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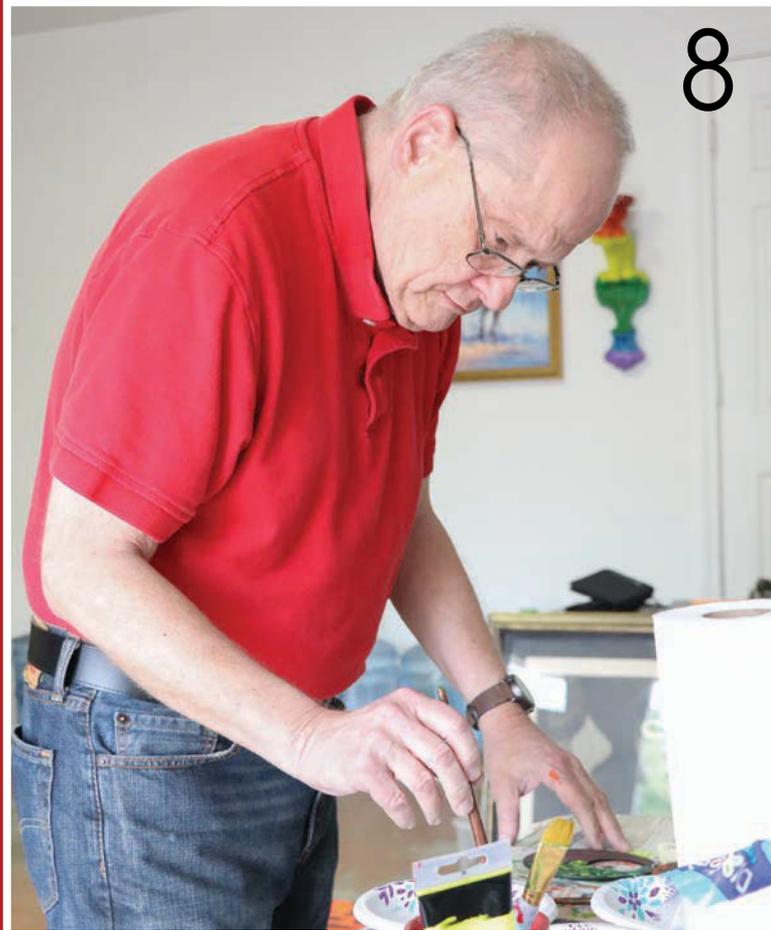
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**ON THE COVER**

*Any and all objects offer an open canvas for David Gregory.*

**Photo by**  
Hannah Chartrand.

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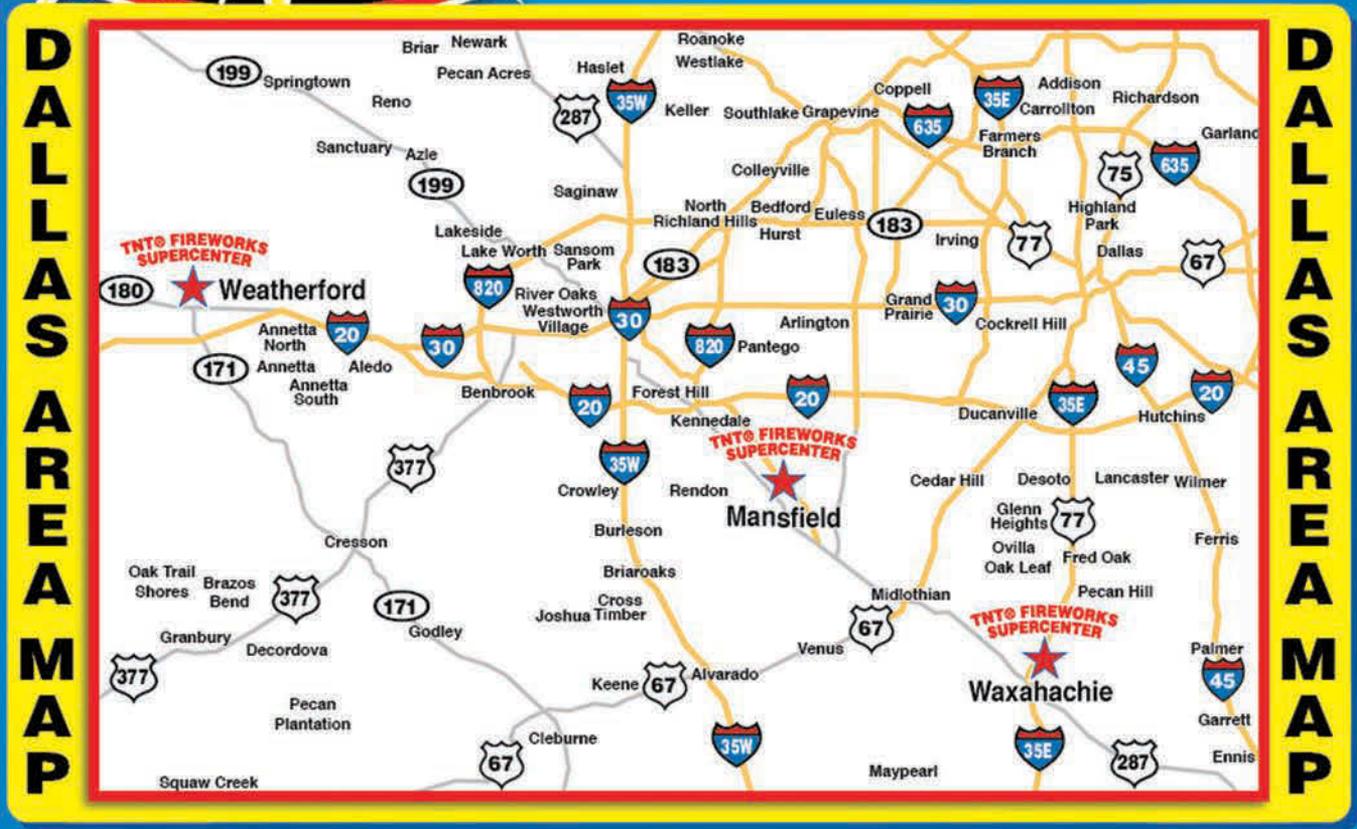


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# EDITOR'S NOTE



*Sandra*

Sandra Strong  
EnnisNOW Editor  
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*Let's play!*

We live in a day of technology — a time when games are mastered on an iPhone, iPad or computer. Back when I was a kid, we played with plastic Army men, Pick Up Sticks and Jacks, and most of these activities were enjoyed outdoors. I recall all the times my brothers and I would arrange the Army men in the dirt. When the “war” of little hands came, the men would fly every which way, only to be reset again and again. I also remember how rough and callused my right hand would be after playing Jacks on the sidewalk all day. These are memories of childhood I will always cherish.

I still have Jacks and Pick Up Sticks in the game cabinet, but I also keep a large container of LEGOs, a box of Hot Wheels and an overwhelming assortment of stuffed and hard resin animals on hand for the grandkids. I still remember my youngest son and his love for LEGOs. That love has definitely been passed down to his son. So many things have been crafted from LEGOs and a vivid imagination. The only downfall to LEGOs — not getting them all picked up after playtime is over. If you've ever stepped on a stray one, you know exactly what I'm talking about.

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# MULTI REF





# ICOLOR FASHIONING

— By Sandra Strong

*Many years prior to the color explosion of the '60s, '70s and '80s, David Gregory created unique pieces of art using a multicolored technique that brings new life to old things. "I call it refashioning," David shared. "The colors I use make people happy."*

David's driven personality has caused him to be a very driven artist — an artist who feels the need to paint every day. "An artist paints because he has to paint," David stated. "I am an artist, so I do try to paint something each day."

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At one time, David called Winston Salem, North Carolina, home. He opened an antique store. “I set up shop in a section of town with little foot traffic,” he recalled. “I had several colorful pieces I’d created on display.”

Stories about customers are many. One lady told him he couldn’t paint like this — using such bright colors and strange designs. She even asked him if he knew what a color wheel was. “I told her I’d never taken an art course, that I was self-taught. She said she could tell,” he remembered all too well. Another man came in and quickly covered his son’s eyes. “He told his son not to look, that this is what happens when someone gets hooked on drugs.”





He can laugh about the comments now, but at the time, he took the negative comments to heart, closing the store and returning to Texas. The artistic bug returned in 2017, when David retaught himself how to paint. “It was the technical part of painting that I had to relearn myself,” he said. “As an abstract artist, I never really lost my creativity, when it comes to color and design, but I did forget how to hold my paintbrush comfortably.” David is a firm believer that artists don’t live by a certain set of rules, and most artists who paint from their heart feel limited when put in a “color wheel” box.

David made a trip to Wal-Mart to purchase brushes and acrylic paint. He sat down in the garage in the home he shares with his sister and retaught himself how to paint. The first item he refashioned upon his return to creating was a snow ski. He wanted to paint a linear object that related to a sport that would still convey motion and energy when complete. “I wanted the colors in my art to produce a more profound motion and energy,” David explained. “I laid the ski across my bed and painted it. When an artist needs to paint, they will paint wherever they can.”

David’s creations are spontaneous and on purpose. His goal has always been to take something old and, many times, discarded — like shoes, wallets, watches, suitcases and

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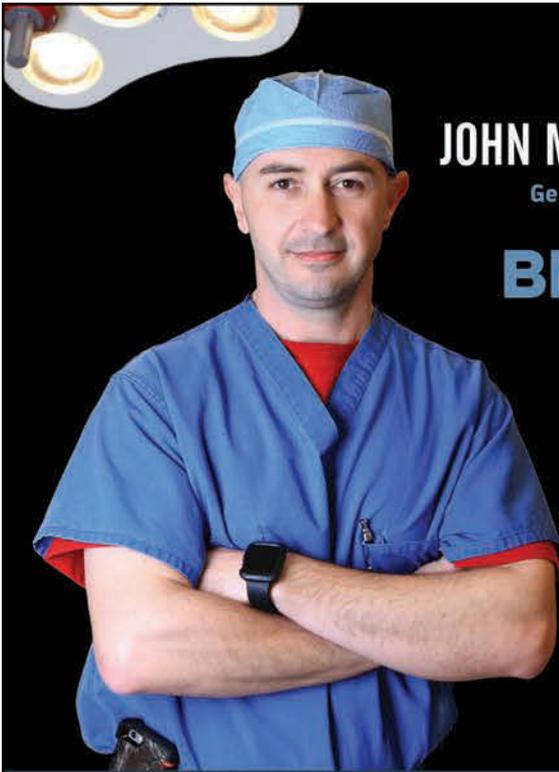
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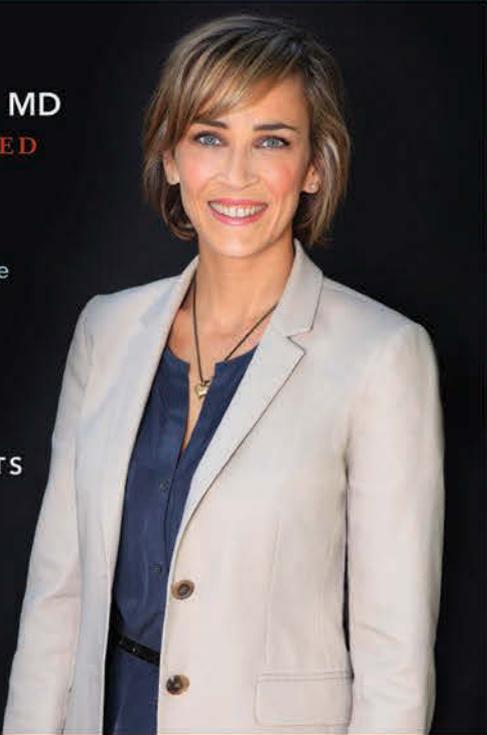
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conversational objects — and allow the paint colors and patterns chosen to bring new life to an item that had long since lost its beauty and flair. “I buy most of my items at garage sales and thrift stores,” he admitted. “I don’t usually paint shoes, unless they are 20-40 years old. A pointed pair of Donald Pliner shoes costs me \$4 today, but back in the day, those same shoes were \$400.” David knows this because years ago, he used to sell upscale shoes.

Shoes that David had in his own closet inspired him to move forward, allowing the artist within to get out. “I had shoes in my closet I still wanted to wear, but they were out of style,” he said. “I preferred to wear the ones I already had instead of buying new ones.”

He smiled as he remembered the hard lesson learned with the first pair of shoes he painted. “The paint on that first pair cracked,” he confessed. “I quickly learned that there are two types of acrylic paint. I went back to the store and purchased the acrylic paint made specifically for leather.”

David’s color schemes and overall design choices are dictated by the objects he paints. And in many cases, he finds great pleasure in painting sets. According to David, a set for





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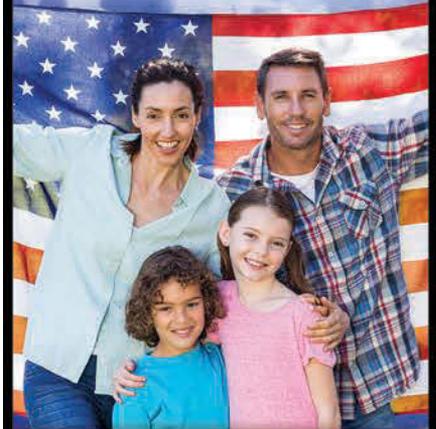
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a woman may include a cowboy hat embellished with a peacock feather, cowboy boots, a wristwatch and a vintage vanity case in green with animal prints. For a man, it could be a pair of jeans, leather loafers and a wallet in a mix of green, animal prints and fireflies.

Other noteworthy items are a “foot stool” with green feet and a cool leopard seat and shells in all shapes and sizes, which he gifts to those who appreciate his work. “To me, bright colors evoke a happy emotion, while bland colors don’t bring much joy,” David said. “The colors I use follow the sun. They are the same colors found in Italy and Spain — bright, cheerful colors that make people smile.”

David isn’t shy when it comes to wearing his art. Most mornings, he can be found at the downtown doughnut shop with his jeans tucked neatly into a pair of cowboy boots he refashioned. “Art elicits conversation,” he stated. “People don’t just look, they stop and talk about the art I’m wearing.” The art he creates is unique, wonderful, whimsical and quite unexpected, just like the man holding the paintbrush. **NOW**

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# COWBOYS AND CROSSES

— By Virginia Riddle



## AT HOME WITH KELLY & ROXANNE MARTIN

*When Kelly and Roxanne Martin met at Ennis' Refiners Fire Church, where Roxanne's brother is the pastor, it didn't take them long to get reacquainted. After all, they had known of each other during their student days in Palmer. "Kelly was younger than me," Roxanne recalled. "We just passed each other in the hallways as students and friends. Once we met again, we dated three months and got married."*

Dallas natives, Kelly and Roxanne did most of their growing up in Palmer and Ennis. Kelly worked for Data Documents in Hutchins for 20 years.



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Currently, he's a driver working for Airgas in Waxahachie. Roxanne has worked for Ennis Veterinary Clinic as a vet tech for 37 years.

"We have made our home in Palmer since 1992," Roxanne said. "There wasn't one tree on the property when we came here, and there were only a few homes along the road. Our house is little, but it's home to us." Kelly and Roxanne's daughters live in the area with their families that include the couple's seven grandchildren, ages 11 to newborn. Both daughters are school teachers.

"We have six granddaughters and one grandson," Kelly stated proudly. They enjoy having extended family members in the area all the way down I-45 to Fairfield.

"We're kind of homebodies," Roxanne admitted. "We work and keep the grandbabies. We're Mimi, my grandmother's name, and Papa to these grandbabies, and we love taking



them camping, fishing, vacationing, bowling and whatever their hearts' desire." She also volunteers at the church's outreach mission, enjoys reading and working in the yard. Roxanne had spent much time caring for her dad until his passing. With more time on her hands now, Roxanne looks forward to traveling.

"We love going to Dr. Chancellor's cabin in Colorado as much as possible. We're planning a trip soon to Mt. Rushmore," Roxanne said.

Deer hunting near Fairfield with his parents occupies Kelly's spare time during deer season, but he also enjoys working in the yard and playing 18 holes of golf. "I also like getting into the hot tub at the end of the day," he admitted. Together, the Martins enjoy playing dominoes and bowling with friends.

Their home is country living at its best with the broad view of a valley from their front porch where wind chimes sing forth in summer breezes.

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A tricycle, trampoline, swing set and fenced and gated front yard keep the grandkids happy, safe and busy. Birds flock to the bird baths and houses, providing plenty for the couple to watch as they relax with the grandkids on the porch.

Kelly and Roxanne built a barn, first for horses, but they now plan on housing show or pigmy goats for the grandchildren. “We’ve put in the pool, the carport and a breezeway, and we enclosed the garage to create more space in the house,” she said. “The grandkids are like fish in this pool, but we keep a custom-made net over it to keep from having a tragic accident. It will catch them if they fall in just like a spider’s web catches an insect.”



The pool is landscaped with large decorative rocks, fountains, a bright fence and palm trees. The breezeway provides comfortable seating throughout all the seasons of the year. Roxanne’s workshop, which adjoins the carport, is where she creates decorative crosses. “I house my paints in my dad’s old gun cabinet,” she explained. The family’s two cats, Punk and Smoke, hang out here.

A Western and cowboy theme runs through the home’s decor. “It’s natural for us since my mom was a barrel racer, and my grandpa rode trail,” Roxanne revealed. Saddles and tack lay in honor on stands. The walls are decorated with a longhorn, Texas flag and Lonesome Dove sign. “Kelly’s a big Dallas Cowboys fan,” Roxanne said. “He’s only missed one game — the Superbowl — when we got married.”

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The couple enjoys decorating and entertaining during Christmas and Thanksgiving. “We put up three to four Christmas trees, and Kelly gave me the Christmas village that’s in the china cabinet,” Roxanne said. “All the other dishes were my mom and dad’s or my grandmother’s.”

Roxanne’s cross creations decorate one living room wall. “I used my grandmother’s vintage jewelry to decorate my favorite cross,” she added. Photos of the grandbabies are displayed among the crosses and Kelly’s childhood wooden sleigh is displayed beneath them. The kitchen with its breakfast bar is a hub of activity when grandkids get hungry.

An office holds more family treasures. “The chair was made by my great-grandpa, and this is my dad’s Army chest,” Roxanne pointed out. “It’s just old stuff with lots of memories, but this room is quiet and peaceful.”

The sitting room is where they spend most of their time. “We chill out here while drinking our morning coffee, and we love watching the birds,” Roxanne said. “This is our view on the world.”

The hallway to bedrooms and a Western-themed bathroom holds photos of their daughters, grandkids and those who have passed onward. “I love to scrapbook, but that hobby takes lots of time,” Roxanne admitted.

Granddaughters can’t help but have sweet dreams in their bedroom decorated in pink, blues and sparkles. Vintage glass doorknobs hold little girls’ treasures and a dollhouse is ready for play. Roxanne’s first canvas painting of horses lives here, and a pink cowgirl hat is ready for dress-up play.

Kelly remarked, “We enjoy living here. We have good neighbors.”

“I have had the same neighbors for as long as I’ve been here, and that’s great,” Roxanne agreed. “We love life in Palmer and Ennis. It’s home.” **NOW**

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# Serving Those Who Served

— By Virginia Riddle

Every Memorial Day weekend, flags and flowers are placed with honor at U.S. military veterans' graves in Myrtle Cemetery, Ennis Memorial Cemetery, St. Joseph Catholic Cemetery and Crisp Cemetery. It's the work of Alex Wensowitch, who reflected, "I didn't serve, but I take joy in getting to serve those who did serve this country. It's my way of paying back."

An Ennis native, Alex's dad immigrated to the United States following WWII. "He came through the Church World Service Organization," Alex recalled. "Citizenship was valued in my family, since my father was Boy Scout Counselor for the Citizenship Merit Badges."

Through their daughters' high school activities, Alex and Perry Giles met, and Alex became involved in searching for information on deceased Ellis County veterans from WWI

through the Global War on Terrorism. "I've been 'allowed' to help Perry since 2000," Alex quipped. "Perry owns Giles Monument Company in Waxahachie and is responsible for many of the veterans' memorials in Ellis County. My searches have allowed me to meet a lot of people."

The search is on for any veteran who died, no matter the cause of death, while in the service of his or her country. The Internet, especially the National Archives website, is helpful, but Alex also seeks out the veteran's relatives. "Family photos, letters and other documents are wonderful," Alex said. Just like all genealogists know, however, sometimes the searches are lengthy. "I spent 11 years searching on one individual," Alex commented.

One of his more memorable searches was that of Jessie F. Cleveland, who was killed on WWII D-Day's Omaha Beach. "Through the Internet, I found the commander of his boat team," Alex recalled. "The commander remembered where and when Jessie was killed. They were in an Army unit that was the precursor to the Navy Seals."

Another search revealed that Edgar Earl McElroy was a pilot on Plane 13 during the Doolittle Raid over Tokyo, Japan,

in 1942. "Other useful information is available in the Air Force's missing crew reports," Alex explained. "The military keeps detailed records and much of the world wars' information has been declassified and made public."

Reluctant to take credit for his volunteer work, Alex added, "Jimmy and Ginger Boon have given me their personal support, and the late Jim Templin motivated me and gave his support when I was getting started. My wife, Janis, is also very supportive."

Alex and Janis have two grown children and three grandchildren. "My searches started in 2000, when our youngest graduated from high school. I needed something to fill my time," Alex revealed. A foreman for a Dallas-based pipeline construction company, Alex serves as the Crisp Cemetery Association's treasurer and is a member of the Ellis County Veterans Memorial Committee. Alex is also a member of First Presbyterian Church in Ennis. Janis is a member of St. John Catholic Church.

With 57 searches completed, to date, Alex's work will continue onward, especially into his retirement years. "There are so many avenues to explore," Alex said. "The majority of Ennis veterans are from the WWII era, but I know there's still a lot of research to do. We have over 300 names on the memorial at the Waxahachie Civic Center, but we know that's not a complete listing. I would be interested in hearing from other Ellis County veterans' family members."

Alex is open to making his research public. "In the future, I might work with a university, such as the University of North Texas. It has the means and capability to place our research on its portal," he stated.

Respect for veterans is paramount. "I use the Old Guard Ceremony from Arlington National Cemetery," Alex said. "Relatives should know their deceased is remembered." **NOW**

*Editor's Note: For more information, email [alvhenso@aol.com](mailto:alvhenso@aol.com).*

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*In the Kitchen With*  
 MARIAH MARSHALL  
 — By Lindsay L. Allen

Mariah Marshall performs well in many areas, not just the kitchen. Be it dance or gymnastics, piano or guitar, she can take center stage. When the 14-year-old experiences rare down time, she likes to help her mom in the kitchen. “Every Christmas holiday, I enjoy baking and decorating cookies,” she said. “I also love helping with food preparation during Thanksgiving.”

Mariah, who is homeschooled, is an avid reader and prefers books about animals and historical fiction and hopes to one day learn how to play more instruments. Additionally, she is part of a praise dance team and spends part of her summer teaching other girls how to dance at a summer camp. **NOW**

## Red, White and Blue Salad

**Blueberries, to taste**  
**Strawberries, to taste**  
**Bananas, to taste**

**1.** Place blueberries, chopped or sliced strawberries and chopped or sliced bananas in a large bowl; mix together.

## Bisquick Cheese Garlic Biscuits

**2 cups Bisquick mix**  
**2/3 cup milk**  
**1/2 cup cheddar cheese, shredded**  
**1/2 tsp. garlic powder**  
**2-3 Tbsp. butter, melted**

**1.** Heat oven to 450 F  
**2.** In a small bowl, stir Bisquick mix, milk, cheese and garlic powder to make a soft dough.  
**3.** Drop dough by the spoonful onto an ungreased cookie sheet.  
**4.** Bake for 8 minutes, or until golden brown; brush tops with butter. Serve warm.

## Salisbury Steak

**Steak:**  
**2 lbs. ground beef**  
**1 sleeve crushed saltine crackers**  
**1 onion, chopped**  
**2 eggs**  
**1/4 cup milk**  
**1/4 tsp. salt**  
**1/8 tsp. pepper**

**1/4 tsp. garlic powder, or granulated garlic**  
**1 Tbsp. Worcestershire sauce**  
**1 1/2 cups flour**

**Gravy:**  
**2 pkgs. brown gravy**  
**2 cups water**  
**1 can chicken broth**

**1.** Preheat oven to 375 F  
**2. For steak:** Mix all ingredients, except flour; form into patties that are about the size of one dry measuring cup.  
**3.** Roll each patty in flour; place in a skillet to lightly brown each side.  
**4.** Lay browned patties in a large casserole dish.  
**5. For gravy:** Mix all ingredients. Stir well; pour over the patties.  
**6.** Bake covered for 45 minutes, and then bake uncovered for an additional 20-30 minutes, or until gravy reaches desired consistency. Turn over halfway during cooking to keep each side from drying out, if necessary.

## Slow-cooker Shredded Beef Tacos

**2-3 lbs. lean beef tender roast or chuck roast**  
**2 Tbsp. olive oil**

- 1 Tbsp. chili powder
- 1/2 Tbsp. ground cumin
- 3/4 tsp. paprika
- 1/2 tsp. coriander powder
- 1 1/2 tsp. salt
- 1/2 tsp. cayenne pepper
- 1 clove garlic, minced
- 1/4 cup vinegar
- 1/4 cup water
- Corn tortillas

Garnishes: sliced purple onion, shredded cheese, raw spinach, guacamole, salsa, etc.

1. Lay the roast in the slow cooker.
2. Mix remaining ingredients, except for the garnishes and tortillas; pour over the roast.
3. Cook on low for 8 hours.
4. Remove roast from slow cooker; place on platter or large plate and shred with two forks.
5. Pour some of the juice from the slow cooker onto meat to keep it moist, if desired.
6. Serve inside corn tortillas with garnishes of your choice.

### Sopapilla Cheesecake

- 2 cans refrigerated crescent roll dough (divided use)
- 16 oz. cream cheese
- 1 cup sugar
- 1/4 tsp. vanilla
- 1/2 cup butter, melted
- 1/2 cup cinnamon sugar (mix 1/4 cup sugar with 1/4 tsp. cinnamon)

1. Preheat oven to 350 F
2. Using a 9x13-inch baking pan or casserole dish, unroll one can of crescent roll dough; line the bottom of the pan/dish.
3. Mix together the cream cheese, sugar and vanilla.
4. Spread mix over the crescent rolls.
5. Unroll the other can of crescent rolls; place on top of cream cheese mixture.
6. Pour melted butter over the top; sprinkle with cinnamon sugar mix. Bake for 30 minutes.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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BusinessNOW

# JPH Mechanical Services

— By Sandra Strong

## JPH Mechanical Services

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When people in Ennis and its surrounding area need air conditioning/heating or electrical services provided for their home or business, Doris Honza is probably going to be the friendly voice that answers the phone at JPH Mechanical Services. Doris and her husband, Jon, have owned and operated the service business in the same location since August 2010. Renovations to the building in 2017 give the business an updated look. “We wanted to do our part to



make the Kaufman Street Corridor more attractive. Our building is a reflection of our work,” Doris said.

Jon holds a Texas Air Conditioning and Refrigeration License and Master Electrician License and has more than 35 years of experience. JPH repairs, replaces or installs all brands and models of air conditioning/heating equipment (HVAC) in existing or new construction for residential and commercial properties. JPH is an authorized Trane Air Conditioning and Heating dealer. Jon and his staff also provide residential and commercial energy management solutions, air quality solutions for a healthier environment, spring cleaning solutions and maintenance plans to keep systems operating efficiently and lasting longer.

The business accepts cash and major credit cards. For customers who need to finance their project, staff can help make arrangements through Wells Fargo Financial, so there is no delay in getting equipment installed.

In addition to Jon and Doris, their son, Kevin, works in the business. Also on staff are three full-time technicians and two part-time employees. Training is ongoing with mandatory continuing education required every year.

Challenges abound in this ever-changing business. “In prime seasons, it’s hard to keep up with the demand, especially in the summer. We work in some pretty harsh environments, so we don’t always have pressed pants and ironed shirts like you see in advertisements,” Jon remarked. He also has to keep up with the ever-changing efficiency and health standards set by the federal government. “Refrigerant that we transport daily is classified as a hazardous material,” he said. Additionally, there are many technological changes with the advent of computerized equipment that can now be linked to customers’ smartphones.

However, both Jon and Doris confess the joys far outweigh the challenges. “I enjoy being able to resolve customers’ problems,” Jon said.

“Jon really does care about people in this community, and he’s really good at following up, even when a customer’s problem is really small,” Doris revealed.

Jon is a native of Ennis, and while Doris grew up in Mesquite, her family is from Ennis. Jon graduated from St. John High School and from the career pilot program at Navarro College in 1981.

Community is important to this couple. JPH Mechanical Services has agreed to provide a high-efficiency air conditioning and heating system at no cost for a Habitat for Humanity home currently being built in Ennis. Jon serves on the Ennis Airport Board and the city of Ennis Building Standards Commission. Jon and Doris are members of St. John Nepomucene Catholic Church in Ennis.

“We have many good customers — loyal, good people who deserve to be treated fairly,” Jon said. “We will continue to treat them right.” **NOW**

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## TravelNOW

# A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Savour's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at [gotolouisville.com](http://gotolouisville.com).

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## Let's Get Physical

— By Zachary R. Urquhart

*There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.*

### Stretch It Out

• *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.



• *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better

results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

### Spin It Out

• *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



• *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by

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## Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.



Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**

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## Zoomed In: Tabitha Grant

By Sandra Strong

Later this month, Tabitha Grant will be moving away from the only home she's ever known, but she is looking at the move as the next adventure on her life's journey. "I really am looking forward to a new beginning and a new atmosphere," she said with a smile.

She started kindergarten in EISD, and she recently graduated with the Ennis High School class of 2018. She will be attending college at The University of Texas at Tyler, where she plans on working toward a degree in teaching. And, yes, like anyone who leaves home for the first time, there are things that will surely be missed. "I think I will miss coming home to a clean house and room," Tabitha admitted. "I'll miss the free food, my friends and my family, but I know I'll miss my church the most."



*Kinsey and Kailey Ray, great-granddaughters of Joe and Mary Zambrano, enjoy the blue of the bluebonnets.*



*Zaylee Morris shows her shy side after finishing her meal at Napoli's Italian Restaurant.*



*Members of the Berakhab Children's Choir from Uganda prepare to watch their first ever Polka Festival Parade.*



*Robb Freed pedaled his bike to Kick Ass Ranch Vacation Rentals here in Ennis on his 8,000-mile journey to increase awareness for EB or epidermolysis bullosa.*



Members of the Marine Corps League Ellis County Detachment 1452 proudly march in the National Polka Festival Parade.



The players on the Thunder soccer team listen as their coach gives them instructions for the second half of a game.



Dr. Alexander Weir poses for a photo with EHS Ag students at the recent ribbon cutting and open house for the new Ag building.



The loud fire engine sirens have Karleigh Strong covering her little ears.

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# Calendar

July:

1

*The Stinky Cheese Man*: Ennis Public Theatre, 113 N. Dallas St. For curtain times and to make reservations, visit [www.EnnisPublicTheatre.com](http://www.EnnisPublicTheatre.com).

10, 18

Survivor Trail, Surviving Cancer Together: 6:30-8:00 p.m., Cowboy Church of Ellis County. (972) 935-9801 for topic titles, more information and directions to the church.

14

Christmas in July: 9:00 a.m.-5:00 p.m., SPJST Hall, 1901 E. Ennis Ave. Fun shopping event.



21

Back in Time Prom: 7:00 p.m., Sokol, 2622 Hwy. 34. This event is for adults only. For more information, call the ECVB at (972) 878-4748.

August

8, 22

Survivor Trail, Surviving Cancer Together: 6:30-8:00 p.m., Cowboy Church of Ellis County. Call (972) 935-9801 for topic titles, more information and directions to the church.

9 — 19

*Little Shop of Horrors*: Ennis Public Theatre, 113 N. Dallas St. For curtain times, pricing and reservations, visit [www.EnnisPublicTheatre.com](http://www.EnnisPublicTheatre.com).

Ongoing:

Mondays:

Sign Language Class: 4:00-5:30 p.m., Ennis Public Library, 501 W. Ennis Ave. Classes are free and available for all ages. No sign up required.

Second Mondays

Parkinson's Support Group: Ennis Regional Medical Center.

Third Mondays

Ellis County Veterans Networking Group: 6:00 p.m., Ryan's Buffet, Waxahachie. For more information, call Mike Lamb at (214) 763-0378 or visit [vetsnetgrp@att.net](mailto:vetsnetgrp@att.net).

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin, Waxahachie. For more information, visit [www.elliscountyyaggiemoms.org](http://www.elliscountyyaggiemoms.org).

Fourth Mondays

Texas Master Naturalists Indian Trails Chapter: 6:00 p.m., First United Methodist Church, Waxahachie. The program begins at 7:00 p.m. For more information about the group, visit [www.txmn.org/indiantrail](http://www.txmn.org/indiantrail).

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Ave.

Tuesdays

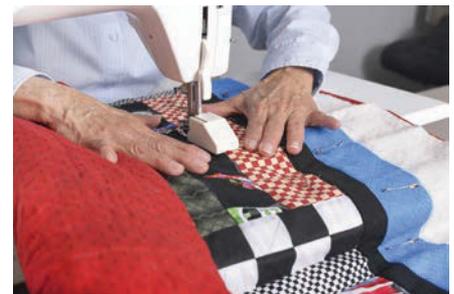
Lariat Bridge Club: 6:30 p.m., Boy Scout Cabin, 1139 Brown St., Waxahachie. For more information or to confirm the meeting, email Shari at [weatherscf@yahoo.com](mailto:weatherscf@yahoo.com) or call (505) 270-4017.

Second Tuesdays

Ennis Masonic Lodge No. 369 meeting: dinner at 6:30 p.m., meeting to follow at 7:30 p.m., Masonic Lodge, 209 N. Dallas St. For more information, contact Cecil Curry at [ccurry\\_98@yahoo.com](mailto:c Curry_98@yahoo.com).

First Wednesdays

Bluebonnet Patches Quilt Guild meeting: 9:30 a.m., First Presbyterian Church, 210 N. McKinney. Contact Judy Wensowitch at (972) 921-8800 or Diana Buckley at [SeldomSeenQuilting@gmail.com](mailto:SeldomSeenQuilting@gmail.com) for more information.



Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. For more information, contact Barb at (214) 463-5064 or email [barb.jacobs19@yahoo.com](mailto:barb.jacobs19@yahoo.com). Reservations are due **Sunday** before the meeting.

Thursdays

Chess: 5:30-7:30 p.m., Ennis Public Library, 501 W. Ennis Ave. Elementary age and above. No sign up required.



Ellis County Bible Study  
Fellowship Satellite Class: 6:30 p.m.,  
Waxahachie Bible Church, 621 N.  
Grand Ave., Waxahachie. This is  
a nondenominational Bible study  
class. For more information, call Lou  
Archibald at (214) 850-5303.



Second Thursdays  
Mom's Connected meeting: 9:30-  
11:30 a.m., Tabernacle Baptist  
Church, 1200 Country Club Rd. Call  
the church office at (972) 875-3861  
for more information.

Fourth Thursdays  
MACS: 6:00 p.m., Tabernacle Baptist  
Church Life Center. Evening includes  
a covered dish meal and a program of  
singing or informational message.

First and Third Fridays  
MOPS meeting: 9:30-11:30 a.m.  
during regular school semester,  
Tabernacle Baptist Church,  
1200 County Club Rd. Visit  
[www.tabernaclefamily.org/mops/](http://www.tabernaclefamily.org/mops/).

Second and Fourth Fridays  
Ennis Bridge Club: 1:00 p.m.,  
Ennis Public Library, 501 W. Ennis  
Ave. For more information, email  
Judy at [judytx@sbcglobal.net](mailto:judytx@sbcglobal.net) or  
call (972) 878-1035.

Saturdays  
Ennis Farmers Market: 8:00 a.m.-  
1:00 p.m., downtown Ennis.  
For more information, visit

[EnnisTX.com/FarmersMarket](http://EnnisTX.com/FarmersMarket) or  
call (972) 878-4748.

Fourth Saturdays  
Bristol Opry: 7:00 p.m., featuring  
local singers and musicians. For more  
information, contact Jim Gatlin  
at (972) 846-2211.

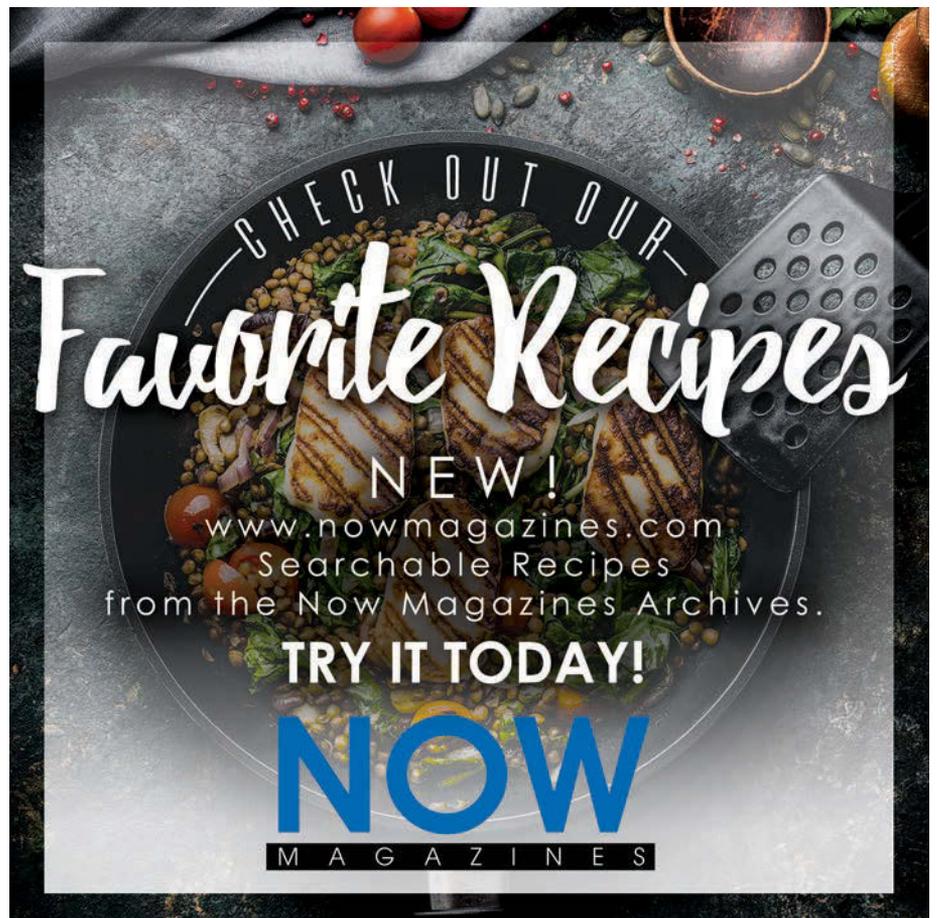


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# Newer Investors: Don't Panic if Bear Market Returns

If you're in your 20s or 30s, you might be starting to focus more on investing to reach your financial goals. Because of this, you also may be more attuned to moves in the financial markets.

Depending on your age, you may have only experienced the bull market of the past nine years, so you might not know what to expect — or how to respond — whenever the next bear market strikes.

Of course, just recently, you've witnessed a market correction — a drop of at least 10 percent in the major stock market indices, such as the S&P 500. This sudden plunge made big news and reminded many investors of how volatile the financial markets can be. But a full-fledged bear market usually isn't identified until the markets are down 20 percent from their recent highs. Plus, bear markets, unlike corrections, tend to linger for a while.

The last “bear” emerged from hibernation in October 2007 and stayed on the prowl until early March 2009. During that time, the S&P 500 declined by about 50 percent. Clearly, investors were not happy, but the market recovered and moved to new heights. This long and strong run-up may have obliterated your bear market memories, if you ever had them at all. And that's why you might want to familiarize yourself with some of the bare facts about bear markets:

**Bear markets may provide good buying opportunities.** When gas is expensive, you may just buy a few gallons at a time, but when the price falls, you're probably more likely to fill up your tank. The same principle can apply to investing — when stock prices are down, your investment dollars will buy more shares. And the more shares you own, the greater your ability to build wealth once the share price rises. In short, a bear market may provide you with a chance to buy quality investments at good prices.

**Bear markets don't last forever.** No one can predict precisely how long bear markets will run, but they've typically been much shorter than bull markets. So, while you might not particularly like looking at your investment statement during a decline, you can take some comfort in knowing such downturns are a normal feature of the investment landscape.

**Bear markets don't affect all investments equally.** If you only own U.S. stocks, your portfolio may well take a sizable hit during a bear market. But other types of investment vehicles may not be as directly affected, and some may even show positive results. Consequently, you could reduce the bear's “bite” if you also own a variety of other investments, such as international stocks, bonds, government securities, certificates of deposit (CDs) and so on. However, while owning this type of diversified portfolio can help reduce the impact of market volatility, it does not guarantee profits or protect against losses.

A bear market can be challenging. But by making the right moves, such as staying patient, looking for buying opportunities and maintaining a diversified portfolio, you may be able to prevent a market decline from becoming unbearable. **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.*

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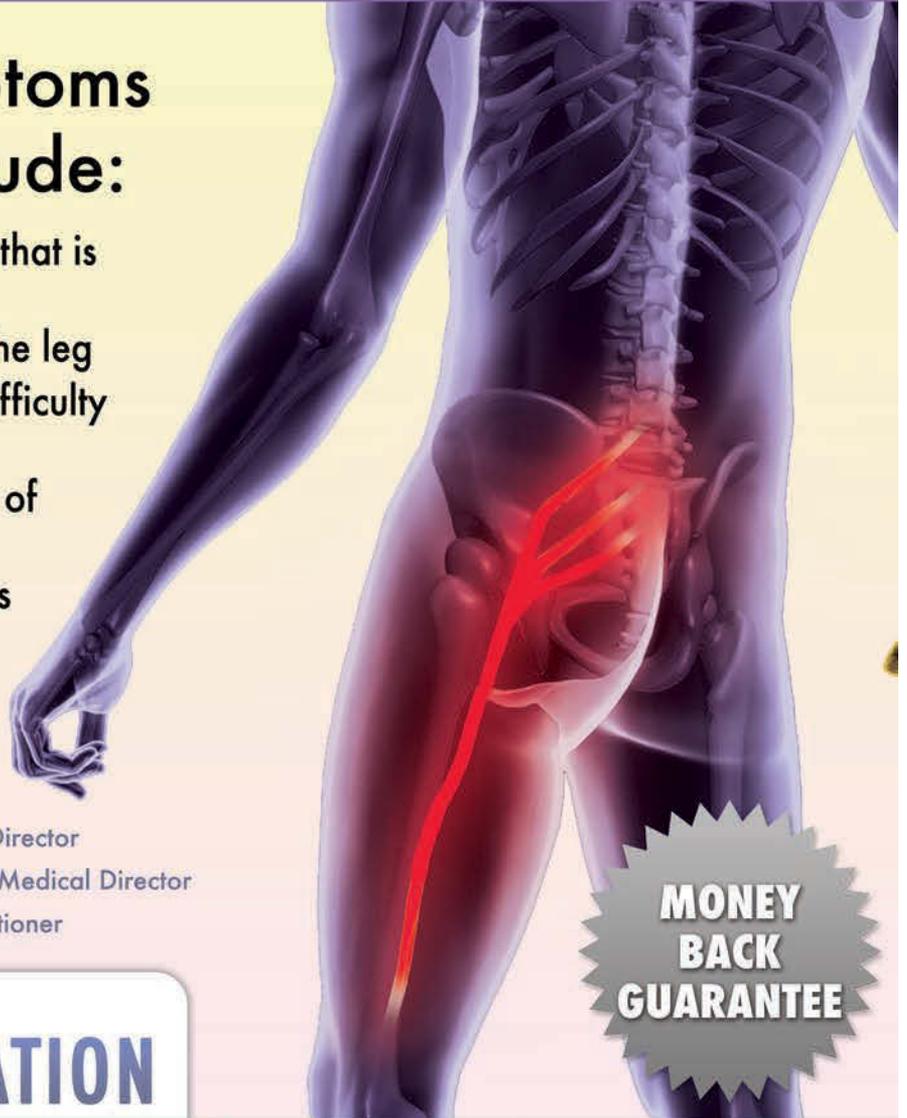
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