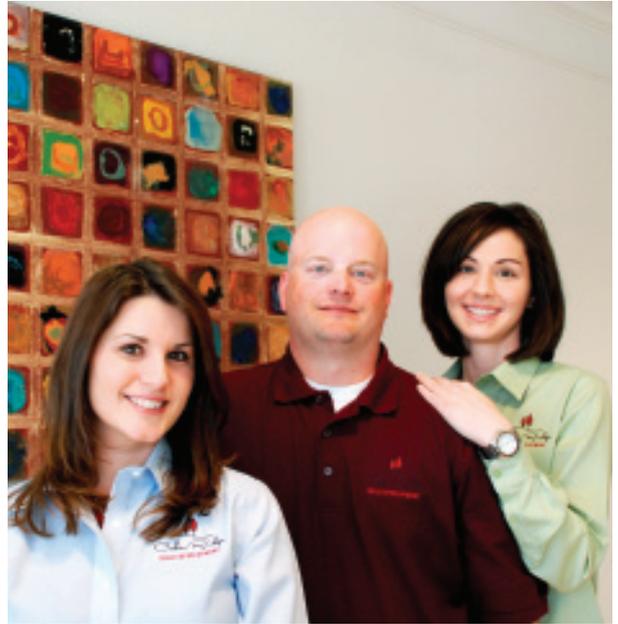
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Stimulating Imaginations

Cedar Ridge Child Development offers a stimulating, hands-on educational experience that will benefit area children and their parents. — By Sandra Strong

What happens when two girls grow up, move away, get married and have children of their own? For Ashley Holubar, owner of Cedar Ridge Child Development, and director, Cynthia Kovar, it meant coming home again. “We both moved back to Ennis to give back to the community where we were raised,” Cynthia said. “We had a desire to give back to those who had helped us.”

They give back by offering a wonderful place for children 6 weeks to 5 years of age to go during the day for stimulated, hands-on learning in a modern child care setting. There are age-specific classrooms where High Reach Curriculum is taught. Each month, they introduce a new topic or theme, which promises to enrich, while also allowing the children to use their imaginations. “The children will

have input in the classes,” Ashley stated. “The concept web approach we follow allows the children to see their work. They have instant gratification.”

The High Reach Curriculum gives the teachers on staff tools they can use as a guideline when making their lesson plans. Bringing their own personalities to the classroom makes the learning experience for the children unique, as well as memorable. “Group participation between the teachers and the students is key to a successful classroom,” Ashley added. “We also encourage family members to drop by any time. We have an open-door policy, where family participation is encouraged.”

Two teachers are assigned to each

From left:

Colorful, imaginative classroom; director Cynthia Kovar and owners Blaine and Ashley Holubar; and one of four playgrounds.

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classroom. "Their [the teachers'] passion is this type of environment, and we feel quite fortunate to have them," Cynthia added. There are two classrooms each for infants: 1-year-olds and 2-year-olds. At the moment, two classrooms are offered for those children in preschool, junior pre-kindergarten and pre-kindergarten. "As enrollment increases," Ashley stated, "we'll be adding more classes and more teachers."

One aspect of the business of which they are both very proud is the teacher/student ratio they offer at Cedar Ridge. "We are lower than the state-mandated ratio," Cynthia explained. Lower ratios mean flexibility and more one-on-one time with each student.

The after-school program they have in place allows older students, kindergarten through the fifth grade or 12 years of age, the opportunity to focus on the homework needing to be completed. "Once they go home, they can spend time together as a family," Ashley said. "The after-school program takes the stress out of the evening." The goal for all those at Cedar Ridge Child Development is to become part of the extended family unit. "We want to be considered part of each child's family," Ashley admitted, "while experiencing the added bonus of keeping the children's minds occupied and busy."

Other amenities sure to tweak all those young imaginations include the gymnasium with its play village, the theater reserved for documentaries and four playground areas, which offer traditional playtime, as well as a music garden and Weevos™, an outdoor learning tool geared toward physical fitness and imaginative play. "Playtime offers all the components needed for a well-rounded child," Cynthia explained. "They explore, discover, imagine and create. All this stimulation helps brain development."

The environment is structured with very little downtime. The overall atmosphere is nurturing and caring; just what Ashley and her husband, Blaine, had in mind when this venture began. "We just want to give back what we received," Cynthia said. "It's our way of saying thank you." **NOW**

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Creating a Teaching Career

— By Virginia Riddle



Teachers are created in various ways; however, many teachers relate how one particular teacher they had while in school inspired them to choose teaching as a career. A third-grade teacher, Mrs. Bailey, was Catherine Vavra's inspiration. "She was always so sweet and caring," Catherine said. "That's what I wanted to be when I got older."

The daughter of Perry and Toya Vavra and a lifelong resident of Ennis,

Catherine is completing her first year as a third-grade teacher at Palmer Intermediate School in the Palmer Independent School District. After graduating from Ennis High School in 2003, where she was a cheerleader, student council representative and a yearbook staff member, Catherine pursued her goal of becoming a teacher by attending Navarro College and graduating in 2008, from Texas A&M

University-Commerce in Corsicana with an early childhood education major.

Practical experience came during her student teaching in Ennis Independent School District (ISD) with supervising teachers, Donna Monreal, a first-grade teacher at Austin Elementary; and Talisha Wolfe and Linda Lott, third- and fourth-grade teachers, respectively, at Bowie Elementary. "They were so great. Every teacher, all of them, in all the grade levels, helped me," Catherine stated.

She was challenged as she began pursuing her dream following graduation. She filled out applications to all the school districts in Ellis County, because her priority was working near her daughter, Caitlyn, a second-grader at Austin Elementary. Summer was nearly over when she was hired the week before school began. Catherine remembered, "It was a rush getting ready, but I feel like I ended up where I was meant to be." She was now Ms. Vavra, a third-grade teacher, just like her inspiration, Mrs. Bailey.

Everyday reality has found Catherine in charge of approximately 36 students, divided into two classes. She was teamed with her mentoring teacher, Viki Kahler, who teaches reading to their two classes, while Catherine teaches math. Both teach their own homeroom students in social studies, language arts and science. Catherine is challenged as she balances everything each day — teaching the curriculum; motivating and caring for students; filling the multiple roles of mom, dad and nurse. "I have too many roles to play. I'm constantly molding myself into something else to meet each student's needs." Catherine's co-workers have helped her greatly. "I feel so close to the other teachers," she stated. "I've gotten to know them well."

Catherine found her college teacher preparation classes were only the beginning to her education. Student teaching prepared her to complete lesson plans and taught her classroom management theory. However, now that she is in the real classroom, the theory does not always work. "I get surprised every day, even though I have learned to always be prepared and go in each day with a good attitude," she said.

Highlights during each day come

Education **NOW**

when a student says something funny or “really gets it.” But skillful teaching has to be applied when tears and sad times come, for example, when students get upset because they think they cannot get a good grade. “They feel so discouraged, but I’m there to pick their spirits back up and instill self-confidence,” Catherine stated. With the help of her students, her discipline management skills have developed from college theory to good practice. “The students have taught me to follow through on what I have told them I am going to do. They don’t forget,” she added.

A teacher’s day does not begin and end with regular classroom duties. Like all teachers, Catherine has a list of extra duties outside her classroom day. She has bus duty two days a week, tutors in math after school and helps with the school’s annual talent show and science fair.

Catherine’s life outside of school is filled with being a single parent to Caitlyn, helped by her parents and a vast extended family living in the Ennis area. Graduating from college as a single parent was a hard road. “It makes me appreciate being a teacher; I feel very lucky being able to teach,” she said. Not content with having only an EC (early childhood) to fourth-grade Texas Education Agency generalist certification, Catherine plans to obtain a master’s degree in either library science or counseling. “Caitlyn is my inspiration now. I want to give us a good future and stability. I want to teach her how important college and financial independence are. I hope to be her future inspiration,” Catherine said proudly.

As her first year of teaching comes to a close, Catherine would advise new teachers following in her footsteps, “Go in with an open mind, and go to school with armor. Go prepared for the impossible because it can happen. Don’t expect perfect kids because they are still learning.”

French writer, Victor Hugo, once wrote, “There is nothing like a dream to create the future.” Catherine has accomplished her dream to teach and is prepared to continue inspiring her students and daughter to pursue their dreams and create their own futures. **NOW**



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In The Kitchen With Tracey Skrivanek

— By Faith Browning

Spending summers and holidays with her grandmother has given Tracey Skrivanek many wonderful childhood memories. “She loved to cook, and I looked forward to our time cooking together,” she reminisced. “She would try anything and most of the time she didn’t really have a recipe for something. She would say to use a little bit of this and a little bit of that.”

Tracey enjoys scrapbooking, exercising, shopping, gardening, working on her home and spending time with her husband, Glenn, and their two sons, Caleb and Cameron. “My boys and I have made a tradition during the holidays to bake and decorate cut out cookies,” she said. “It is great fun, enjoyable quality time together and they are able to show their creativity.” **NOW**



BEST GRAPE SALAD

- 2 lbs. green seedless grapes
 - 2 lbs. red seedless grapes
 - 8 oz. sour cream
 - 8 oz. cream cheese, softened
 - 1/2 cup sugar
 - 1 tsp. vanilla
- TOPPING:**
- 1 cup brown sugar
 - 1 cup crushed pecans

1. Wash and stem grapes, set aside.
2. Mix sour cream, cream cheese, sugar and vanilla in mixer until well-blended. Stir grapes into mixture and pour into a large bowl.
3. Combine brown sugar and pecans. Sprinkle over the top of the grapes to cover completely. Chill overnight.

CHICKEN ENCHILADA SOUP

- 1 onion, chopped
- 1 clove garlic, chopped
- 2 Tbsp. olive oil
- 2 cups cooked chicken, cubed
- 1 can chicken broth

- 1 can beef broth
- 1 can cream of chicken soup
- 1 can chopped green chilies
- 1 Tbsp. steak sauce
- 1 Tbsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/2 tsp. pepper
- 6 flour tortillas, cut in 1/2-inch strips
- 3 cups grated cheddar cheese

1. Sauté the onion and garlic in the olive oil. Add remaining ingredients except for tortillas and cheese.
2. Cook for 1 hour, add tortillas and cook for an additional 30 minutes. Serve with cheese and tortilla chips.

AWESOME PEPPERONI PIZZA

- 2 1/2 cups all-purpose flour
- 1/2 tsp. salt
- 1 pkg. dry yeast
- 1 Tbsp. plus 2 tsp. olive oil
- 1 cup lukewarm water
- 1/4 cup pizza sauce

- 12 oz. mozzarella cheese
- 1 3/4 oz. pepperoni slices
- 1/2 tsp. dried oregano
- 1/8 tsp. black pepper

1. Preheat oven to 400 F. Lightly grease a 12 x 9-inch baking sheet.
2. Sift the flour and salt into a large bowl. Stir in the yeast. Make a well in the center and add olive oil and water. Mix until a soft dough forms. Turn the dough out onto a lightly floured surface and knead gently for 5 minutes.
3. Roll out the dough and rest into prepared baking sheet. Cover for 10 minutes at room temperature; bake for 5-7 minutes.
4. Remove the crust from the oven and spread pizza sauce on top, leaving a 3/4-inch border. Sprinkle with mozzarella and place pepperoni slices. Sprinkle with oregano and pepper. Drizzle with olive oil and bake until golden, 15-20 minutes.

ENCHILADA CASSEROLE

- 2 lbs. hamburger meat



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- 1 cup onion, chopped
- 1/2 lb. grated Velveeta
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can mild enchilada sauce
- 1 can chopped green chilies
- 10-12 flour tortillas cut into strips

1. Brown the meat and onions until tender.
2. Stir in remaining ingredients until well-blended and cheese has melted.
3. Pour into a casserole dish, bake at 350 F for 30 minutes.

DUMP CAKE

- 1 box yellow cake mix
- 1 8-oz. pkg. cream cheese (for first part of cake)
- 1 stick butter
- 1 8-oz pkg. cream cheese (for second part of cake)
- 1 box powdered sugar
- 1 stick butter

1. Cream the first three ingredients together in mixer. Spoon the mixture into a greased 8 x 11-inch cake pan.
2. Mix the next three ingredients. Pour over cake mixture. Bake at 350 F for 30 minutes or until the edges are brown and the middle is bubbling. Remove from oven; let sit; enjoy!

PUMPKIN BREAD

- 2 cups canned pumpkin
- 3 cups sugar
- 1 cup water
- 1 cup vegetable oil
- 4 eggs
- 3 1/3 cups all-purpose flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 1 tsp. baking powder
- 1/2 tsp. nutmeg
- 3/4 tsp. ground cloves

1. Heat the oven to 350 F.
2. In a large mixing bowl, combine the pumpkin, sugar, water, oil and eggs; beat until well-mixed.
3. Measure the flour, baking soda, cinnamon, salt, baking powder, nutmeg and ground cloves into a separate bowl; stir until combined (a great job for kids).
4. Slowly add the dry ingredients to the pumpkin mixture, beating until smooth.
5. Grease two 9 x 5-inch loaf pans and dust with flour. Evenly divide the batter between them. Bake for 60 to 70 minutes or until a toothpick inserted into the center comes out clean. Cool and remove from pan.

BUNDT CAKE

- 1 pkg. yellow cake mix
- 1 can coconut pecan icing

1. Mix the cake mix per instructions on box.
2. Fold icing into batter and blend.
3. Pour into a greased Bundt cake pan and bake per cake mix directions.

To view more of your neighbors' recipes, visit our Web site at www.nowmagazines.com.



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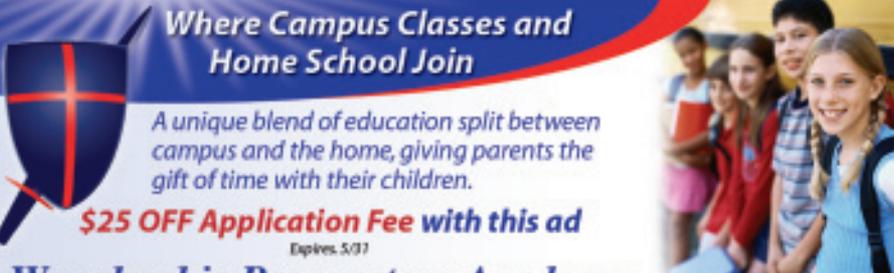
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Costly Misconceptions: Most People Mistakenly Believe Long-term Care is Covered — *By Jenny Vidrine*

Have you failed to get insurance for long-term care in a nursing home because you think you already have coverage? If so, you're like a lot of other people, according to a Roper survey of Americans 45 years of age and over, recently released by the American Society on Aging (ASA).

That misconception can become costly when you consider long-term care in a nursing home currently averages \$56,000^I a year, according to the U.S. government, and is expected to quadruple by 2030^{II}. People could easily find their assets depleted, their choices limited and their independence gone if they need long-term care but have made no plans to pay for it.

And chances are good they will need long-term care. Statistics released by the Health Insurance Association of America say that after age 65, Americans have more than a 70-percent chance of needing some form of long-term care,

whether it's an aide coming to their home, a stay in an assisted care facility or an extended stay in a nursing home.^{III} Younger people may also need long-term care if they've had a stroke, for example, or been in an accident.

"This survey confirms that Americans need to wake up to the realities of long-term care," said Jim Emerman, senior vice president of the ASA. "All it takes is a phone call to a financial services professional to find out the truth behind the misconceptions so many have about long-term care."

Some of the common misconceptions uncovered in the Roper study^{IV} are these:

- **Forty-two percent were not aware Medicare only covers long-term care expenses for a short time, and only after someone is released from the hospital.**
- **Thirty percent were not aware Medicaid coverage for long-term care is only available after someone's**

financial resources are exhausted.

- **Almost half (46 percent) are under the impression their health insurance will automatically cover long-term care.**

It's dangerous to assume you're covered for long-term care. When the need for a nursing home stay or other long-term care arises, you may discover you're not covered and have waited too long to buy insurance. Long-term care insurance is an important part of a financial plan. I urge people to speak with a financial services professional about their need for long-term care insurance now, before it's too late to get coverage. **NOW**

Sources:

I. Estimates from: Health Care Financing Administration, Office of the Actuary, National Health Statistics Group. As presented in, "Nursing Homes." *AARP Public Policy Institute Fact Sheet*, February 2001: pg. 3.

II. "Can Aging Baby Boomers Avoid the Nursing Home? Long-term Care Insurance for Aging in Place." *American Council of Life Insurers*, March 2000: pg. 15.

III. Lewin Group estimates based on the Brookings-ICF Long-term Care Financing Model, 1992. As cited in, "Long-term Care: Knowing the Risk, Paying the Price." *Health Insurance Association of America (HLAA)*, 1997: pg. 12. The level of coverage provided by long-term care insurance depends on the type of policy you purchase. Some types of care received may not be covered by long-term care insurance.

IV. Study conducted by Roper ASW, August 2002. Released by State Farm Mutual Automobile Insurance Company and the American Society on Aging (ASA), April 2003.

State Farm Mutual Automobile Insurance Company Home Office: Bloomington, Illinois - statefarm.com®. The American Society on Aging is not an affiliate of State Farm®. The Long-Term Care Insurance policy 97058 is underwritten by State Farm Mutual Automobile Insurance Company.

LTC102-40 Rev. 5/27/2003

Jenny Vidrine is a State Farm agent based in Ennis.

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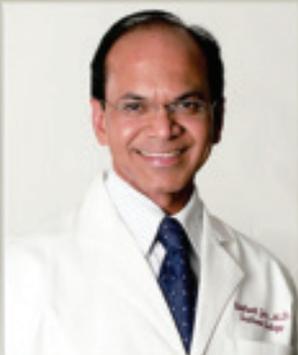
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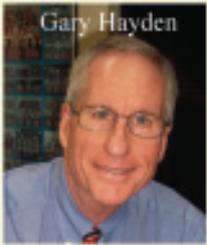
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CAUTION: HERE COMES THE SUN

— By Betty Tryon, R.N.



Oh, that glorious sun! It can make things grow. It is necessary for healthy bone growth, and it can make your skin glow and look good. However, too much sun can cause skin cancer. Melanoma is the most serious and deadly type of skin cancer. Because of that, it is the leading cause of death from skin diseases, and it is on the rise.

Melanoma develops in the melanocytes, cells located in the epidermis layer of the skin. Melanocytes produce melanin, which gives the skin its color or pigmentation. When you tan in the sun and become darker, it is the melanocytes increasing the production of melanin that gives you the darkening or tanning of your skin. Clusters of these melanocytes form moles. Often, the first sign of melanoma can be found in moles.

Moles in their normal state can be in any color that is closest to the person's natural skin color. Moles may be raised or flat with a round and smooth shape. Any change in the mole is worth noting. The National Cancer Institute suggests using the acronym ABCD for remembering what to look for when a mole changes. A is for asymmetry. Is one-half of the mole different from the other half? B is for border. Is the border of the mole smooth and regular or is it irregular and ragged? C is for color. Changes in the color of a mole, including a mixture of colors within a mole may be dangerous. D is for diameter. Has the mole grown larger? There are other changes in moles that can give cause for concern such as bleeding, scaling, itchiness or a change in the texture of the mole. Any sore that does not heal, lumps or growths on the skin may be warning signs. Change is the key word. If you have a problem or concern about your skin, do not try to diagnose yourself. See your doctor.

Most of the risk factors for melanoma have to do with the sun and/or ultraviolet light such as living in a sunny climate, a job or other activities that lead to long term exposure in the sunlight, excessive tanning and receiving serious sunburns as a child. There are ways you can protect yourself. Wear a sunscreen of SPF 30 or higher. Try to lessen your contact with the sun between the hours of 10:00 a.m. through 4:00 p.m. Wear sunglasses, protective clothing and a hat. None of this is a guarantee that you will not get skin cancer, but you may be bringing down the odds. **NOW**

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

Happening **NOW**

Third Monday

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, see our Web site: www.elliscountyaggie moms.org.

Third Wednesday

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). The cost is \$13, inclusive. Contact Kay at (972) 937-2807 or windchime423@yahoo.com. or Mary at (972) 937-9984.

First and Third Tuesday

Ennis Cancer Support Group: 7:00 p.m., Ennis Regional Medical Center classroom. For information, call Kathy at (972) 878-6927 or visit www.enniscancersupport.com.

First and Third Thursday

Mom's Connected: 9:30-11:30 a.m., Tabernacle Baptist Church, 1200 Country Club Rd. Free fellowship for moms of all ages. Contact ennismoms@sbcglobal.net.

May 6-9

American Veterans Traveling Tribute, sponsored by the American Legion Post 361. The "Welcome Home — Ennis Honors Her Heroes" event will take place at 2301 Ennis Parkway. Local bands and singers will perform throughout the four-day event, beginning each day with "Reveille" at 8:00 a.m. and ending with "Taps" at 9:00 p.m. A patriotic parade will also be held on Saturday, May 8, in downtown Ennis.

May 7

Ellis A&M Club's 6th Annual Golf Tournament: Lunch starts at 11:30 a.m., and a shotgun start will begin at 1:00 p.m. Entry fee is \$100. For information, visit www.ellisaggies.com or e-mail Bob Garrett at bgarrett7740@sbcglobal.net.

May 8 and 9

Trade Days of Waxahachie, Ellis County Expo Center, 2300 W. U.S. Hwy. 287, Waxahachie. Free parking and admission.

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May 15

Bristol Volunteer Fire Department 2010 Fundraiser will be held at the Bristol Fire House located at 100 S. Old Walnut, Bristol. Adults: \$10. Children: \$5. Ticket prices include a barbecue dinner with all the fixings from 6:00-8:00 p.m., music by the Robert Donahue Band, a live auction and much more. For information, call (972) 666-3802.

May 22

Bristol Opry Country Music Show, presented by the Bristol Cemetery Association and Caring Hands of Bristol: 7:00 p.m., Old Bristol Schoolhouse, 100 Church Street. Admission is free, but donations are always welcomed. For information or to be a sponsor, call Jim Gatlin at (972) 846-2211, Randall Willis at (972) 666-2151 or Roland Jones at (972) 666-2273.

May 28

National Polka Festival including a parade, arts and crafts, street dancing and music. Visit the Ennis Chamber Web site for details: www.ennis-chamber.com.

June 5

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Airport, between Waxahachie and Midlothian. The public is invited. The event and parking are free. Breakfast tickets: ages 8 and above, \$6; ages 3-7, \$3; and all those 2 and under eat free. For information, call Tammy at (972) 923-0080.

June 7-11

City of Ennis Summer Recreation Program will be held. For more information, call (972) 875-1234.

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