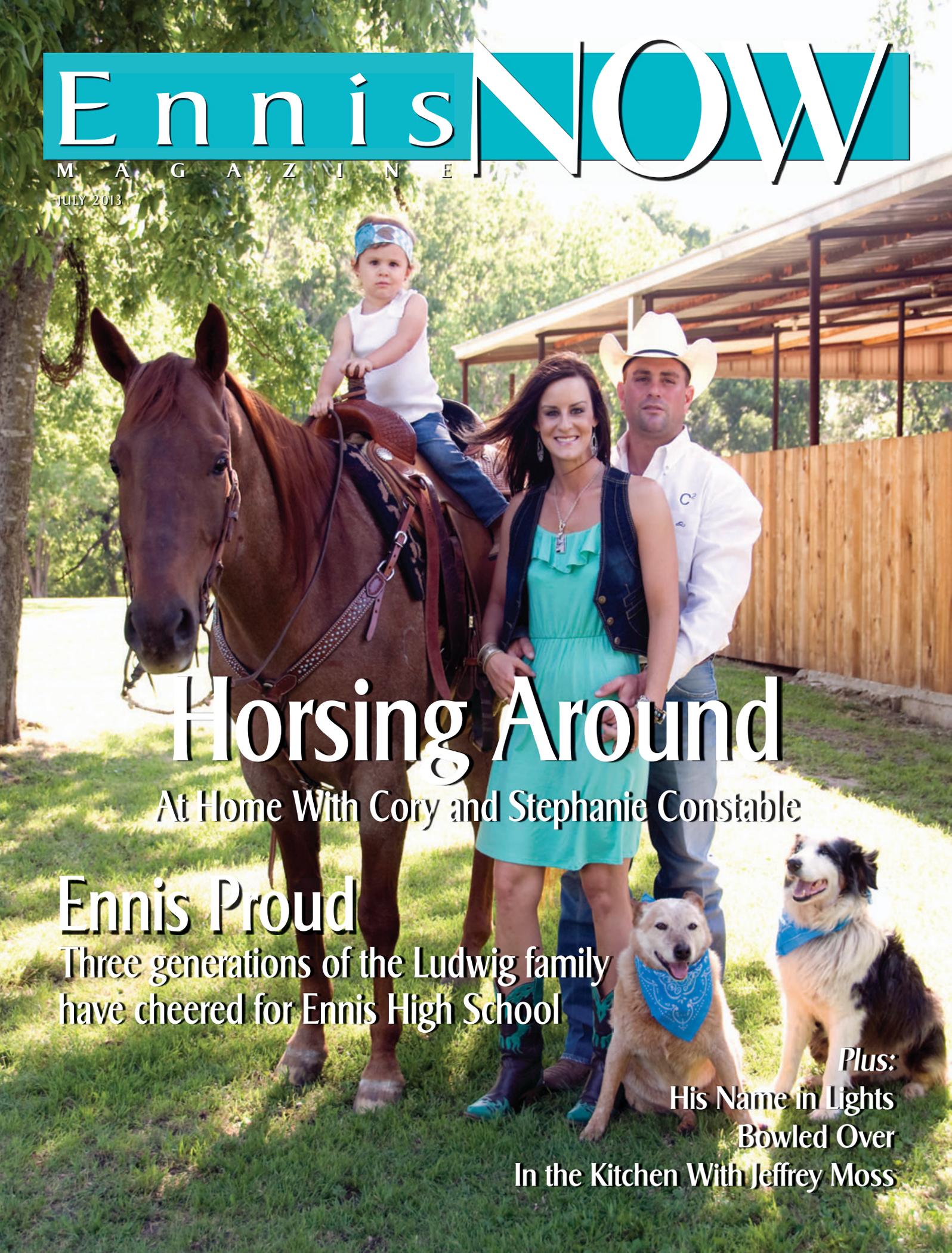


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Photo by Amy Ramirez.

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Editor's Note

The dog days of summer ...

I've always wondered what that old saying meant. Recently, I looked it up and was surprised to find it dates back to ancient times. It has to do with the star Sirius, nicknamed "Dog Star" (Canis Major), which the Romans believed was responsible for the hot weather of July and August.

And here I was thinking the phrase derived from all our lazy dogs, panting in the shade of withering Southern summers! That may not be where the adage got its start, but

it sure applies well enough, doesn't it? I know our dog, Bear, a Chow Chow and St. Bernard mix, could do without the heat. He loves wading in his water bowl when the temperatures climb and digging craters around our rose bushes to curl up in!

Hopefully, all of us, human and canine, can keep cool as this month of patriotism and backyard grilling gets underway.

Randy

Randy Bigham
EnnisNOW Editor
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Ennis PROUD

— By Randy Bigham

When it comes to school pride, the Ludwig family has it in spades. From the late Herbert Ludwig and his daughter, Pat, to his granddaughter, Joanna, three generations have cheered for the Ennis Lions. Herbert, who passed away last year, left behind many grieving hearts that cherish his legacy as a devoted husband, family man and friend. Herbert is best remembered locally as a witty, fun-loving yard clerk for the Southern Pacific Railroad, which he served for over 40 years. He's also known for his long, happy marriage to the former Mary Comiskey, with whom he and a circle of friends regularly vied in games of dominoes, particularly "42" and "Amtrak." Shortly before Herbert passed away at age 91, he and Mary celebrated their 65th anniversary.



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What many may not know about the funny, high-spirited railroad veteran is that he was a cheerleader for Ennis High School (EHS) during his senior year in 1939. That stint paved the way for a tradition in his family. His daughter, Pat Ludwig Webster, followed in his cheerleading footsteps her junior and senior years in the mid-1960s. And Herbert's granddaughter, Joanna Webster Cunningham, picked up the pompoms and shook them for all four years of her time at EHS, in the 1990s.

"Herbert was very proud of his time in school," Mary recalled. "He loved cheerleading at the football games, and was so proud his daughter and granddaughter carried that on."

Pat, a registered nurse, also remembered the interest her father took in her education and cheerleading. "He was a great role model," she said. "He was the kind of daddy who was always there. You would call him, and there he was. He was our security."

Joanna, a counselor, shared a memory that illustrates how much love her grandfather felt for his family — and how much pride he still invested in the Ennis Lions. "I brought him some old furniture once that had been discarded when an elementary school was being refurbished," she said. "Well, he very lovingly took it and sanded it down for me, repainted it and made it look brand new."

For Herbert the old furniture must have rekindled memories of the days he cheered for his hometown, joining the girls and one other boy who comprised the cheerleading squad at Ennis High in 1939. When he wasn't supporting the Lions at games, Herbert was making the most of his education. After he moved with his family to Ennis from Corsicana,



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the credits for a course he had completed didn't transfer to EHS, delaying his graduation. But Herbert took it in his stride and dedicated himself to finishing his senior year, enrolling in trigonometry, calculus and other difficult courses. He was also active in the Spanish Club and the Glee Club.

Following graduation, Herbert joined Southern Pacific as a clerk, but after the Japanese attack on Pearl Harbor in 1941, he and a friend signed up with the Navy. He was in the service for the duration of World War II, returning home to Ennis and his railroad job in 1945. He didn't meet Mary until the following



year. Several years younger, Mary was a telephone operator for Southern Pacific, working the night shift, and while putting calls through to and from Herbert, the pair became friends. "My office was where the Railroad Museum is now," Mary reflected. "So Herbert and I got to know each other over the phone, but we didn't start going together until later." It was at a company party that their romance was born. Herbert asked her to dance, and she accepted. They fell in love and were married in February 1947. Over the next decade the couple reared five children: Michael, Rosemary, Jo Ellen, Sylvia and Pat. Mary still lives in the same house she moved into as a young wife 65 years ago, and where her 14 grandchildren now visit her.

Pat was the one who first took a page from her dad's life by becoming an EHS cheerleader in 1966-1967. "It was fun," she remembered. "We had just six cheerleaders, made up of two sophomores, two juniors and two seniors. That's how it was done then. And we painted all our own victory and booster signs." She also has fond memories



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of camp where the squad learned new cheers for the coming year. "It wasn't nearly as sophisticated as it is now," Pat observed. "It was pretty toned-down, and we just had two or three cheers. But it's a fun time to look back on." Along with cheering for the Lions, Pat was active in basketball, a member of the student council and served on the yearbook staff.

Her daughter, Joanna, took on the family mantle next, although at first she was unaware the tradition hailed from Herbert. "I didn't know until later my grandfather had been a cheerleader too," she laughed. "I thought that was so cool!" Joanna cheered for the Lions from 1994 to 1997 and enjoyed it as much as her mom and grandfather had before her. But Joanna's athleticism sometimes frightened her doting grandmother.

"I used to watch her," Mary said. "Joanna was so little she was often chosen to be on top when the girls did their pyramid routine. Well, I was always afraid she would fall!" In addition to cheerleading, Joanna was on the student council, worked on the yearbook and was a member of the National Honor Society.

Pat and Joanna are glad they shared the experience of cheerleading with Herbert. Joanna has even kept some of her uniforms, which Mary's great-granddaughters all like to play dress up in now.

"Cheerleading wasn't a major thing for me personally," Joanna clarified. "But it's a way to remember my grandfather. He was proud of us, and we are proud of him."

When Mary, Pat and Joanna look through EHS memorabilia, it's not their own achievements they discuss. It's their memories of Herbert and what he meant to them. "He was a good daddy," his wife pointed out, adding with a laugh: "And a good fisherman!"

Joanna agreed. "Some of my fondest memories as a kid are of PaPa teaching me how to fish," she admitted. "Those were some of the best times — being with Nonna and PaPa on vacation in their 5th wheel trailer." Pat and Joanna remembered trips with Herbert and Mary to Lake Whitney, as well as to state parks all over Texas.

"Dad's mind was very sharp, and he was happy until the end," Pat said. "And we are happy to pay tribute to him by remembering his pride in Ennis High and in us." **NOW**

Shannon Childs

Family Nurse Practitioner

Shannon Childs is an Ellis County native who has practiced in Ennis since 2001. She received her master's degree in nursing administration with a minor in education from The University of Texas at Arlington. Shannon received her Acute Care Nurse Practitioner Certificate in 2000 and her Family Nurse Practitioner Certificate in 2009. She is board-certified in both acute care and family nursing. Shannon is the proud mother of three daughters and has two beautiful grandsons. Shannon is accepting NEW patients of all ages.



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Horsing AROUND

— By Hope Teel

When Cory Constable made a trip to Texas from his home in Iowa in February 2006 to sell a horse, he had no idea the visit would change his life forever. It happened to be Super Bowl weekend, and, since Cory was in from out of town, a friend invited him to a watch party. There, he met Stephanie, and the two made an instant connection. A whirlwind romance followed leading them to where they are today — married with a daughter and living in a beautiful home they built together. Located right down the road from the house Stephanie grew up in, the couple's ranch-style abode is situated in the quiet country set on 10 sprawling acres. The couple is devoted to riding and showing horses and equally dedicated to raising precious, 2-year-old Coree Lyn. Their house reflects these passions in its construction and decor.

When Cory met Stephanie, her father was running a large ranch, and Cory stayed for the remainder of the month to help out. "Stephanie and I hung out a lot, became good friends, and it kind of went from there," Cory remembered. They discovered many shared interests, and in particular, a mutual passion for horses.

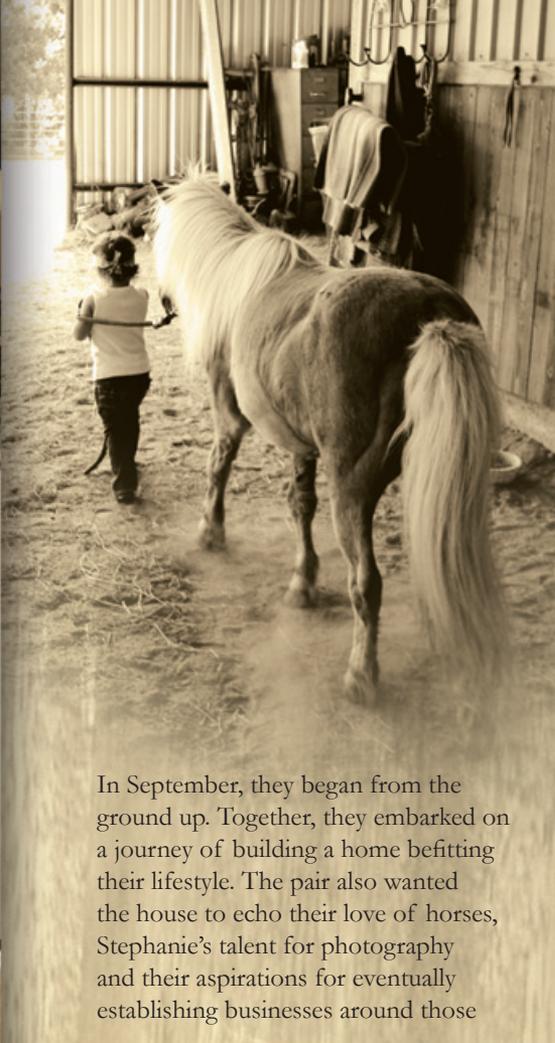
Cory's feelings for Stephanie quickly grew. Within two weeks of meeting her, Cory told her father he was going to marry her one day. Cory relocated from Iowa to Texas a few months later, in June, and they were engaged by August. Less than a year later, they tied the knot on Cinco de Mayo at the Fort Worth Stock Yards. "I've never met a man like Cory," Stephanie said. "He can literally do it all. He's amazing!"

Cory and Stephanie purchased their home in July 2007. A small farmhouse was in place at the time, but they tore it down.



AT HOME WITH **Cory &
Stephanie Constable**





In September, they began from the ground up. Together, they embarked on a journey of building a home befitting their lifestyle. The pair also wanted the house to echo their love of horses, Stephanie's talent for photography and their aspirations for eventually establishing businesses around those



aspects of their lives. They've since succeeded in accomplishing these goals. In addition to working a full-time job, and rearing a young child, Stephanie manages her own photography business, Stephanie Constable Photography, while the couple runs their own horse breeding and training operation, called Constable Quarter Horses.

Along with his extensive experience with horses, Cory, a union electrician for 12 years in Iowa, is very knowledgeable in the field of construction. "When I moved to Texas, I didn't know many people, and I didn't have a lot of business waiting for me when it came to horses,"

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explained. Their inspiration came from many sources, including ideas Cory picked up while remodeling or from carrying out online research of ranch houses. "I think you always have a vision, but you amend what you're doing based on how the circumstances fall," Stephanie added. "You modify your plans as you go to fit your needs."

equine-oriented and with much of Stephanie's photography on display, including incredible photos of their horses and of Corey Lyn. One wall is dedicated to showcasing Cory's work in horse training and some of the accomplishments he's achieved over the years.

With Stephanie's eye for decorating



Cory said. "So I started to work with Bert Smith, who concentrated on high-end home remodels in Dallas." Through his work, he gained knowledge in the field that enabled him to build a home for his own family. "Cory physically built everything that you see, and I did all of the painting," Stephanie shared.

Many new homeowners follow a blueprint during the building phase, but this wasn't the case with the Constables. "I drew the plans in my head, and we built it as we went along," Cory

which includes a large barn complete with tack room, wash rack, inside round pen, horse stalls, horse walker and roping arena, is indicative of both Cory and Stephanie's tastes. But they admit to compromising on a few items. "A lot of the house mirrors my personality," Stephanie laughed. "For instance, I love the color red, but Cory wouldn't let me paint the outside red, so I settled for a red kitchen and a red roof!" The interior decor is very personal to the couple, too —

and Cory's experience in construction, they completed their new home within three years' time and moved into it in 2010. "We laugh and say Cory is a Jack of all trades, and a master of none," Stephanie laughed. "But the truth is, he



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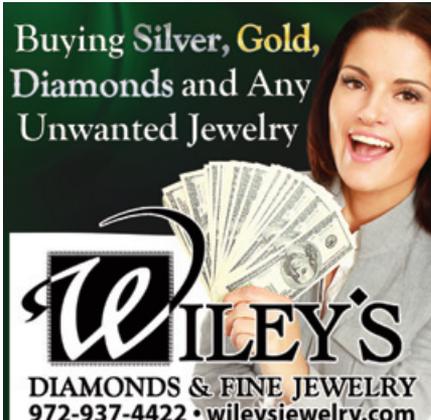
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is a master at many things, and the thing he's the best at is being a great husband and terrific father. Coree Lyn and I love him to pieces!"

Even Coree Lyn, who went to her first horse show when she was 2 weeks old, has her own horse — a little palomino pony she rides named Hotshot. "It's like she was born loving horses as much as we do," Stephanie explained. "She is out in the barn with us every day, and she's nonstop with the horses!"

The same is true for Cory and Stephanie. Cory ropes calves, while Stephanie is a barrel racer, and they ride in the arena behind their home at least five days a week in preparation for shows, rodeos and jackpots. Over the years, they've enjoyed much success in various events. Stephanie recently



won a buckle, and Cory made it to the American Quarter Horse Association's World Championship show, held annually in Oklahoma City. Cory was also the high point amateur calf roper in the Texas Quarter Horse Association last year.

Naturally, Cory and Stephanie apply much time and effort to buying, breeding, selling, shoeing, training and showing horses. Between working, traveling to rodeos, running two businesses and



rearing a child, this young couple is constantly on the go. "It is not for the weak-hearted," Cory admitted.

However, they insist they enjoy every minute of it and their home suits their lifestyle perfectly. "Cory has built many houses, but this one is special," Stephanie observed. "He built us a home. We did it together, piece by piece. It's an added bonus that we get to share everyday with what we love best — horses!" **NOW**

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His Name in

LIGHTS

— By Rick Herron



Many of Hollywood's most talented actors share a trait they discovered early in life — the gift of spontaneous impersonations of famous people. Local actor, Mike Hall, is no exception. Growing up in Mabank, the ability to mimic came naturally. "I was the class clown at Mabank High School," he said. "I loved doing impressions of Ronald Reagan, Jack Nicholson and John Wayne, to name a few."

Today, Mike is a busy movie and theater performer living in the heart of Ennis. But his stage and screen odyssey began as a kid in East Texas. "I was raised by my grandparents," he shared. "After I graduated from Mabank High in 1987, I joined the Navy for four years, where I did aerial reconnaissance and worked in photo laboratories."

After leaving the Navy, Mike made use of the GI Bill to attend Trinity Valley Community College in Athens, Texas, in 1993. Landing a spot in the school's football program, he was part of the following year's National Championship team. Like many other graduates, work, marriage and children followed in quick succession, but Mike's path soon took what one might call a dramatic detour.

"In 1998 we were living in Jacksonville, Texas," Mike remembered. "I heard about open auditions being held for a



play in Rusk, and my wife suggested I go and try out. Unbelievably, I was selected for one of the major roles! Long story short, I came out of that experience loving the whole process that goes into acting and developing a character.” Mike’s life-altering realization occurred at the historic Cherokee Civic Theatre, built in 1946.

Mike soon began working in earnest on what has since become his characteristic look, one well-suited to his many successful roles. “I come across at first glance as a biker, someone who is a real tough guy,” he admitted. With his football player build, penetrating eyes, shaved head and goatee, he personifies the bad guy. But the image belies the real person, a young man who is quick to laugh, intelligent and articulate, focused and committed to whatever role he’s developing.

One of his latest ventures is *The Merchant*, an independently-produced, supernatural thriller set in the old West. In this film, shot in Texas, Mike plays Levi, a character he describes as “mean, ignorant, selfish, backward and

EDWARD L. HOLT, DO

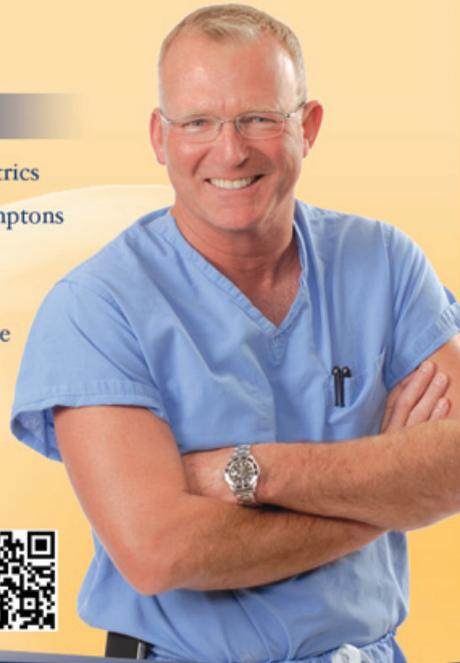
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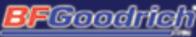
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a real redneck.” Mike enjoyed the role because it gave him an opportunity to play someone totally unlike himself. “Levi thinks he’s smart and brave, but in reality he’s stupid and a real coward,” he explained. “The whole process of building a backstory for the character and bringing him to life onscreen was an incredible experience.”

Mike’s movie credits include roles in *The Merchant, The Alamo* and *American Outlaws*. He has also appeared on TV in episodes of *The Gilmore Girls, The Practice, Without a Trace* and *Dallas*. He gives credit to his agent, Linda McAlester, for securing for him some of his most visible roles. Mike recently wrapped filming on *Skookum*, a horror film shot in Louisiana where he also posed for publicity photos with stars from the reality television show *Duck Dynasty*. And Mike has just been cast in the movie *Love Land*, currently in production with location shooting in Corsicana. In addition, Mike is set to star in an upcoming film based around the sport of stock car racing. Produced by



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actor Ron Lester, best known for his role as Billy Bob in *Varsity Blues*, the new movie will include location shooting in Ennis. Mike also recently auditioned for comedian Seth MacFarlane for an upcoming Western spoof. "That was pretty cool," Mike said, "because Seth personally requested that I try out."

When he's not working on developing a character for a forthcoming film, Mike keeps his fans, friends and family up to date with what's going on in his career by regular posts to his Twitter account and on his Facebook fan page as well as his Web site.

Another goal close to his acting heart is getting the word out about the need for incentive programs to lure filmmakers to Texas. "We are losing productions to Louisiana and New Mexico at an alarming rate because Texas has been cutting incentive funds over the last few years," Mike pointed out. "When a film crew comes to Dallas or Ennis to make a movie, it infuses the local economy with much needed money. Hotels, restaurants, building supply companies, all benefit greatly, as will people who work in the industry — actors, electricians, carpenters and other local hires." He has become an outspoken advocate of urging Texas towns to create their own incentive programs to make local filming as attractive an option as possible.

"If we offer tax cuts and money-saving deals to production companies for them to film here," Mike continued, "Ennis, and many other towns, will benefit from showing the world our beautiful homes, architecture and countryside. And the local economy would benefit enormously."

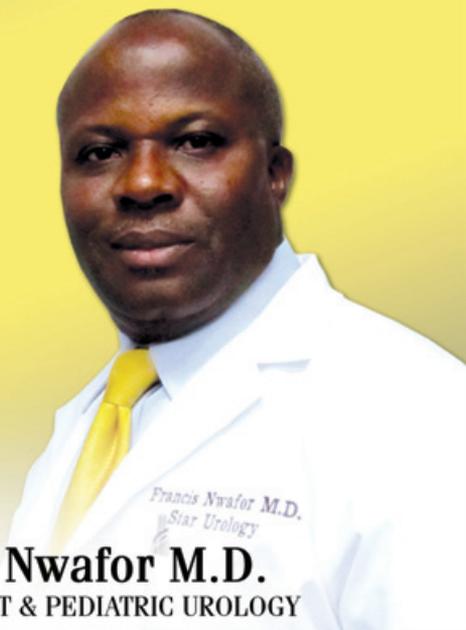
Mike admitted Ennis holds a special place in his heart, and he has no plans to move, regardless of how famous he

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might become. "I fell in love with Ennis the first time I visited," he shared. "I was living in Athens, but needed to be closer to the Dallas/Fort Worth area. Living here, I'm centrally located and really like the small town feel, where everyone knows and cares for each other. That hometown feeling is something I knew I would not find in a bigger city."

He's keenly aware of the unique and blessed opportunities he's had as an actor in an extremely competitive and sometimes cut throat industry. "You have to develop a thick skin to survive and learn not to take anything negative personally," Mike warned. "Acting is a calling, but it's also a business where you are competing with thousands of other actors who are good at their craft. When I'm not on location, I'm at home working the telephone, sending e-mails, checking Web sites for auditions and working with my agent. It's hard work, but incredibly rewarding."

For anyone with dreams of making it big in the world of theater and film, Mike offers the wise words George Clooney once gave him: "Rejection is the staircase to success." Looking back on his own experiences, which began with being the class clown in Mabank, Mike has these words of advice: "Study the craft. Do theater in school as soon and as often as possible. If you have that passion to perform, start early and don't expect any type of overnight success, because believe me, overnight success takes forever!" **NOW**

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bed and breakfasts and even cabins on a working cattle ranch are available to rest your head. The cuisine of the area will also tempt your palate at the many local restaurants, which are devoid of typical fast-food fare.

Warm and sunny days with little humidity give visitors an abundance of outdoor activities to pursue. Birders flock to the town that has been proclaimed the "Hummingbird Capital of Texas." Fort Davis serves as home to several varieties of the species including: Lucifer, Anna's, Black-chinned, Ruby-throated, Calliope and Broad-tailed hummingbirds. Hikers can take either an endurance test or a leisurely stroll when in the mile-high town. Trails run through several of the area attractions including the Madera Canyon Trail on the grounds of the Nature Conservancy. Hunting excursions and jeep tours are even available through area ranches that offer everything from elk and aoudad to deer and antelope.



Beautiful days turn into incredible, star-filled nights when the sun sets in the Davis Mountains. With no major populated city within a hundred miles, very little gets in the way of stargazing and seeing the reality of the lyrics “the stars at night are big and bright,” especially in Fort Davis. The University of Texas chose this area for its McDonald Observatory, one of the major astronomical research facilities in the world. The Observatory Visitor’s Center is open daily and has exhibits, a theater, a gift shop and cafe. Solar

viewings and tours of the facility are also offered on a daily basis, but for those truly wanting the celestial experience, on Tuesday, Friday and Saturday nights, the Observatory holds its famous Star Parties. This outdoor extravaganza gives visitors the opportunity to look through multiple telescopes, view video presentations on astronomy and speak with experts who work at the Observatory — all under some of the darkest night skies in the continental United States.

The Davis Mountains State Park, considered by many to be the crown jewel of the Texas State Park System, is located just about five minutes from downtown. The park contains abundant wildlife, camping, RV hookups, mountain biking and miles of hiking trails along with a pueblo-style hotel complete with restaurant and pool right on the property. The Indian Lodge hotel was built in 1933 by the Civilian Conservation Corps

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and remains a visitor favorite among the many accommodations available in Fort Davis. The breathtaking views at the park offer photographers hundreds of opportunities to capture the essence of the area in print.

A visit to Fort Davis would not be complete without seeing the town's name sake, the Fort Davis National Historic Site (FDNHS). Established in 1854, the FDNHS remains one of the country's best examples of a restored frontier fort. Named after Secretary of War Jefferson Davis, the Fort played a major role in the protection of the Southwest along the San Antonio-El Paso section of the Southern Overland Trail. Buffalo Soldiers were stationed at Fort Davis from 1867-1885, and exhibits at the fort reflect the huge contribution they made in the settlement of western Texas and southeastern New Mexico. The self-guided tour takes you through the 474-acre site which offers hiking trails, a museum and visitor's center.

The flora and fauna of the area are highlighted at the Chihuahuan Desert Nature Center and Botanical Gardens located just four miles from downtown Fort Davis. The educational programs and tours available give visitors a true feel for what exactly grows and lives in this part of Texas. The greenhouse contains over 200 species of Chihuahuan Desert cacti, and the Leaping Lizard gift shop has plenty of items to take a little piece of your experience home.

The 75-mile Scenic Loop takes travelers through the entire range of the Davis Mountains. This ride, a favorite of both motorcyclists and endurance bicyclists, has been called one of the most spectacular rides in the state. The majestic views are plentiful with areas along the way to stop and picnic or take advantage of the unbelievable photo opportunities.

Fort Davis may not have a single traffic light, but artisans and merchants abound. Handmade crafts, western art, custom cowboy hats and even homemade fudge can all be found, offered by a whole bunch of friendly people. The next time you are looking for a place to get away from it all, consider a scenic road trip to the Davis Mountains of West Texas. **NOW**

By Robert Alvarez; Photography by Max Kandler.



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At Ennis All Star Bowl Bill Cathy and his own stellar team look forward to welcoming the public for fun and games galore.

Bowled Over

Ennis All Star Bowl keeps rolling along. — By Randy Bigham

Under new management, Ennis All Star Bowl continues to be an integral part of the community, providing families with a safe and fun outlet for recreation. “More than anything, we want people to know that we’re all about family entertainment,” owner Billy Cathey pointed out. “My own family is involved in the work here, so we just naturally take that approach.”

In business since 1972, starting with a bowling center in Duncanville, the Catheys have the experience and the desire to make Ennis All Star Bowl the ideal place for kid-friendly activities and events for adults. Originally built in 1987, the amusement facility closed in recent years, only to be reopened by Billy last October. “We thought it was a good opportunity to carry on something special that had a long history in Ennis,” Billy explained. “It was an important part of the entertainment

scene here, and we’re looking forward to furthering those ties.”

Along with his mother, Lois Cathey, who is the firm’s majority stockholder, and his fiancée, Lauren Daniel, who’s often on hand to welcome the public, Billy has high hopes for continuing the legacy of bowling in the Bluebonnet City. “We are looking to make Ennis All Star Bowl a real part of what’s happening here,” he observed. “We’ve been in this business for over 40 years so we have the know-how and a real love for the sport.”

The 35,000-square-foot facility, located near the edge of town, appeals to hard-core bowling fans and to those just wanting to pass a leisurely few hours cheering on friends and relatives. “There’s truly something for everyone,” Billy maintained. “Along with traditional bowling, we’ve got games and rides for kids and teenagers. The younger generations are big gamers, so we’ve got

those attractions. In fact, we have about 30 games and rides, from kiddy stuff to ones for adults.” In the future, the 6,000-square-foot game room and 24-lane bowling area will be enhanced with a laser tech installation. “It’ll be a huge draw when we put it in,” Billy predicted.

Right now, the big appeal for patrons is the center’s summer bowling camps for kids. Another popular feature is the national Kids Bowl Free program, which many may have already seen advertised on NBC’s *Today Show* and on the Fox News Channel. Kids ages 15 and under can register to receive two free games of bowling each day for the duration of the summer, a value of over \$500 per child. So far, over 5.2 million youths

“More than anything, we want people to know that we’re all about family entertainment.”

have participated across the country in this special offer that lasts through September 1. Kids and their parents can register online at www.kidsbowlfree/ennisallstarbowl.com.

Supplementing the popularity of bowling leagues for all players from kids to senior citizens, Ennis All Star Bowl is in the party-planning business. “We plan bowling parties for birthdays, corporate events and other special occasions,” said Lauren Daniel. “It’s a great way to be a part of the community.”

Food and other refreshments are also an attraction at Ennis All Star Bowl. A bar and grill serves up delicious made-to-order hamburgers, hot dogs, corn dogs, fries and pizza. The bar area provides a dance floor with live music played by local bands once a month.

“We love Ennis,” Billy said. “The people have been great.”

Lauren agreed. “The whole community has been welcoming of us,” she stated. “And we’re very happy to be here!” **NOW**

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Honor Flight of Ellis County awarded scholarships to Alyssa Brightman, Abigail Freeman, Jacob Lusk and Melany Rejcek.



Fifth graders, Ryan Nutt and Caleb Goedrich, compete at the National Archery Tournament in Louisville, Kentucky.



Shriner's clowns steal the show in the Polka Fest Parade.



On a sunny weekend a classic car show attracted many to Ennis.



Many from the community turn out for the ribbon cutting at Brookshire's.



Joined by grandkids Mason, Meredith, Austin and Addison, Gerald Doherty shows off his Model A in the Polka parade.



Dr. Sullivan and Williams join others on the Baylor Surgicare float in the Polka Festival Parade.



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Is Your Portfolio Truly Diversified?

Life is full of ups and downs — and the financial markets are no different. As an investor, you're no doubt happy to see the "ups," but the "downs" can seem like a real downer. Isn't there any way to help smooth out the volatility in your investment portfolio?

First of all, to cope with volatility, it's helpful to know what causes it — and there can be many causes. Computers that make trades in milliseconds, based on mathematical models, are sometimes blamed for intraday volatility, but large price swings can also occur following the release of government economic reports, such as those dealing with unemployment and housing starts. Global events, such as the European economic malaise, can also send the financial markets into a tizzy.

By being aware of the impact of these events, you can see that the workings of the markets — especially their volatility — may not be as mysterious as you thought. Still, while knowing the causes of volatility can help you prepare for market swings, it won't blunt their impact on your portfolio. To do that, you need to create a diversified mix of investments, because your portfolio can be more susceptible to negative price movements if you only own one type of asset.

To illustrate: If you owned mostly bonds, and interest rates rose sharply, the value of your bonds would likely drop, and your portfolio could take a big hit. But if you owned stocks, bonds, government securities, certificates of deposit (CDs) and other investment vehicles, the rise in interest rates would probably affect your portfolio less significantly.

Unfortunately, many investors think that if they own a few stocks and a bond, they're diversified. But you can actually extend your diversification through many levels — and you should. For the equity portion of your portfolio, try to own

stocks representing many market sectors and industries. Also, consider international stocks. And rather than just owning U.S. Treasury bonds, consider corporate bonds and municipal bonds, and diversify your fixed-income holdings further by purchasing short-term, intermediate-term and long-term bonds. Work with your financial advisor to determine the mix of asset classes and investments that are appropriate for your financial goals and objectives.

How you ultimately diversify your portfolio depends on your risk tolerance, time horizon and long-term goals — there's no one correct asset mix for everyone. And over time, your diversification needs may change. To cite one example, as you enter your retirement years, you may need to increase your percentage of income-producing investments while possibly reducing the amount of growth investments you own. These growth-oriented investments tend to be more volatile, and you may want less volatility during your retirement. However, even during retirement, you will need to own a certain percentage of growth investments to provide you with the growth potential you'll need to stay ahead of inflation.

Keep in mind that diversification can't guarantee a profit or protect against loss. Nonetheless, building a diversified portfolio may help take some of the volatility out of investing — so look for diversification opportunities whenever possible. **NOW**

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

Happy Fourth of July

As we enjoy this Independence Day, let us also celebrate our freedom. We are free to set goals, make choices and take steps to prepare for the future we want to live.

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Staying Stress-free

Managing your stress will help you enjoy the beautiful weather and outdoor activities we experience this time of year in Texas. Stress management is important for a number of reasons. Stress can take its toll on our health in many ways, causing depression or anxiety, leading to heart disease and causing high blood pressure and obesity, among other things. While some level of stress in our lives is inevitable and can even be positive, it's important for people to learn how to manage their stress for their physical and mental health and well-being.

What is stress? According to the U.S. Department of Health & Human Services (HHS), stress is the body's response to any demand or change. Most people can identify with stress caused by negative situations, such as: the loss of a loved one, an accident, a difficult relationship or interaction or trouble at work. But stress can also result from positive situations, like getting married, having a baby or getting a new job. Stress can be either long-term or short-term, and can present itself in many ways.

Signs of stress include: not eating or eating too much, feeling like you have no control, needing to have too much control, forgetfulness, headaches, lack of energy, poor self-esteem, short temper, trouble sleeping, an upset stomach, back pain, and/or general aches and pains.

To reduce stress, consider improving your approach to stress management. The following are 10 suggestions about how to improve your stress levels:

- **Be organized.** Prioritize your to-do list and plan your time, being realistic about how long tasks will take.
- **Be flexible.** While planning is good and can help prevent stress, it also is

important to be prepared to change your plans and respond to situations as needed.

- **If you know a stressful event is on the horizon, be prepared.** This could mean thinking through responses for an interview or getting a good night's sleep before a long day at work.
- **Make it a habit to take a moment to breathe deeply and relax.** Stretch your muscles, too. Doing these things can relax your body and your mind.
- **Exercise.** Incorporating physical activity into your daily habits can help improve your mood and prevent stress.
- **Watch what you eat.** Give your body plenty of energy by eating vegetables, fruits and protein.
- **Avoid drinking alcohol excessively.** Do not drink alcohol as a means to manage your stress.
- **Do something for yourself.** Read a good book, listen to music, make plans with friends or enjoy a good laugh.
- **Talk to people.** Friends, families or co-workers may be able to help. In addition, verbalizing your stress can help relieve it.
- **Ask for help.** If you feel out of control, depressed or too overwhelmed to cope, ask your doctor for help. There are medical professionals who can help you navigate and control your stress. **NOW**

John Arkusinski, D.O., is a family medicine physician in Ennis, Texas, and is part of the medical staff at Ennis Regional Medical Center.



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Through July 3

Ennis ISD Summer Nutrition Program: 7:15-7:45 a.m. for breakfast and 11:15 a.m.-12:30 p.m. for lunch. **Monday-Thursday**, Carver Early Childhood Center, 600 E. Martin Luther King. Available free of charge for children ages 1 to 18.

Through July 31

Summer Story Time: 10:00 a.m.

Wednesdays, Ennis Public Library, 501 W. Ennis Ave. Geared to young children, this weekly event is part of the library's annual Summer Reading Program, and features performances by storytellers, musicians and puppeteers. For more information, call (972) 875-5360.

Through August 3

Summer Sunday Nights: 6:00 p.m., Tabernacle Baptist Church, 1200 Country Club Rd. **July 7**, Pool Night; **July 14**, Family Cook Off; **July 28**, Tabernacle's Got Talent. For more events and dates visit www.tabernaclefamily.org.

Through August 16

Summer Lunch: 11:30 a.m.-12:30 p.m., Boys and Girls Club, 1200 S. Clay.

Monday-Friday. For more information call (972) 872-7030.

July 3 — 4

Crape Myrtle Festival, Fireworks and Parade: 5:00 p.m. Waxahachie Sports Complex, 151 Broadhead Rd. Among features of the event are food vendors and children's activities. "Battle of the Bands" starts at 6:00 p.m. Fireworks begin at around 9:15 p.m. The Independence Day Parade takes place **July 4**, 10:00 a.m., winding from College Street to Getzender Park.

July 4

Freedom Festival: 6:00 p.m., I.O.O.F. Park, 45th St. and Hwy 22, Corsicana. Attractions include a fireworks display at dusk, food vendors and live entertainment provided by Groove Tones Band and Bella Voce Trio.

July 13

Ennis Opry & Dance: 7:00-9:30 p.m., Ennis VFW Post 7106, 3100 N. I-45. The event features the Gatlin Band, playing classic country, bluegrass, polka and gospel. Admission \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30. Concessions available. For more information call (972) 846-2014 or (972) 846-2211.

Summer Moonlight Movies – *The Blind Side*: 9:00-11:00 p.m., Franklin Street, between

College and Jackson streets, Waxahachie. Movie is free and open to the public. Concessions are available. Attendees are encouraged to bring blankets and lawn chairs.

July 19

Friday Night Movie Watch Party: 7:00-11:00 p.m., Sokol (KHB) Ennis, 2622 E. Hwy 34. For more information call (972) 875-7959.

July 27

Bristol Opry: 7:00 p.m., featuring local singers and musicians. Sponsored by Bristol Cemetery Association and Caring Hands of Bristol. For more information, contact Jim Gatlin at (972) 846-2211.

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In The Kitchen With Jeffrey Moss

— By Randy Biggam

Jeffrey Moss has enjoyed cooking since around the age of 7 when his mom taught him to scramble eggs. Educated at The University of Texas at Arlington, Jeffrey is fascinated with art and architecture, but cooking has become his greatest passion. Although he collects recipes from the usual sources – cookbooks, TV shows, friends and family – Jeffrey adds his own gourmet touch. “I make recipes, using my knowledge of technique, by adding or subtracting ingredients or by changing the texture by the way vegetables and proteins are cut.”

Jeffrey is proficient in all cooking styles, from “down home” Texas grilling to Asian stir fry. “I can also turn out a to-die-for Italian Cream cake,” he confided. “And throw down a killer pear ice cream with a sweet honey and fig sauce.” **NOW**

Sweet and Tangy Grilled Pork Chops

1/4 cup maple syrup
2 Tbsp. ketchup
1/4 cup apple cider vinegar
2 Tbsp. Dijon mustard
Dash of Tabasco
1 Tbsp. Worcestershire sauce
1 Tbsp. liquid smoke
4 bone-in pork loin chops
Salt and pepper, to taste

1. Combine first 7 ingredients in a bowl.
2. Season chops with salt and pepper.
3. Brush chops with glaze; grill about 7 minutes per side on medium heat.

Baked Lemon Chicken Breasts

1/4 cup extra virgin olive oil
10 garlic cloves, minced

Pinch of crushed red pepper flakes
1/3 cup white wine, such as sauvignon blanc or pinot grigio
Grated zest of 2 lemons
Juice of 1 lemon
1 Tbsp. oregano, freshly chopped (about 5-7 sprigs)
1 Tbsp. thyme, freshly chopped (about 10 sprigs)
Kosher salt and fresh cracked pepper, to taste
4 boneless, skin-on chicken breast, cut in half
1 lemon, cut into 8 wedges

1. Warm oil in a small sauce pan on medium low heat. Add the garlic and lightly brown until fragrant, 1-2 minutes.
2. Remove from heat; add pepper flakes, wine, lemon zest and juice and herbs. Season with salt and pepper; stir well. Transfer to 13x9-inch baking dish.
3. Pat chicken dry; season with salt and

pepper; place in baking dish. Spoon sauce over chicken; nestle lemon wedges in with chicken.

4. Bake at 400 F for 35-45 minutes, spooning sauce over chicken once during cooking. Serve with pan juices.

Seasoned Roasted Potato Wedge

3 Tbsp. extra virgin olive oil
1 tsp. smoked paprika
1/2 tsp. ground cumin
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. sea salt
1/2 tsp. cracked pepper
1 tsp. each fresh rosemary and thyme, chopped (optional)
2 large russet potatoes, cleaned, each cut lengthwise into 8 wedges

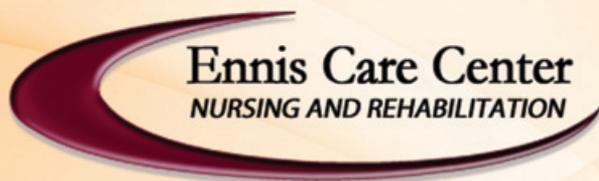
1. Combine and whisk all ingredients, except potatoes, in a large bowl.
2. Add cut potato wedges, mixing well to coat each one.
3. Place in a single layer on a sheet pan. Bake at 400 F for 30 minutes or until fork tender, flipping once halfway through.

Fried Mozzarella Sandwich

Makes 2 sandwiches

4 slices French bread, about 1/2-inch thick
Garlic butter spread
1/4 of an 8-oz. fresh mozzarella ball
15-20 fresh basil leaves
2 eggs
3 Tbsp. heavy cream (or milk)
2 Tbsp. parmesan cheese, grated
Salt and pepper, to taste
1/2 Tbsp. butter

1. Spread one side of each slice of bread with garlic butter.
2. Slice mozzarella about 1/4-inch thick. Lay mozzarella on buttered side of 2 slices of bread; top with basil leaves. Top the sandwich with remaining bread, buttered side touching basil.
3. Whisk the eggs with cream and parmesan in a shallow dish; with salt and pepper. Dip each assembled sandwich into the egg mixture, coating both sides.
4. Preheat butter on non-stick griddle pan on medium high heat. Cook sandwiches about 2 minutes per side, until golden brown and cheese melts.



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