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JULY 2023

The Cost of Freedom

Larry Fincher and fellow veterans spotlight those who served

Riding the Rails

The Katy Railroad was a vital link between Texas and the rest of the country

Also inside:

Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:

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ON THE COVER

The Liberty Bell reminds us of the freedoms we celebrate this Independence Day.

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EDITOR'S NOTE



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Let freedom ring ...

Bells have been used for centuries for myriad purposes. I think of the bells in church steeples used to call us to worship, dinner bells to call us to the table or, perhaps, bells used to signal the time of day. They may be used to ring in a celebration, or they may be the only instruments used to make the beautiful melodies of a handbell choir.

As we celebrate Independence Day, my thoughts turned to the Liberty Bell. The Liberty Bell actually has a somewhat obscure history, in that there is a degree of certainty that it was *not* rung on July 4, 1776, though many historians ascribe to the idea that it must have been rung on that day, but it is generally agreed that it rang, along with many other bells, in celebration of the reading of the Declaration of Independence on July 8.

Whether it rang on a particular day does not have more significance than the bell itself and what it represents. It stands for liberty. That very important document says, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." It is worth noting that these rights were not conferred by any government entity. They came from our Creator.

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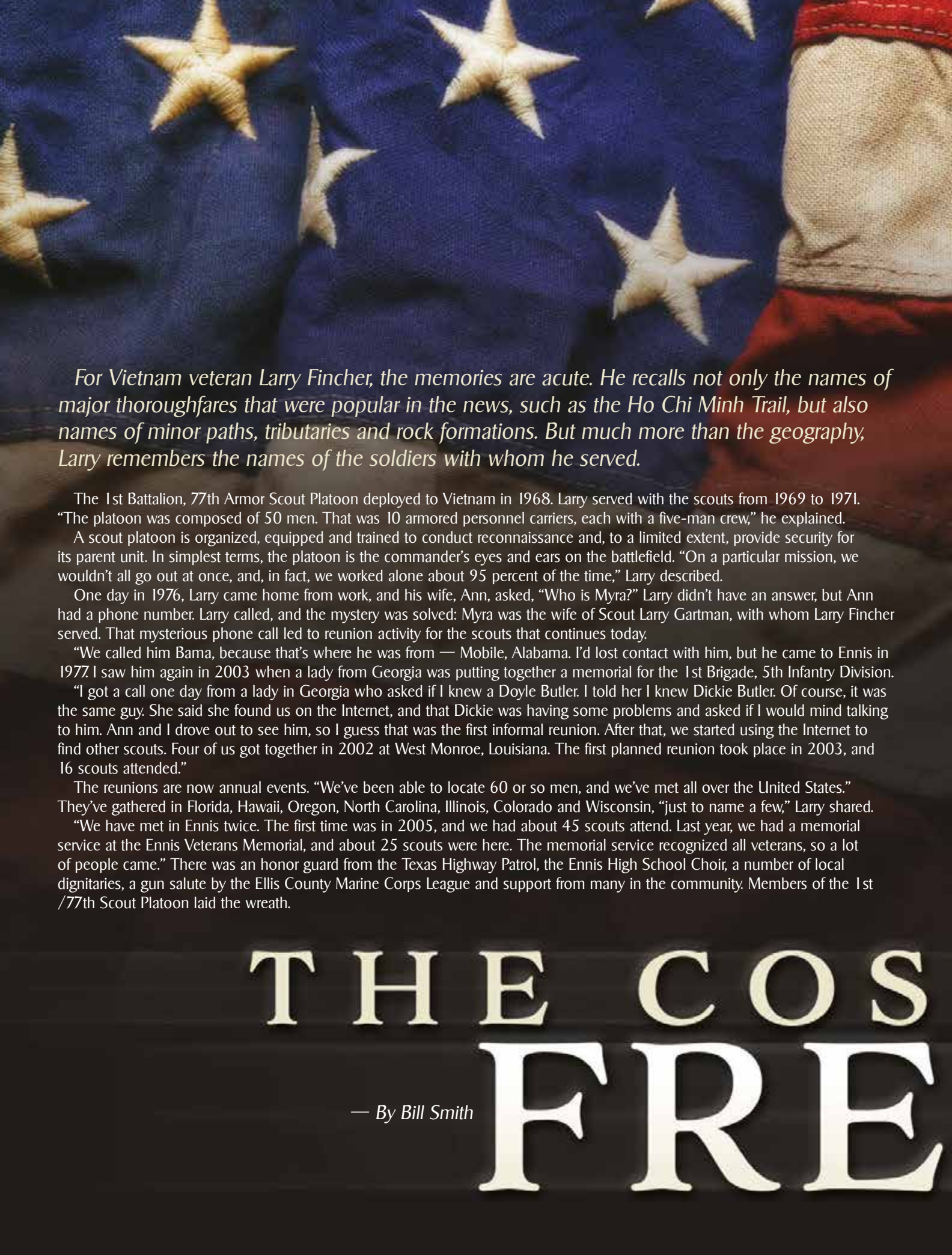


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For Vietnam veteran Larry Fincher, the memories are acute. He recalls not only the names of major thoroughfares that were popular in the news, such as the Ho Chi Minh Trail, but also names of minor paths, tributaries and rock formations. But much more than the geography, Larry remembers the names of the soldiers with whom he served.

The 1st Battalion, 77th Armor Scout Platoon deployed to Vietnam in 1968. Larry served with the scouts from 1969 to 1971. "The platoon was composed of 50 men. That was 10 armored personnel carriers, each with a five-man crew," he explained.

A scout platoon is organized, equipped and trained to conduct reconnaissance and, to a limited extent, provide security for its parent unit. In simplest terms, the platoon is the commander's eyes and ears on the battlefield. "On a particular mission, we wouldn't all go out at once, and, in fact, we worked alone about 95 percent of the time," Larry described.

One day in 1976, Larry came home from work, and his wife, Ann, asked, "Who is Myra?" Larry didn't have an answer, but Ann had a phone number. Larry called, and the mystery was solved: Myra was the wife of Scout Larry Gartman, with whom Larry Fincher served. That mysterious phone call led to reunion activity for the scouts that continues today.

"We called him Bama, because that's where he was from — Mobile, Alabama. I'd lost contact with him, but he came to Ennis in 1977. I saw him again in 2003 when a lady from Georgia was putting together a memorial for the 1st Brigade, 5th Infantry Division.

"I got a call one day from a lady in Georgia who asked if I knew a Doyle Butler. I told her I knew Dickie Butler. Of course, it was the same guy. She said she found us on the Internet, and that Dickie was having some problems and asked if I would mind talking to him. Ann and I drove out to see him, so I guess that was the first informal reunion. After that, we started using the Internet to find other scouts. Four of us got together in 2002 at West Monroe, Louisiana. The first planned reunion took place in 2003, and 16 scouts attended."

The reunions are now annual events. "We've been able to locate 60 or so men, and we've met all over the United States." They've gathered in Florida, Hawaii, Oregon, North Carolina, Illinois, Colorado and Wisconsin, "just to name a few," Larry shared.

"We have met in Ennis twice. The first time was in 2005, and we had about 45 scouts attend. Last year, we had a memorial service at the Ennis Veterans Memorial, and about 25 scouts were here. The memorial service recognized all veterans, so a lot of people came." There was an honor guard from the Texas Highway Patrol, the Ennis High School Choir, a number of local dignitaries, a gun salute by the Ellis County Marine Corps League and support from many in the community. Members of the 1st /77th Scout Platoon laid the wreath.

THE COS FRE

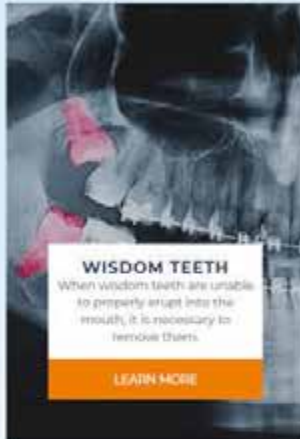
— By Bill Smith



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Reunions of the scouts, as reunions of other veterans, are cathartic. "We don't really even have to talk. There's something calming about just getting together. We do lots of eating. Some may drink a little, and we may throw horseshoes or bean bags."

The scouts don't all come. "Some we talked to for several years before they came, and now they say they would not miss it," Larry shared. "Others are determined never to come. They say it's a part of their life they've put behind them. We had three men killed in action, and we've lost many since we came home. Agent Orange was sprayed everywhere we were. We've lost eight scouts since 2017."

Larry is involved with veterans regularly and continues to serve when called upon. The Ennis Veterans Memorial Park is a tribute to veterans of all branches of the military and all the wars in which America has been involved. A plaque at the park cites Larry as chairman of the committee when the park was built.

"I'd been going on Harley Davidson motorcycle rides all over the country, and I'd seen a lot of memorials," he explained. "I mentioned that we needed to build one here, and Marilyn Wylie asked me one day if I was ready to build it."

Larry is quick to point out the many others who worked to make the vision a reality. "We started talking about it in 2009. Marilyn, who was so instrumental in organizing the first Honor Flight for Ellis County WWII veterans, called some

of us together at her home. Dan Cook was the American Legion commander at the time. I know I can't recall all of the names, but Buddy Markham, Bill Lewis, Dona Harvell, Becky Roberts, Danny Neil, Dudley Fox, Randy Joslin, Dane Williams ..." Larry's voice trailed off, as he noted there are many more names on the park plaque.

"We had an idea for the design using a star and indicating all of the branches of service. We gave our rough idea to an architect, and they came up with the plans. Fundraising started pretty slow, but soon a couple of major contributors stepped up — they would not want their names mentioned — and we had about \$90,000 when we started. Donations and the sale of brick pavers have resulted in about \$300,000 in the project to date, and we're still selling pavers," Larry said with gratitude and humility.



"Young people need to know what the cost is to have the freedom we enjoy, and that they cannot take the basic things we have today for granted — things like decent food and a nice bath. Soldiers may go a long time without a bath unless they cross a river. Dry clothes are something to be thankful for, but you might not be as thankful as those guys who have lived in a monsoon."

Printed on the program for the memorial service last year is the phrase, "All gave some; some gave all." The poignant words remind us of the sacrifices made for our freedom by veterans of every era. **NOW**

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~ Proverbs 23:18 (ESV)



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— By Angel Morris

You may have heard of the Missouri-Kansas-Texas Railroad, but the Katy Railroad may sound more familiar. That's the better-known nickname of the first railroad to connect Texas from the north with the rest of the United States.

Since the railway was often called “the K-T” — representing the Kansas-Texas division of the Missouri Pacific railroad — the moniker, “Katy,” was born. The railway was a gift to Texas, in the sense that it went into operation on Christmas Day, 1872.

Laying Its Tracks

Two years prior, the Union Pacific Railway Southern Branch started in Kansas and joined a number of smaller railways to traverse the state. It would branch out a month later, extending beyond Kansas and into what was then known as Indian Territory — today's Oklahoma.



On December 25, 1872, the Missouri-Kansas-Texas Railway would begin servicing the Lone Star State by crossing the Red River bridge at the city that would later become Denison and creating a link between northern states and Texas' central and eastern portions. According to the Texas Transportation Museum's website, "Both the federal government and the first post-Civil War Texas legislature had offered all kinds of inducements, as both considered it desirable for the nation to be connected by commerce as quickly as possible." This was the beginning of a railway that would ultimately last more than 100 years.

Chugging Along

It may have officially hit Texas in the early 1870s, but it would take many years of construction and acquisition before the railway could service much of the state. In 1886, the Katy reached Dallas, and in 1888, it reached Waco. A Galveston branch in Houston opened in 1893.

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Katy Flyer at Dallas 1953

dreamed up the idea of a mock train crash to introduce more people to the Katy Railroad. William named the temporary town of Crush, Texas, after himself and choreographed the head-on collision of two Katy engines. Despite three people being killed — not to mention that a train crash should have probably been considered negative publicity — the Crush Crash was a success.

On the day of the stunt, the fake city of Crush had the second highest population in the state, with folks coming from all around to witness the collision. The Katy's growth continued, with other milestones, such as building its own line from San Marcos to San Antonio in 1901 and unveiling a premium fast train from San Antonio to St. Louis in 1915.

Stopped in Its Tracks

In the 20th century's later half, travel and transport by train began to lessen. Mergers between railways occurred, and the Missouri-Kansas-Texas Railroad joined Union Pacific. Fun fact: You'll recall that Union Pacific was M-K-T's original name back in the 1800s.

Today, many of these railways are dormant, although some have become hike-and-bike destinations thanks to the Rails-to-Trails program. The Rails-to-Trails Conservancy has benefited Texas with 34 rail-to-trail conversions spanning 305 miles. Fifteen additional projects are in the works, for another 139 miles of potential rail-trails.

Back on the Rails

Rails-to-Trails Conservancy is the largest trails organization in America, with a mission of repurposing disused railway tracks for use by the general

public as walking paths, cycling, horseback riding and even for activities like snowmobiling. Since 1986, Rails-to-Trails Conservancy has spearheaded the rail-trail movement to benefit communities and continue the spirit of the railroad — connecting people.

Also continuing to celebrate M-K-T Railroad, the Katy Railroad Historical Society brings together railway fans through social and educational activities. Founded in 1977, its membership collects and compiles Katy Railroad data and paraphernalia.

The group's annual Spring Meet is held at locations on or near the Katy lines, where displays of Katy artifacts are showcased. A business meeting and banquet feature guest speakers knowledgeable about the Katy Railroad and general transportation. The event culminates in a tour of railroad-related facilities.



Dallas Yard 1964 LR

Those interested in KRHS membership or research may email krhsinfo@katyrailroad.org for more details. The group's magazine, *The Katy Flyer*, provides information on the M-K-T Railroad through the years and is just another way the railways of days gone by are still connecting people today. **NOW**

Photos courtesy of the Katy Railroad Historical Commission.

Sources:

1. texashillcountry.com
2. railstotrails.org
3. katyrailroad.org
4. txtransportationmuseum.org


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— By Bill Smith

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Dr. Fredric Puckett and his family moved to Ennis and started his medical practice here in 2009. Since then, the practice and the family have become vital assets to the community, including restoration of a home in the Templeton-McCanless



Historic District that was built in the early 1900s by one of Ennis' pioneer doctors. Dr. and Mrs. Puckett have been actively involved in other historic preservation projects as well.

After completing his medical studies at the Texas College of Osteopathic Medicine at the University of North Texas, Dr. Puckett moved here from Fort Worth and established his family practice. "We have patients from infants through seniors," Dr. Puckett said. "We see all types of conditions, from illness to skincare, lacerations, accidental injuries and generally the things families need." Obviously a well-rounded practice, Dr. Puckett and his staff like to spend the time to get to know their patients.

Some of the staff have been with the practice for many years, and Dr. Puckett refers to 10-year veteran employee Pamela Rodriguez as his "right-hand girl." He also acknowledged that all of the staff have contact with patients, and they are very helpful. "They know them by name, and are familiar with their

background and history. It helps a lot for the patients to communicate with them, as the staff may offer some insight that the patient forgets to share with me," Dr. Puckett continued.

The staff includes two family nurse practitioners. "Susan Hogue has been with us for five years and is great," he added. "Wayne Kemp joined the practice about 18 months ago and has also proven to be a valuable member of the team.

"We have a number of medical assistants, and they tend to stay with us for a long time," Dr. Puckett said. He was also enthusiastic about the role his wife, Nora, plays in keeping everything running smoothly. "She does the back-office work in the practice, and I would have to say, she is the one who keeps both my professional and my personal life moving forward."

Dr. Puckett said his motivation for becoming a physician stemmed from his childhood. "I have always been interested in people, and I enjoy helping. It is a service approach that began early and continues today."

In addition to his practice, Dr. Puckett is the local health authority for the city of Ennis. COVID-19 affected everyone and everything, and, of course, the practice had to make adjustments. "We have done telemedicine, and will continue to do it for our patients who are at risk or have transportation issues, but our office is back open and seeing our patients in person. Telehealth will continue to be used, but we prefer to have patients in our office. I do not see telehealth becoming a large part of our practice. It is more difficult to come to a reliable diagnosis or hypothesis by phone. The data is just not as reliable or as high quality as a face-to-face visit," he said.

Hospital rotations are also a part of Dr. Puckett's responsibilities. "I generally have about 10 shifts per month in the emergency department," he said.

The practice is obviously one involved with families and the community. "Because we are a family practice, we spend more time with our patients and get to know them," Dr. Puckett shared. The practice will continue to be a positive blessing in Ennis for many years. **NOW**



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Ariel Burden is home for the summer after completing undergraduate studies at TCU. She returns in the fall for her first semester of medical school.

Zoomed In: George Edwards and Bill Fullerton

By Bill Smith

Neighbors George Edwards and Bill Fullerton are the self-proclaimed “neighborhood watch” from the front of Bill’s apartment. Recently, they have been there most any time of day, but Bill admits it is starting to get warm during the early afternoon. “We have an awning that helps,” he said. There is also a small fan on the table in front of the men.

George was reared in Ennis, coming from Dallas as a toddler. Bill was originally from Pennsylvania and came to Ennis at the request of his children to be closer to them. Bill spent 10 years as a Marine and is a life member of several veteran organizations. American flags decorate the area around their lawn chairs. “Be sure to mention the flag,” Bill requested.



Jacob Slovak smiles proudly, having just graduated from high school and looking forward to attending UT-Dallas.



Diana Castillo, a 2020 graduate from EHS, receives a scholarship from Shirley Martinez with City Real Estate.



Jack Keener pets a burro on the family ranch.



Bob and Betty Taylor celebrate their 68th wedding anniversary.



Chris Vasquez and David Garcia of Ennis Glass make plexiglass shields.



Rhonda Smith and Vicki Bierhalter review the list of reservations for a church fellowship.



Corey and Loganne Tidwell feed the ducks after lunch at JC Park.

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CookingNOW

In the Kitchen With THOMAS BARTEE

— By Bill Smith

Thomas Bartee looks like a man who loves everything he does because he is always smiling. “I have always loved to cook,” he began. “Some of the best times of my life happened in the kitchen, in the backyard cooking or at a restaurant. To me, sitting down and enjoying a well-cooked meal is just priceless.”

While many of Thomas’ Facebook posts are of his latest sales at Ennis Ford, he manages to reveal a lot of his cooking expertise there also. His summer kitchen in the backyard surrounds him with his various cooking surfaces, whether smoker, grill or griddle. “Every year or so, we ease around and compete for some of the local festivals that have cook-offs. Getting our names called is all we want! Well you can see where this is going, we just like food.” **NOW**

chicken. Make sure that all of the chicken is submerged; place in the refrigerator overnight.

2. Preheat a Fry Daddy electric deep fryer to 360 F. Drain the brine from the chicken; place chicken in a bowl.

3. In a small bowl, add cayenne, garlic powder, seasoning salt, black pepper and flour. Mix well; set aside.

4. Once the Fry Daddy is ready, take about 10 drumettes and flour them well, shaking off any extra flour. Cook for approximately 14 to 15 minutes; repeat until all have been cooked. (Always try one to ensure that they are cooked all the way through.)

5. Note: You can add your favorite sauce of any kind to these, as well.

Fried Chicken Wings

**1/2 cup Meat Church Bird Bath
Poultry Brine**

1/2 cup Lawry’s Chicken and Poultry Rub

3 qts. water

2 lbs. chicken drumettes

1 tsp. cayenne pepper

3 Tbsp. garlic powder

3 Tbsp. seasoning salt

3 Tbsp. course black pepper

3 cups flour

Sauce of your choice (optional)

1. Combine poultry brine and Lawry’s Chicken and Poultry Rub with water; add to

Hickory and Oak Smoked Brisket

**1 18- to 20-lb. brisket, trimmed
Salt, to taste**

**Course black pepper, to taste
Garlic powder, to taste**

Cavender's Greek Seasoning, to taste
Salt Lick Dry Rub, to taste
Meat Church Holy Cow BBQ Rub

1. Start your fire ahead of time, and establish a good smoke flow. The temperature should be around 260 F when smoking indirectly.
2. Sprinkle the brisket very lightly with the salt, pepper and garlic powder.
3. Add the Cavender's Greek Seasoning, Salt Lick Dry Rub and Meat Church Holy Cow BBQ Rub. Rub the seasonings into the brisket.
4. Smoke the brisket for 9 hours; then wrap the brisket in foil, so the meat retains all of the juices. Continue smoking the brisket for an additional 3 hours. Using a meat thermometer, check to see if you have a middle internal temperature of about 180 F. If so, let the meat rest for about 1 hour, so that you can get a clean cut on the meat. I like to cut it in half, and split it into 4 pieces. This allows you to see which way the grain is going so you can cut against the grain.

Vegetable Medley

- 4 fresh broccoli crowns
- 3 fresh yellow squash
- 8 large red potatoes
- 4 handfuls fresh green beans
- 1 large red onion, diced
- Salt, to taste
- Pepper, to taste
- 2 garlic cloves, minced
- 1 1/2 cups salted butter, melted

1. Preheat oven to 350 F. Ingredients will be layered in the order listed in a large foil pan.
2. Cut the stems off the broccoli; place in the pan in a row.
3. Cut the squash into slices about 1/4-inch thick; add to the pan. Next add the red potatoes, which have been cut into bite-size pieces.
4. Cut the ends off of each green bean; add to the pan.
5. Sprinkle the onion over the top; add a little salt and pepper.
6. Sprinkle the minced garlic over the top; pour the melted butter in at one of the corners. This dish does not need much added to it. It allows the freshness of the vegetables to come through.
7. Bake, covered, for 1 hour and 25 minutes.

Hickory and Oak Smoked St. Louis Style Pork Ribs

- Hickory chips
- Oak chips
- 2 racks St. Louis style pork ribs
- Salt, to taste
- Black pepper, to taste



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Garlic powder, to taste
Brown sugar, to taste
Meat Church Holy Gospel BBQ Rub,
to taste

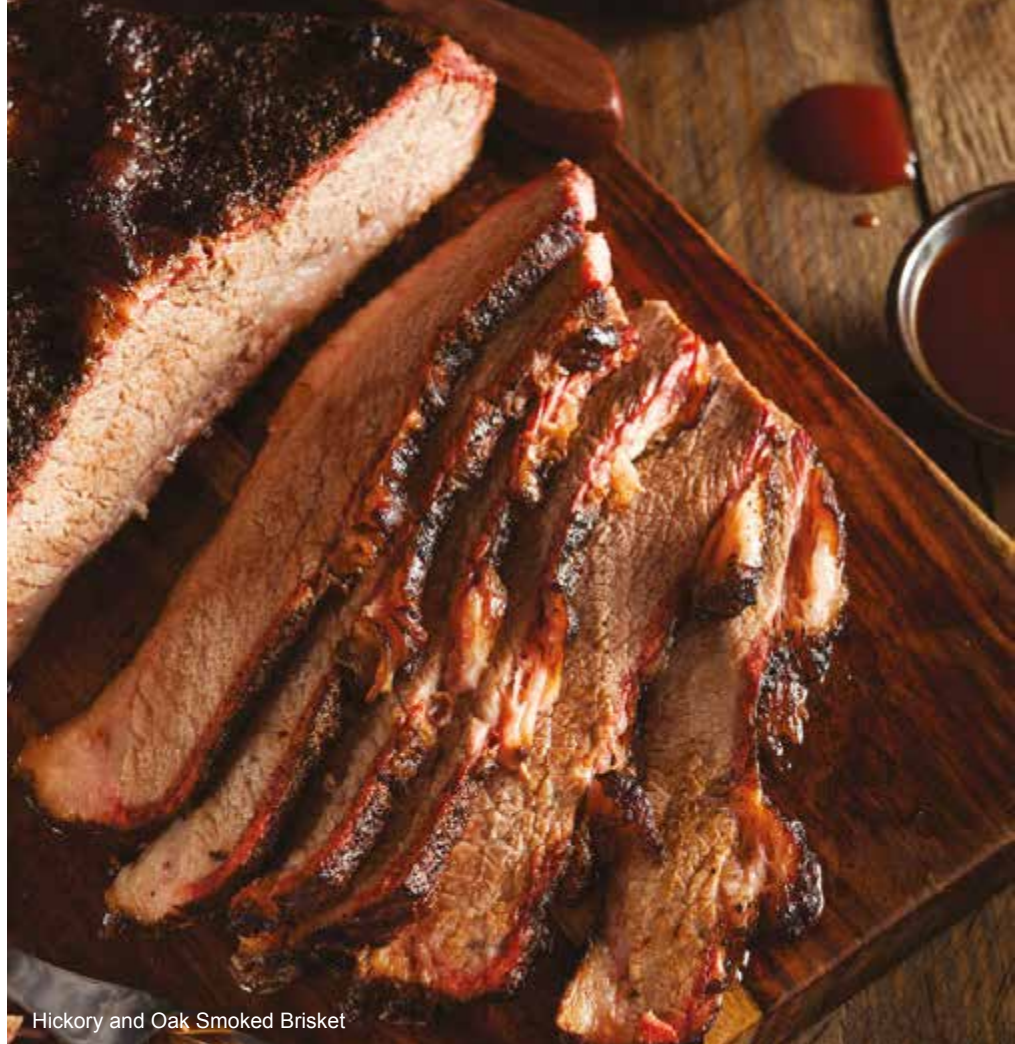
1. Some pieces of wood will burn faster than others. Keep an eye on your temperature. Start your fire, regulate your heat and smoke to the desired temperature before you put the ribs on the smoker.

2. Take each rack of ribs, and remove the skin membrane off the backs. Rinse them off with cold water.

3. Very lightly shake salt, pepper, garlic powder and brown sugar over both sides of the ribs. (A little goes a long way.) Rub this in on both sides; add the Holy Gospel BBQ Rub to both sides.

4. Smoke the ribs at 260 F over indirect heat. After 4 hours, wrap the ribs in foil for 1 hour, adding additional Holy Gospel BBQ Rub, if desired. Check a rack to see if the meat is starting to pull up from the bone, if so, set them aside, uncovered, for about 1 hour to give them a chance to rest.

5. Note: Giving them time to rest will ensure that you can cut them without any issues. I like the St. Louis Style Pork Ribs because there is more meat on them, and when smoked properly, they will have an amazing cherry ring around them.



Hickory and Oak Smoked Brisket

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1	+	7	=	
+				-
				4
=				=
	-	2	=	

3	-		=	
+				+
4				8
=				=
	+		=	9



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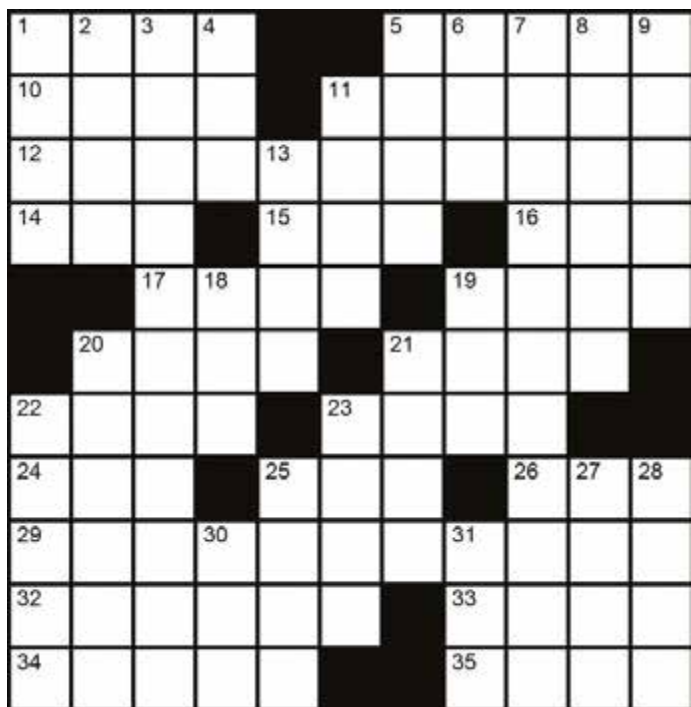
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Crossword Puzzle



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Across

- 1 "Summertime" singer --- Fitzgerald
- 5 Long for
- 10 Quick look
- 11 Diddy record label
- 12 Constant
- 14 Long-leaved lettuce
- 15 Baby weight units
- 16 It's boring to be stuck in one
- 17 Cosmetic ingredient, often
- 19 Audition sample
- 20 Can cause temporary blindness
- 21 Drones might attack you here
- 22 Some docs' dogs
- 23 Bond's M
- 24 To be unwell
- 25 Pony ---, for small beer perhaps
- 26 DoJ enforcer
- 29 Interrogation aid
- 32 Starts an answer to "What's in the paper today?"
- 33 Goat's milk cheese
- 34 Snug shelters
- 35 Horatian works

Down

- 1 Huge in scope
- 2 Former "Tonight Show" host
- 3 Ever-decreasing
- 4 Copy
- 5 Elevator chambers
- 6 Vitamin-bottle abbreviation
- 7 Cut short
- 8 Book
- 9 With an --- (mindful of)
- 11 Sacred name in baseball history
- 13 Used to move 20 Across
- 18 LA article
- 19 Solved
- 20 Sunni counterpart
- 21 Very important
- 22 Much-lampooned Alaskan politico
- 23 High-speed streams
- 25 In Florida, they're 113 miles long
- 27 Schlep
- 28 Italian monks
- 30 "Who ---?" (Saints' chant)
- 31 Corp's money mgr.

Solutions on page 36

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Easy

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

Medium

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

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Solutions on page 36

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7/6

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7/12

Texas Muscle Car Club Challenge:

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7/24-7/25

Rumble in the Jungle:

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7/25

Ellis County Market:

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American Legion Riders Meeting:

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Nita Harrelson said, "It was my first time to play. I was very surprised and happy to win! I will happily spend it at a local Ennis restaurant!"



Juliana Schaefer said, "I can't believe I finally won! I love reading the magazine each month, and participating in the contest is so very exciting."



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1	E	L	L	A					5	C	R	A	V	E
10	P	E	E	P					11	B	A	D	B	O
12	I	N	S	E		13	P	A	R	A	B	L	E	
14	C	O	S			15	L	B	S			R	U	T
						17	A	L	O	E				
						20	S	N	O	W		21	H	I
22	P	H	D	S					23	J	U	D	I	
24	A	I	L			25	K	E	G			26	A	T
29	L	I	E			30	D	E	T	E		31	C	T
32	I	T	S	A	Y	S						33	F	E
34	N	E	S	T	S								35	O

Easy

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

Medium

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

SAY GOODBYE TO JOINT PAIN!

ONE 30-MINUTE TREATMENT COULD END YOUR PAIN!

Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.



WHAT IS OSTEOARTHRITIS (OA)?

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

HOW DOES THIS TREATMENT WORK?

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

WHAT ACTUALLY IS A STEM CELL?

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

WHEN WILL I FEEL RESULTS?

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

IS IT AFFORDABLE?

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

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

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

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

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

COMPLETE HEALTH MEDICAL CENTER

469-732-0880 • 905 Ferris Avenue • www.completehealthmedicalcenter.com

Your Health. Our Heroes.

**Moving forward with care
from those you trust**

As we move forward healthcare might look different. But at the heart of our care are the same trusted and dedicated healthcare heroes you've relied on for all your health needs.

We're again here to provide a range of healthcare services, from your annual screenings and physicals to quality of life procedures that help you make the most of every moment moving forward.

Our doctors, nurses and entire team are working hard to ensure a safe place of care for you and a healthier community for all of us.

Visit us online at EnnisRegional.com



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-972-875-0900.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-972-875-0900.