

EnnisNOW

M A G A Z I N E

AUGUST 2013

Racing Ahead

Cycling is therapy for Curtis Palmer

A Blessed Life

At Home With Jack Witt

Plus:

Style Matters

Getting Better All the Time

In the Kitchen With Stacie Hollingsworth





It's a New Day
for your quality of life



Felicia Lewis, MD
Internal Medicine
Board Certified

**Dr. Lewis provides care
in the following areas:**

- Peri-menopause and menopause management
- Male and female hormone replacement
- Bio-identical hormone replacement
- Low testosterone syndrome treatment
- Certified Wiley Protocol provider
- Well woman exams
- All primary-care services
- All-natural nonhormonal options also available



OFFICE

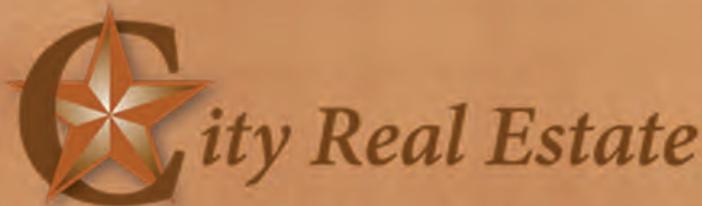
2203 West Lampasas Street, Suite 111
Ennis, TX 75119

Most major insurance plans accepted.

Please call 972-875-7770 to schedule a consultation.

Back²SCHOOL

Let us help you start your school year off in a new Address!



Call today for selling or buying your home with dependable and experienced real estate agents in Ellis County.

972.878.2222
www.citytxrealestate.com



3 bedroom 2 bath REDUCED with large deck and patio. Call Amelia today.
Se Habla Español • 469•658•5506



3 bedroom 2 bath with split bedroom floor plan, crown moldings, and new carpets.
Call Kim today, 817.913.2693



Beautiful Executive Style Home
3475 sq. ft. on 2.25 acres. \$275,000
Call Linda today. 214•796•8197

Call today to LEARN more about our Great Programs!



Ashley Johnson-MLO

(214)949-9493

NMLS# 178067



Vanessa Zmolik-MLO

(469)337-4578

NMLS# 373756



Janie Williams-MLO

(972)921-7990

NMLS# 643368

115 W Ennis Ave. Ennis, TX 75119 Office (972)878-2224 Fax (972)878-2225

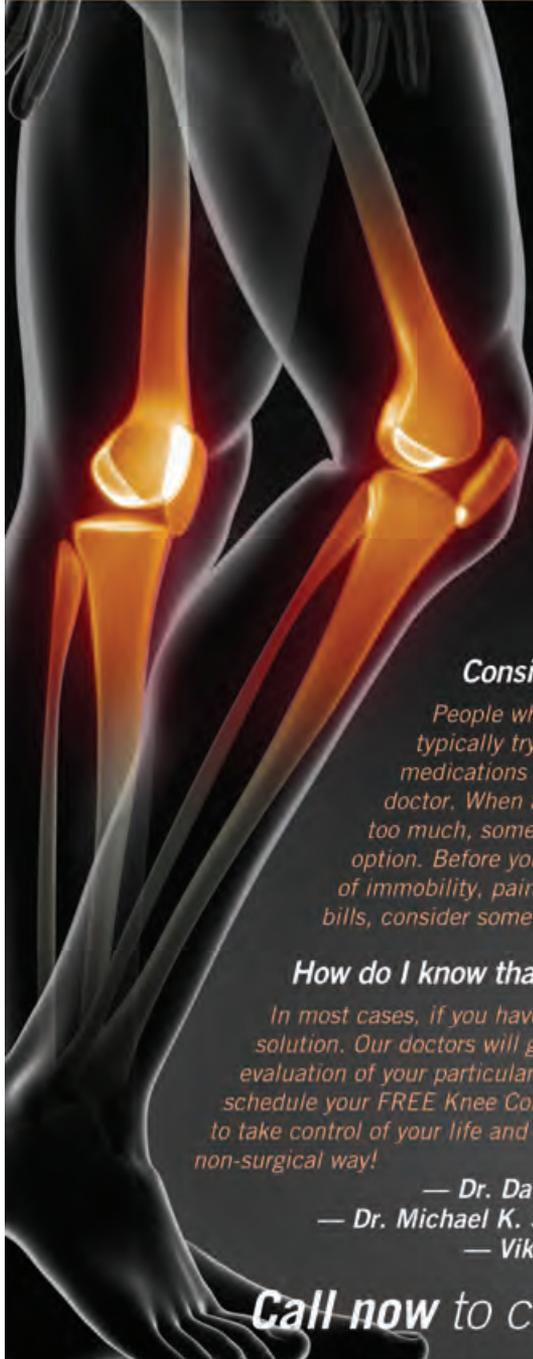
www.guildmortgage.net/branches/ennis

Company NMLS #3274; Branch NMLS #393949. This branch lends in TX.



KNEE PAIN SUFFERERS FIND NEW HOPE IN FDA APPROVED TREATMENT

Treatment Covered by Most Major Health Insurance Plans – Including Medicare



Who is a *good candidate* for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee pain?
- Does your knee pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees?
- Do you have difficulty going up and down stairs due to knee pain?
- Do you take medications for knee pain?
- Are you considering surgery to alleviate knee pain?
- Have you suffered a knee injury during a sporting event?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee injury?
- Have you had a direct blow to the knee from a fall?

Consider these facts before surgery

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some feel that surgery is the only option. Before you put yourself through months of immobility, pain, rehab, and hefty medical bills, consider something else.

How do I know that this is right for me?

In most cases, if you have knee pain, this is a great solution. Our doctors will give you an honest and fair evaluation of your particular knee pain. Call today to schedule your FREE Knee Consultation. Now is the time to take control of your life and say goodbye to knee pain the non-surgical way!

— Dr. David Marcial, D.C. Clinic Director
 — Dr. Michael K. Schrader, M.D. Medical Director
 — Vik Reddy, Family Nurse Practitioner

Hometown Physical Medicine		Surgery
Cost	Covered by most insurance plans including Medicare	Deductible, co-pay, medications, time off work, etc
Risk	No known side effects	Complications, poor outcome, addition to pain medications
Pain	Little to none	Can be severe for months
Recovery	Immediate	Months/years

Call now to change your life. You can live pain free.

SPACES LIMITED

CALL TODAY TO SCHEDULE YOUR

FREE KNEE CONSULTATION.

972-875-8600

www.hometownchirotx.com



HOMETOWN PHYSICAL MEDICINE

2200 W. Ennis Ave., Suite A, Ennis, TX 75119

Disclaimer: Due to Federal Law some exclusions may apply. Copyright © Epic Marketing 2013

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Ennis Editor, Randy Bigham

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Rick Herron . Jeff Irish

Todd Moore . Hope Teel

Editors/Proofreaders, Pat Anthony

Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Casey Henson . Martha Macias

Felipe Ruiz . Arlene Honza

Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Amy Ramirez

ADVERTISING

Advertising Representatives,

Linda Roberson . Rick Ausmus

Teresa Banks . Linda Dean . Laura Fira

Mark Fox . Bryan Frye . Melissa McCoy

Vicki Meeks . Lisa Miller . Carolyn Mixon

Jami Navarro . Lori O'Connell . John Powell

Steve Randle . Judy Trivett

Billing Manager, Angela Mixon

CONTENTS

August 2013 • Volume 10, Issue 8



ON THE COVER



Miles of fun and good health are pedals away for Curtis Palmer.

Photo by Amy Ramirez.

8 Racing Ahead

For Curtis Palmer bike riding means living better.

16 A Blessed Life

At Home With Jack Witt.

22 Style Matters

Christian Arreola and Eric Roberts stake their fashion claim.

28 BusinessNOW

30 Around TownNOW

32 FinanceNOW

34 HealthNOW

36 CookingNOW

EnnisNOW is a NOW Magazines, L.L.C. publication. Copyright © 2013. All rights reserved. *EnnisNOW* is published monthly and individually mailed free of charge to homes and businesses in the Ennis ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 875-3299 or visit www.nowmagazines.com.



Editor's Note

It's still hot, so let's cool down ...

And what better way to do that than with the latest issue of *EnnisNOW*. Every edition of this magazine brings you touching and enlightening stories about our friends and neighbors, and the August issue is no exception. Two of our interviews this month spotlight residents of Palmer: Jack Witt takes us on a tour of the beautiful home he built with his late wife, A.J. And we discover that Curtis Palmer shares not only his hometown's name but its spirit of strength and independence.

We also visit with two talented EHS students who have taken their love of design to new heights of inspiration. Elsewhere, we welcome Dr. Felicia Lewis' new practice to Ennis and chat over the kitchen table with our featured cook, Stacie Hollingsworth.

So come in out of the heat, pull up a chair and join us!

Randy

Randy Bigham
EnnisNOW Editor
randy.bigham@nowmagazines.com

DEFENSIVE FIREARMS & TRAINING

Buy ~ Sell ~ Rent Guns & Ammo
Glock "Ruger" ~ XD ~ Sig

- CHL Classes twice monthly
- Pistol Range
- Learn to shoot
- We take transfers



Gift Certificates Available

Bill Springer owner
4334 Ensign Rd., Ennis
972-875-9333 • 972-741-6145 cell
Wed-Sat 8 a.m.-6 p.m.

KM Productions presents

The Bellamy Brothers

**THE SOKOL HALL
FRIDAY,
AUGUST 30, 2013**

**DOORS OPEN AT
7:00PM \$15/PRESALE
\$20 AT DOOR**

**with special guest
Jamie Richards**

**PURCHASE TICKETS AT
KOZLOVSKY COLLISION REPAIR**

**FOR MORE INFORMATION GO TO
WWW.FACEBOOK.COM/ZKMPRODUCTIONS**

G&H

Glass & Carpet

Family Owned & Operated Since 1993

**Residential & Commercial
Sales, Installation & Repair**

- INSULATED GLASS PANES
- SOLAR SCREENS
- SHOWER ENCLOSURES
- SCREEN • STORM DOORS • PATIOS
- COMMERCIAL STORE FRONTS
- GLASS & WINDOW REPLACEMENT
- PLUSH • BERBER • FRIEZE
- VINYL • CERAMIC • PORCELAIN
- HARDWOOD • LAMINATE

111 S Main, Ferris
M-F 8-5 • Sat by Appt
972.842.3075
www.ghglassandcarpet.com

FINALLY A SOLUTION TO GET RID OF THE PAIN IN YOUR LEGS AND FEET

Local clinic offers FREE consultation to patients suffering with Neuropathy

Do you suffer from any of the following symptoms?

- Numbness
- Burning pain
- Leg cramping
- Pain when you walk
- Sharp electrical-like pain
- Difficulty sleeping from leg & foot discomfort
- Prickling or tingling of the feet or hands

If you are experiencing any of these symptoms in your feet or hands, they are likely attributed to a condition called Neuropathy. Peripheral Neuropathy is a very common condition that affects 20 million Americans and once identified, can be successfully treated. No matter how long you have dealt with the daily misery of these painful symptoms, the team at Hometown Physical Medicine invites you to sit down and explore the reality of relieving your pain. We perform a treatment protocol that has proven to provide pain relief where others have failed. Live a normal life again and enjoy the little things you have missed out on.

"We are so confident that you will find healing and relief at our office. We will personally evaluate your condition and determine if we can help you. It's that simple! We have opened our schedule to accept new patients, but due to demand of the free consultation, space is limited. Time slots fill quickly, so call today to secure your appointment."

— Dr. David Marcial, D.C., Clinic Director
— Dr. Michael K. Schrader, M.D., Medical Director
— Vik Reddy, Family Nurse Practitioner

Treatment Covered by Most
Major Health Insurance Plans
— Including Medicare

Call now to change your life.
You can live pain free.

SPACE IS LIMITED

CALL TODAY TO SCHEDULE
YOUR FREE CONSULTATION!

972-875-8600



HOMETOWN PHYSICAL MEDICINE

2200 W. Ennis Ave., Suite A, Ennis, TX 75119

www.hometownchirotx.com

Disclaimer: Due to Federal Law some exclusions may apply. Copyright © Epic Marketing 2013

“I am a family doctor with a passion for preventive medicine and nutrition. I like to talk to patients and educate them on good dietary and exercise habits.”

I use specific cardiac testing to determine a patient's risk for a heart attack or stroke, which, when looked at along with other factors are even better indicators than routine cholesterol levels.

Once those levels are obtained, then I can recommend certain nutritional supplements that are usually lacking in the modern diet and can help reverse those risk factors, using prescription medication when indicated.

I am excited to be partnering with a Nutraceutical Company called Metagenics. We are improving health and reversing chronic illness through supplemental nutrition.

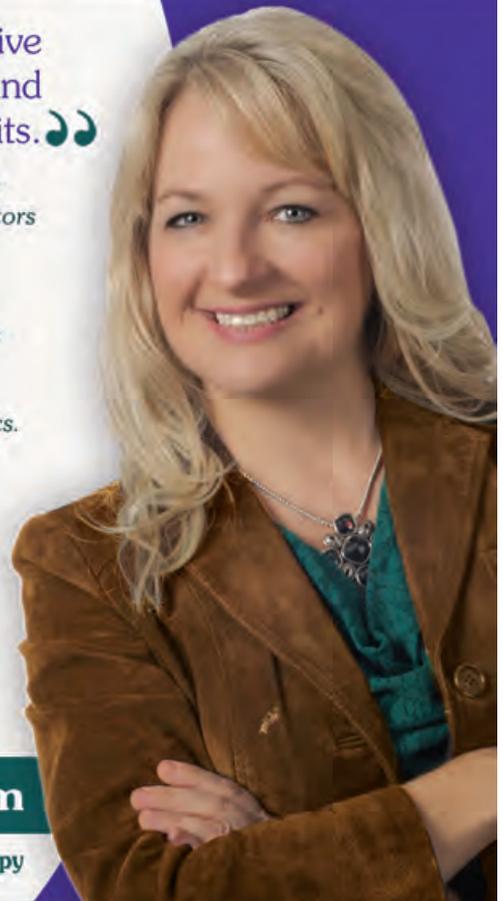
In addition to my osteopathic degree, I also have a Masters in Public Health and Preventive medicine. I see a need for education about nutrition, as we see the epidemic of diabetes, obesity and other chronic diseases growing!

Jill Van Horn, D.O.

2203 West Lampasas • Suite 211 • Ennis

972.875.3997 • www.drjillvanhorn.com

Acute & Chronic Illnesses • Wellness Exams • EKG • Hormone Replacement Therapy



Quality Care



PHARMACY AND COMPOUNDING

Offering BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

Traditional and Custom medications available with medication flavoring

- ▶ Fast Service
- ▶ Match competitors prices
- ▶ Full Service Pharmacy
- ▶ Old-fashioned Customer Service



Distributor

Free Delivery in Ellis County! | Hours: Mon- Fri 8-5:30



972.875.5200

601 S. Clay St. Suite 108 | Ennis Physician's Medical Plaza
Corner of Clay & Lampasas

Full list of informational brochures on all available compounds at www.qualityhealthcarepharmacy.com
Follow us on Twitter @ QualityCareRX • www.facebook.com/QualityCareRX

DOC'S BEVERAGE

Kolache Depot Bakery



CZECH WASH



Please visit us soon and
see our beautiful new store!

1103 E. Ennis Ave. • Ennis • 972-875-9451



RACING AHEAD

— By Rick Herron

One of childhood's rites of passage is learning to ride a bicycle, usually starting out with mom or dad running alongside and a pair of training wheels firmly attached to the back wheel. After the training wheels come off, the next stage begins — riding a few feet then falling, which, thankfully, is short-lived. After a couple more days of practice, riding a bike is almost as natural as breathing and is lots of fun.

Curtis Palmer never forgot the fun of bike riding and decided to take it up a notch when, in his early 40s, he started training for the world of competitive cycling. “In 2000, some of the guys I was riding with suggested I look into getting a license and race,” he remembered. “My first sanctioned race was on the road around Texas Motor Speedway. We did eight laps (40 miles), and I was able to stay in the middle of the pack at the finish. I thought, OK, I like this!”

After that exhilarating experience, Curtis made a big change in the way he trained and how he approached his diet. “I made a conscious effort to improve my nutrition and just got smarter about a lot of things related to my health, training protocol and methods,” he said.

In the ensuing years, he rode with four different teams, the first one being in the Masters 35-plus category. He is a Category 3 now and races Masters 50-plus when he

does race. Not long after he started competitive cycling, Curtis saw and felt definite changes in the way he looked and felt. “I noticed I was sleeping much better, and I was enjoying food more because the cycling regimen kept my weight down, so I didn’t have to worry about not eating certain things anymore,” he related. “Plus, it’s been a fantastic way to relieve stress!”

Such strenuous training has a few downsides, however. “I noticed more joint pain, which a good bike fit fixed,” he pointed out.

When he was training full throttle for racing, Curtis followed a pretty strict schedule. “I would ride five or six days a week,” he remembered. “In the summer, I’d start around 7:00 a.m. on Saturday or Sunday and do three- to five-hour rides, which averaged about 60 to 90 miles.” Other training days were shorter, but more intense at intervals. “In the winter, if it was above 27 F, I’d ride outside,” he said. “Below 27 F, I’d stay inside and ride.”

In October of 2011, while out on a four-hour training ride, Curtis hit the curb with his bike, which resulted in a fractured hip. “Fortunately, I was just going about eight miles an hour when a car honked at me from behind,” he explained. “I turned around to look, and that’s when I hit the curb and had a really stupid crash, causing an acetabula fracture. I was on crutches for about six weeks, but managed to get back on a stationary bike after a month.”

Through perseverance and determination, Curtis emerged from the accident stronger than before. “I guess it’s my Type A personality,” he laughed. “I spent five to 10 minutes a day gradually increasing time to an hour indoors and getting my strength back. I was back on my bike outside in six weeks and off the crutches, although I was very, very careful.”

Born in El Paso, Curtis, 54, lived in Illinois for a few years before moving back to Texas in 1970. He has three kids — two boys and a girl — and one grandchild. He is able to work much

Back-to-school Eye Exams starting at **\$55**

- Medical Eye Exams
- Pediatric Vision Care
- LASIK consultation
- Routine Vision Exams
- Eye Related Emergencies
- Pre & Post Operative Cataract Management
- Contact Lens Exams
- Vision Therapy
- And much more

Most Vision & Medical Insurance Accepted • Medicare, Medicaid & Others
 Schedule your appointment
 Walk-ins welcome • Se habla español

Malkishuana M. Lacy, O.D.

24/7 Vision & EYE CARE
"Clear Sight All Day, Everyday"
 700 E. Ennis Ave. • Ennis • 972-875-8400
 Located in the front of Wal-Mart




of the time remotely for Cisco Systems in Richardson, where he has served for almost 17 years as a Collaboration Consulting Systems Engineer.

Curtis and his girlfriend, Patty, have lived near Palmer for the last three years. When he's not riding his bike, you can find him weight training at the gym. He

Want to QUIT SMOKING?
Try it the BETTER WAY,
the LUCKY way!

Winner!
 Best New Business in Ellis County

America's fastest growing alternative to smoking cigarettes.

\$5 OFF
 purchase of \$20 or more
 Exp. 8/31/13

e-Cigarettes
 All the latest styles

e-Juice - Over 200 Tasty Flavors

Cases, Colorful Lanyards and Accessories

Lucky's Vapor Store

206 South I-45 • Ennis
 972.875.2440
 luckysvaporstore.com

facebook/LuckysVaporStore

Paris • Waxahachie • Broken Bow • Ennis



owns a F1-Felt road racing bike and a Van Dessel Cyclocross bike and has some interesting equipment that's tailor-made

for competitive cycling. "I have some carbon fiber soled shoes I use for riding, which are very light and comfortable," he said. "I also use a helmet, which is a must, cycling bibs and cold weather gear." On his road bike is a SRAM Quarq power meter that calculates power output in watts for very specific training.

Curtis is modest about his cycling accomplishments. His record with the USA Cycling organization is posted on the rider results page of its Web site. Listed are two pages of races in which Curtis has participated from 2001



through 2012. Each entry includes the name of the race, elapsed time, associated team name and points garnered.

Founded in 1999, USA Cycling, a membership-based organization located in Colorado Springs, is now comprised of over 2,500 clubs and teams, as well as nearly 71,000 licensees. These include officials, coaches, mechanics, race directors and competitive cyclists of all ages and abilities across all disciplines of the sport — road, mountain, track, cyclocross, BMX and para-cycling.

The hardest race Curtis participated in was in cyclocross. This involves a short course with mounting and dismounting in parks of less than a

John M. Sullivan, M.D.
General & Laparoscopy Surgery



Big Operations Small Incisions

- Hernias
- Skin Cancers
- Colonoscopy and Endoscopy
- Minimally Invasive Hemorrhoid Procedures
- Laparoscopic Gallbladder Surgery
- Lumps/Bumps

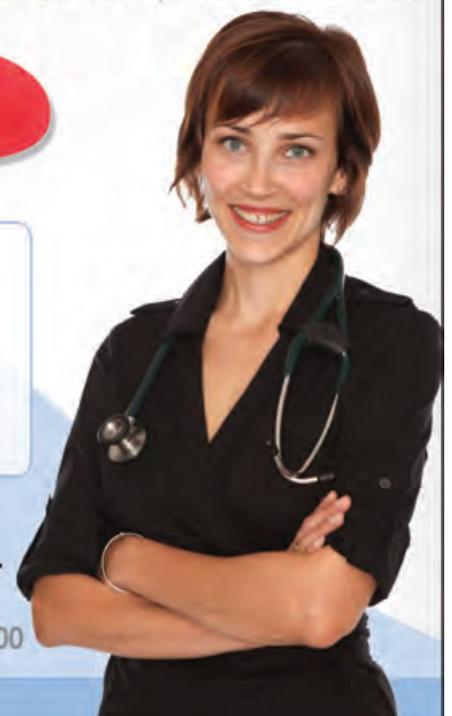
Accepting New Patients
Located inside Ennis Doctors Center
802 W. LAMPASAS, ENNIS
972-875-4700 METRO 972-878-4700



Meg Sullivan, M.D.
Board Certified ~ Cardiology
Fellowship in Cardiovascular Disease
Baylor University Medical Center

- Outpatient Stress Testing
- Echocardiography
- Pre-operative assessment
- Pacemaker evaluation
- Preventive cardiology

Accepting New Patients
Located inside Ennis Doctors Center
802 W. LAMPASAS, ENNIS
972-875-4700 METRO 972-878-4700



JPH Mechanical Services
 Air Conditioning - Heating - Electrical

*"It's more than just
 Air Conditioning
 to us."*

TRANE
 Authorized Dealer
 TACLA017700C/TECL31353

110 N. Kaufman
 Ennis, TX

972-878-7604
 Jon Paul Honza, Owner



mile, where the average speed is lower, but the intensity is dramatically higher than a regular road race. "I did that a couple times, and it was very hard, very intense," he admitted. "Road racing is my favorite type of race." Road racing, held on paved roads, is a term usually applied to events where competing riders start simultaneously with the winner being the first to the line at the end of the course. He isn't racing now, but still rides and will eventually get the racing bug back.

Curtis believes strongly that anyone can start a biking regimen and improve their health and general well-being, as long as they start slowly and stay consistent. "Start riding for three or four days each week and work up to more miles gradually," he advised. "The benefits, like losing weight and relieving stress, will be experienced almost immediately as long as you are consistent."

He describes his love of cycling as a "great passion" that has helped him through some hard times in life. "I've really enjoyed the camaraderie with other guys who race, and I equally enjoy the solitude of riding alone in the country," he shared. "I guess I've ridden about 6,500 miles a year average for the last 11 years, and every mile was an experience I wouldn't trade for anything." **NOW**

Waxahachie
 1710 W. 287 Bus., Suite 140
469-280-0273

Board Certified Pediatric Dentists

Most Insurance Accepted & Medicaid/CHIP

Kid-Friendly Atmosphere: Balloons, Stickers, Prizes

Hospital, Intravenous & Oral Sedation Options Available

Video Games & Movies During Treatment

Convenient Locations & Appointments

JUST FOR KIDS

Ennis
 711 S. Clay St., Suite A
469-280-0274

JustForKidsDental.com

Kevin A. Williams, M.D.

Orthopaedic Surgery
& Sports Medicine

Dr. Williams is an orthopaedic surgeon and has practiced in Ennis since 2005. He graduated from Columbia University and did his residency at St. Luke's Roosevelt Hospital in New York City, NY. Dr. Williams specializes in knee and shoulder problems, carpal tunnel and sports injuries. Dr. Williams is taking new patients of all ages.



Ennis Doctors Center

www.ennisdocs.com

All services performed in one location for your convenience at a lower cost.

In-house Lab Digital X-ray

Nuclear Medicine • Bone Density
Cardiac Echo • Stress Testing
Industrial Medicine
DOT Drug Screening

802 W. Lampasas, Ennis

972-875-4700

Metro: 972-878-4700

www.ennisdocs.com



Dilip Solanki
M.D.,
Oncology



Larry A. Jinks,
M.D., F.A.C.P.
Internal Medicine



Merle Filecia,
Family Nurse
Practitioner



Scott Nelson,
DPM
Podiatry



Tonya Youngblood,
M.D., A.B.F.P.
Family Practice



Shannon Childs,
Family Nurse
Practitioner



Meg Sullivan
M.D.
Cardiology



Piyush Lohiya
M.D.
Nephrology



Robert A. Silverman,
M.D., F.A.C.P.
Internal Medicine



Francis Nwafor,
M.D.,
Urology



John M. Sullivan,
M.D. General &
Laparoscopy Surgery



Michael Lenertz,
DPM
Podiatry

**Ennis Care Center has been providing 5 Star Quality Care*
in the Ennis Community for over 45 years!**

OUR SERVICES INCLUDE:

- Physical • Occupational and Speech Therapy
- Wound Management • IV Therapy • Diabetic Management
- Secure Memory Care Unit and Respite Care

Our Transitional Care Unit offers Private Rooms with Guest Accommodations and a separate entrance.

Ennis Care Center has a 100% Satisfaction rating
from former Transitional Care Unit Patients!**



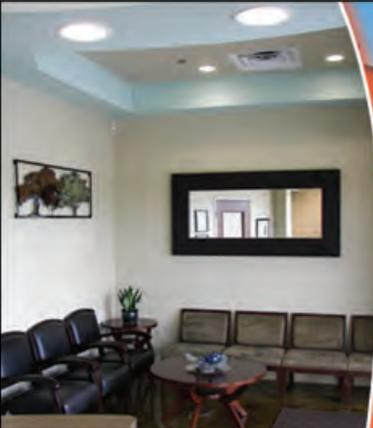
Please visit our website at
WWW.ENNISCARECENTER.COM
or come by for a tour.

*"Our goal is to expedite your recovery
as you transition from hospital to home."*



*As rated by the Centers for Medicare and Medicaid **Based on 2012 My InnerView Survey Results

1200 S. Hall Street • Ennis, TX 75119 • 972.875.9051





Dr. Gina Williams' New Location!

 New Patient Invitation
Exam & X-ray ONLY \$80! A \$200 VALUE!


Ferris Family Dentistry
972.544.2123
454 FM 664 • Ferris
(Between Subway & Snap Fitness)
www.ferrisdentist.com





**SECOND SATURDAY
EVENT SERIES**
DOWNTOWN CORSICANA
STORES OPEN ALL DAY, COME EARLY & SHOP
4-9 PM (BANDS START 6:00)
ACTIVITIES FOR THE WHOLE FAMILY!
BANDS & ACTIVITIES POCKET PARK ON BEATON ST.

**AUGUST 10
ISLAND TIME**

FEATURING **CURLYHEAD AND TOMMY-O**
& **THE BAMBOO BOAT BAND**
LIMBO & HULA HOOP CONTESTS,
WATER SLIDE & SPOONER
BOARD SURFING



SPONSORED BY
CORSICANA
EST. 1948

WWW.CORSICANASECONDSATURDAYS.COM



ELLIS COUNTY MEDICAL ASSOCIATES



Dr. Larry Jinks, Medical Director

Located
next to
Ennis
Doctors
Center

Sensational Summer Sale!

TICKLE LIPO

Say goodbye to your "Spare Tire" or "Love Handles."

Price increases September 1.

Offer good when scheduled through Aug 31.

Procedure may be completed up to 90 days later.

Free Consultation!

Call now 972-878/875-4700

www.ecmamedspa.com



NEW!
Norvell Spray Tans
Walk-ins welcome!

RSVP now for our Fall Event on September 19! Door Prizes! Special Offers!

*Quality Insurance
at a great price.*



CALL US FOR A QUOTE!

BOB WALKER INSURANCE
119 SW MAIN ENNIS TX 75119

*Now serving Ellis County with family-
friendly service for over 50 years.*

972.875.2321

972.878.2321

Se habla Español



Are Your Hormones

Out of Whack?

Men

- Erectile Dysfunction
- Low Testosterone
- Weight gain

Women

- Weight Gain
- Hot flashes
- Vaginal Dryness
- Depression / Anxiety



No two men or women are alike. Let Red Oak Drug work with your doctor to balance your hormones through customized Bio-Identical Hormone Replacement Therapy.

Call and speak to one of our compounding pharmacists today!

Compounding Since 1984

www.redoakdrug.com



106 E. Ovilla Rd.
Red Oak, TX 75154
Ph. **972-617-2222**

120 S. Grand Ave., Suite 1
Waxahachie, TX 75165
Ph. **972-938-2642**

“She was always there for me, assisting and encouraging me when the going got tough. She was always *my Rock.*”

The name of this gracious property reflects the sense of humor of its owner, who delights in conversation and laughter, and whose warm handshake and smile reveal both a gentleman and a comrade. As he talks of the wife he adored, and of their children, Jack’s role as doting husband and father emerges. “A.J. and I made a good team,” he beamed with pride as he pointed to photos of her and other family members in the office of his home in the heart of Palmer. “She was always there for me, assisting and encouraging me when the going got tough. She was my rock.”

Jack also happily discussed his children, Carla and Brett, his daughter-in-law, Sonja, and the four grandchildren and two great-grandchildren who have filled all their lives with joy as well as pride.

Although Jack has retired from most of the business interests he began in Dallas in the 1960s, he’s still involved with Best Way Transportation, Ltd. and the Meadows of Palmer. Lately, in partnership with his family and Jerry Shelton, Jack opened the Lone Star Auto & Equipment Group, selling classic cars and trucks. Jack is, perhaps unsurprisingly, a lover of old cars and has collected many over the years. Among his favorites are two 1930 Model A’s, restored to their authentic colors and fittings. He drove one of these antique treasures this past May in the Polka Festival parade. The twin beauties glisten in their garage

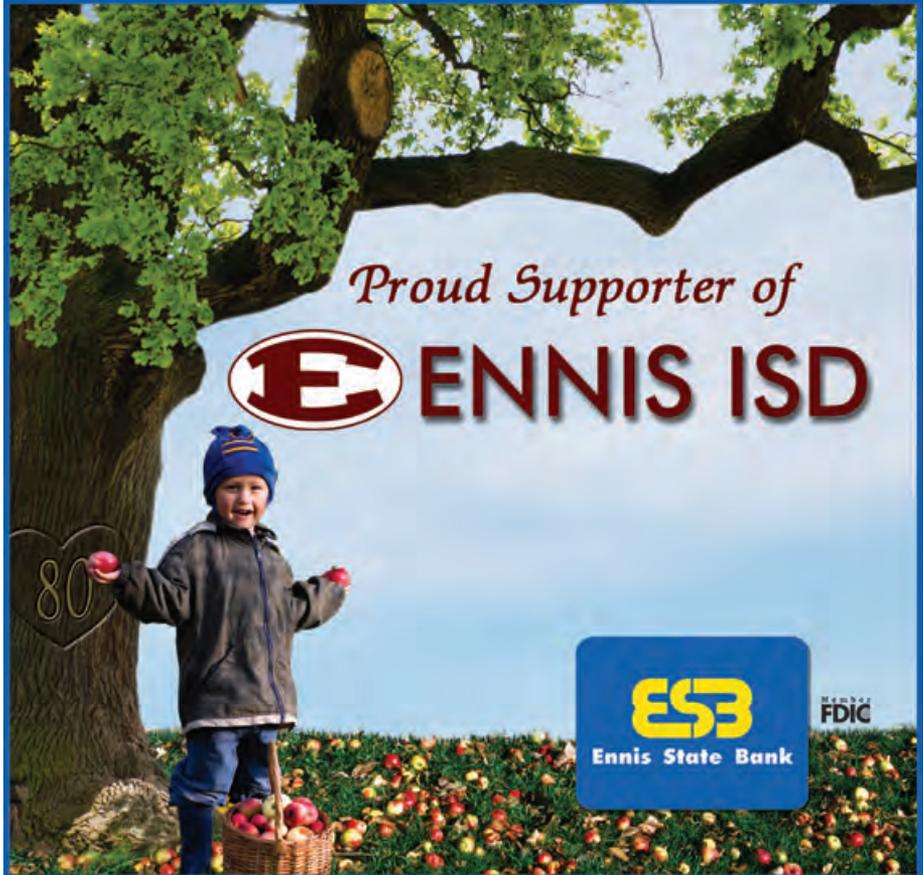
Make your dream home a reality!



Call us at 972-878-5866
Competitive rates on new construction loans



www.esbmortgage.com • 815 W. Ennis Avenue • Ennis, TX 75119 



Proud Supporter of
ENNIS ISD



www.ennisstatebank.com • 972-875-9676 • 815 W. Ennis Avenue • Ennis, TX 75119



five species of deer,” Jack explained. “For seven years we have had Blackbuck, Fallow, Axis, Sika and Pere David. The Pere Davids grow to 600 pounds and have hooves like a cow. They love eating the foliage at the sides of the lake on our land, even getting their horns dirty digging in the mud to get what they want.”

But it is Witt’s End Ranch where Jack spends most of his time, entertaining family and friends in the elegant home decorated by his late wife. “A.J. had a knack for design,” he enthused. “She really loved decorating and made this house a home with her good taste.” Style was definitely her strong suit. A.J.’s

on Jack’s estate where other, equally beautiful modes of transportation, roam freely — his horses.

Life on the range is as important to Jack and his family as the companies they operate. In fact, Witt’s End Ranch is a small place compared to the 300-acre ranch Jack owns in the Bristol area. One of Ellis County’s most picturesque properties, it boasts exotic animals that attract motorists’ rapt attention. “Currently we raise cattle, horses and



WHY BUY FROM TED REDD?



I really liked dealing with Ted. He's very knowledgable & friendly. I love my new car!! -*Martha Rabe, Ennis*

- See some Redd, Save some Green\$\$
- 20 minutes will save you a lot of hassle.
- The best purchasing experience ever, GUARANTEED!

THE ONLY PLACE to buy your new vehicle.

www.carlwhites.com
CARL WHITE'S
AUTOPLEX



2000 E. Hwy. 31 Corsicana
 903-874-6591 or Toll Free 800-725-2275
 Find new roads. 

ENCORE
Upscale Resale

"Finest Resale Shop in Ellis County"
 Over 10 years in business

Women's & children's clothing & accessories
 Consignment & buyout options
 Baby Furniture & gear



600 Ferris Avenue
 Waxahachie
 972-935-1197
 Mon-Fri 10 AM - 6 PM
 Sat 10 AM - 5 PM

15% OFF
 Clothing purchase with coupon only
 Exp. 8/31/2013

COME KICK UP YOUR HEELS

Ennis Chamber of Commerce
30th Annual Auction & Dinner

BOOTS N BLUEBONNETS

August 24, 2013
Sokol Hall,
2622 E. Hwy 34
Ennis

\$45 per Ticket
\$320 per Table of 8

Doors Open at: 5:00 pm
Dinner & Open Bar: 5:30 pm to 7:00 pm

Contact the Ennis Chamber of Commerce
TODAY to reserve your seat!!
972-878-2625 or mary@ennis-chamber.com

- Live & Silent Auctions
- Entertainment
- Raffles



ALL EYE & OPTICAL CARE

New Patients Welcome

All Major Insurance/Medicare Accepted

- Complete Eye Exams
- Eyeglass & Contact Lens Rx's
- Eyeglasses for Every Budget

Back-to-School

Children's Packages Available!

Warranty included at no extra charge.



972-937-4433

Dr. Raj Rugwani
Board-Certified Ophthalmologist

800 N. Hwy 77 Ste 100 • Next to HEB
AllEyeCare.com • AllOpticalCare.com

BUBBA'S BAR-B-Q AND STEAKHOUSE

NOW OPEN

Come see! Newly remodeled!

Try our "SERIOUS" selection of your choice of 8 meats, delicious sides & desserts



Select your own steak to be cooked to perfection

Grilled Tuna Steak, Mahi Mahi, Salmon & Red Snapper, Chicken & Chicken Sandwiches

972-875-0036

210 South I-45 in Ennis, Exit 251B

Catering, Custom Cooking,
Dine-In & Drive-Thru

Open 7 Days A Week:
Mon.-Thurs. 11-9, Fri. 11-9:30,
Sat. 11-9 and Sun 11-8:30



NOW OPEN AT OUR NEW LOCATION



His Creations

Crafts, Collectibles, Gifts & Junktiques

School Spirit Shirts and Hair Bows just came in!

Accepting Vendors Call 972.935.3650



"All Things were made through Him, and without Him nothing was made that was made." John 1:3 NKJV

Mon - Sat: 10am - 6pm • 2203 W. Ennis Ave, Ste. 400

(across from Brookshires - Next to Donut Shop)

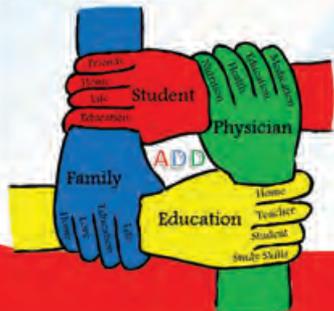
HisCreations LeeAnn

FAMILY CARE CLINIC

for **ADD/ADHD**

Approaching Disorders Differently

Our clinic uses a life-changing approach to treating ADD/ADHD. By incorporating study skills, time management, and organizational skills with medication, our patients' lives at home, school or work become more peaceful and manageable. See what a difference our treatment can make!



Call **972-875-6700**

Se habla español

717 W. Lampasas • Ennis

www.FamilyCareClinicForADHD.com

D. BLAYNE LAWS, M.D.



pendant for white and gold was applied with elegant restraint to the house's living room, entrance hall and dining room, relieved by touches of cream, brown and black. The bedspread of a guest room is black and cream striped, tying in with the theme, and the master bedroom features a clever mix of leather and silk in the same general color scheme. Mirrors are also used throughout to enhance the dimensions of each room. In this oasis of charm, Jack relaxes with his son and daughter, their children and his friends. He considers Witt's End Ranch the perfect place to enjoy his retirement from the fast pace world of business where he once took center stage.

Born in Sherman, one of seven children, Jack served in the Air Force. Stationed at Hensley Field in Grand Prairie, he met A.J., and the pair married on Thanksgiving Day 1952. "She was best friends with another officer's girlfriend," Jack recalled. "And when we met, I immediately knew she was the love of my life." Jack spent a year in Korea, during which A.J. wrote him two letters a day, all of which he still keeps in a box. Jack was later employed as an air policeman in the office of the Dallas Police Department before joining Red Ball Motor Freight where he rose in the ranks internally, as well as in the larger business community. During his 14-and-one-half years with Red Ball, Jack was elected president of the National Defense Transportation Association and as the youngest president to date of the Transportation Club of Dallas.

"While I was with Red Ball, I was taught the transportation business from the ground up," Jack pointed out. "I went

You can be **PAIN FREE**



Adam G. Arredondo, M.D.
Pain Management

We Can Help

- Headaches & Migraines
- Back & Neck Pain
- Shingles
- Shoulder Pain
- Knee Pain
- Leg & Arm Pain

521 N. Beaton St. ■ Corsicana 128 Hwy. 77 North ■ Waxahachie
903-872-4777 **972-938-7319**

www.txapmi.com • texaspaindoctors@gmail.com

Ennis Gift Shop & Boutique

Gift items,
women's clothing,
jewelry & more...

NOW OFFERING LAYAWAY



**New lion
paw jewelry**

404 W. ENNIS AVE. 972-875-2505 ENNISGIFTSHOP.COM

from dock worker and route truck driver to dock foreman and city dispatcher.” Promoted eventually to director of sales, he traveled across the nation, securing business for the company. Jack later became active in various Dallas service and charitable organizations, and has remained fully engaged since. “I have been a master Mason since 1959,” he remarked, “and I’m a 32nd degree Scottish Rite Freemason as well as a Shriner.”

Searching for a little respite from the big city, Jack and A.J. moved to Palmer in 1977. There they joined the First United Methodist Church, which Jack still attends. Although his grief at A.J.’s recent passing has been palpable, Jack has remained active in the community. “I love Palmer and the people here,” he observed. “It was a wonderful home base for us, and it still is for me.”



In addition to his busy routine of business responsibilities, church and charity functions and other activities, Jack keeps himself physically fit. He has arranged an exercise room at home where treadmills and stair-stoppers vie with a relaxing, post-workout sauna. “You have to keep going bodily and mentally,” he said. “Plus it’s fun.”

Jack reviews his life with modesty, attributing the success he has won to God, his friends and family, and to A.J. “We had a wonderful 59 years together,” he said. “A.J. was always helpful in my business, and she was a great business woman in her own right. She was the best thing that ever happened to this old country boy.”

While Jack misses A.J., he’s grateful for what he calls the “blessed life” they shared. He hopes to honor her memory by continuing to live happily, enjoying the company of those he loves. **NOW**

Education based child care for: Infants - Toddlers - Preschool - Pre-K Before & After School Summer Camp




Cedar Ridge

CHILD DEVELOPMENT

1700 Cedar Run • Ennis, Texas 75119
972-875-8384
www.cedarridgecd.com



Make a Splash!

BahamaBeachDallas.com



WHAT MAKES BAHAMA BEACH SUCH A GREAT VALUE?

- 45-Foot Tall Slides & 1,000 Foot Lazy River
- Water Playground w/ 1,000 Gallon Dumping Bucket
- Two Zero Depth Entry Beaches
- Birthday, Group Rates & Packages
- Private Cabanas, Party Rentals, and More

Bahama Beach Family Waterpark

\$2.00 OFF

Valid For Up to 4 Regular Priced Admissions.
Not Valid With Any Other Offer.
Coupon Code: ENOW

We are conveniently located just 10 minutes south of downtown Dallas on the west side of US 67 between Loop 12 W and Hampton.

1895 Campfire Circle | Dallas, Texas 75232
TEL 214-671-0820 | info@bahamabeachdallas.com



TRAYLOR

MOTOR HOMES, INC.

Pleasure-Way



HOLIDAY RAMBLER

Now Selling Propane



Specializing in the sale of motor homes and towables.
Over 27 years experience in RV sales, service, parts, rental and propane.

1216 N. I-45, Exit 260 • Palmer • 972.291.2067
Toll-Free 800.966.2053 • www.traylormotorhomes.com
Monday - Friday 9:00 am - 5:30 pm

OFFICIAL VEHICLE
INSPECTION STATION





STYLERS MATTERS

—By Randy Biggam

For 12 seasons now, *Project Runway*, the hit reality show airing on Lifetime Television, has featured the talents of aspiring fashion designers in a competitive setting. Backed by Parsons The New School for Design in New York, the program has opened the door to fame for contestants, while raising national awareness of the varied opportunities awaiting the sartorially skilled. Many young people have been inspired to pursue careers in fashion due to the TV show's popularity, and high schools around the country are meeting the interest by offering preparatory classes in design. Ennis High School is one of them, and Vicki Chmelar, the course's lead instructor, is proud of the promise shown by her students. "The classes have been in place now for about five years," Vicki explained. "There are some very talented young people in the classes, and we're glad to offer an interesting alternative like fashion design that draws in kids who are really creative."



"I love seeing glamorous women, like Jennifer Lopez or the Kardashians, and coming up with great outfits I think would look well on them."

Christian Arreola and Eric Roberts with their design teacher, Vicki Chmelar, and two models, Heather Thomas and Cheyene DePalmo.



Two students in particular have demonstrated exceptional ability. Eric Roberts, 16, and Christian Arreola, 17, both entering their senior year this September, are passionate about fashion, not only as a venue to create but as a way to make their fortunes. Though not directly influenced by *Project Runway*, the boys admitted the series' worldwide reputation has helped legitimize the field of fashion as a viable commercial outlet for artistic expression.

"My dad wanted me to be an architect," Christian shared. "But he now sees the potential for me in designing, so he's very supportive. And my girlfriend is interested in my work, too, and is very encouraging." Christian's determination is revealed in his quiet yet resolute way of speaking. "I've always liked to draw, and I love art," he said. "So teachers told me to concentrate on that." And he has, placing in a recent regional competition in design hosted by Family Career and Community Leaders of America (FCCLA). This honor has qualified him to participate at the state level. In addition, Christian has just entered a contest sponsored by Mark Cuban, owner of the Dallas Mavericks, to design new uniforms for the legendary basketball team.

Eric has enjoyed similar support from family and friends. "I love singing, and I may also go after that as a career choice," he admitted. "But designing is part of me, and is something I know I want to do." With sisters and a mother who love fashion, Eric has eager models for his latest whim. Recently, he made his mother's wedding dress. Eric is as dedicated to his work as his classmate, Christian. "I have always liked to sketch, but it wasn't until my freshman year that I got into fashion," Eric pointed

*You Deserve a
PERFECT SMILE
For Every
SPECIAL MOMENT!*

- GENERAL DENTISTRY
for Children & Adults
- BRACES
Traditional, Cosmetic & Invisalign
- WHITENING
At-Home & In-Office
- COSMETIC & LASER DENTISTRY
- DIGITAL X-RAYS

Congratulations Christian Durbin
Class of 2013 Ennis High School

Most Credit Cards, Care Credit & Insurance Accepted • Se Habla Español

STEPHEN DURBIN, DDS
"Your Bite is Our Business"
Serving Ennis since 1983
400 W. ENNIS AVE. • 972.875.9031
WWW.DOCTOOTH.COM

QUALITY CARE
FOR INFANTS, CHILDREN & TEENS

Hours: Mon-Fri: 8 am-5 pm
Prenatal Visits:
Tues & Thurs: 4-5 pm

ennis PEDIATRICS

972-875-8300
2203 W. Lampasas Suite 202 • Ennis

Katherine Brown, MD, FAAP
Board Certified in Pediatrics

Elaine Donet, FNP-BC
Online appointments & e-mail available
www.ennispediatrics.com

Kelly M. Walker, DPM
Diplomate, American Board of Podiatric Surgery
Fellow, American College of Foot and Ankle Surgeons

We treat all foot and ankle conditions.

Call us today for an appointment:
972-875-6320

Visit our website for patient information forms to save you time!
www.walkerfootandankle.com

2203 W. Lampasas, Suite 102 | Ennis, Texas 75119

DO
VARICOSE VEINS
 have you hiding your legs
THIS SUMMER?

MEDICAL & SURGICAL
 ASSOCIATES of CORSICANA & ENNIS

Dr. Ballesteros
 General Surgery
 903.872.3005 ext 360
 Se Habla Español

Our simple outpatient procedure will help eliminate Varicose & Spider veins

CALL FOR A FREE SCREENING

START ENJOYING SUMMER AGAIN!



Dr. Ballesteros will see patients in:
 Ennis: Mon. 9AM-11:30AM
 Corsicana: Tues 10AM-5PM
 Wed. 2PM-5PM & Every other Fri. 2PM-5PM



out. "I love seeing glamorous women, like Jennifer Lopez or the Kardashians, and coming up with great outfits I think would look well on them." Eric will join FCCLA this coming school year, and looks forward to participating in the next regional competition. But he's not relinquishing his simultaneous goal of a performing career. In fact, this summer he auditioned in Colorado for *The X Factor*, the Fox Network singing competition judged by Simon Cowell and other music industry bigwigs.

Ennis

ALL STAR BOWL

LEAGUES FOR ALL AGES!

- ★ Bar & Grill
- ★ Video Game Room
- ★ Birthday Parties
- ★ Company Parties

972-875-7827 A Family Entertainment Center
 2303 W Ennis Ave, Ennis Tx. *Call Today!*



For the time being, it's all about fashion for Eric and Christian, although each student approaches his work from a different aesthetic. Christian is influenced by contemporary skateboarding culture, as well as the hipster movement, designing unisex separates that are both modern and vintage in style. On the other hand, Eric's strong suit is high-glam, dramatic evening gowns suited to celebrity red-carpet events or stage appearances. Both young men possess extraordinary skill in drawing their own designs and making them. Their portfolios burst with bright colors and original texture combinations, while their finished creations are meticulously constructed.

Christian's focus on street wear has developed into a cohesive collection of savvy styles in T-shirts, sweatshirts,

EmbroidMe

www.embroidme-waxahachie.com

Franchise Customer Service Award 2012
 Custom Ts • School & Team Uniforms
 Lettermans • Polos • Caps • Banners
 Personalized Gifts • Promotions

972-923-0970
 On the corner of N. Hwy. 77 and YMCA Dr.

\$5.00 OFF \$25 or more
 With Coupon • Expires 8/31/13

Sisters Style SALON

WELCOMES

Laurie Killingsworth
 Esthetician/Stylist

Mackenzie Massey
 Stylist

NOW AVAILABLE HERE
SeneGence International

972-875-9372
 M-F 10-6 SAT 10-4 WALK-INS WELCOME 105 SW Main St. Ennis, TX 75119

jackets, pants and shorts that appeal to men and women. He's already conceived his own brand, The Basics, and devised a logo to go with it: a cartoon-like character called Skeeter, whose spike-haired mug with exposed tongue emblazons shirtfronts and the backs of jackets. His sporty designs, mainly in cotton and other practical fabrics, have already caught the attention of admirers. "People have offered to buy a jacket I made," Christian smiled. "But I think I'll keep it for now."



Eric's designs are less commercial in character than Christian's. They are, instead, more avant-garde in appeal and therefore more oriented toward *haute couture*, one-off production. He specializes in figure-flattering gowns that have a hint of the classic yet are wholly modern. "I like to show off a woman's curves and give her a little extra glamour," Eric observed. His favorite pieces are made of chiffon and tulle, and feature luxury trimmings like peacock feathers or sequins. The label he's decided on, if he launches his own clothing line, is *Finis*, French for "the end," and derived



HOMETOWN DRUG

World Class Service ~ Hometown Care

Immunizations
Specialized Compounding
Free Delivery in Ennis
Part of Good Neighbor
Pharmacy Network
We accept most insurances
CURB SIDE SERVICE

Se Habla Español



Neal Blackstone, Rph
Pharmacist

Diana Coile, PharmD
Pharmacist in charge

Hours: Mon-Fri 9-6 Sat 9-1
507 S. Clay St. Ennis (@ Lampasas) · 972-875-6798

Ennis Family Medicine

Thomas Tran MD, MS



- Quality & Affordable Care for Adolescents & Adults
- Accepting New Patients
- Accepting Most Insurances, Medicare & Cash
- 20 yrs. of Clinical & ER Experience
- UT Southwestern Graduate
- Same-day Appointments Available
- After-hours Appointments Available

972.875.2858
2203 W. Ennis Ave. Ste 300 Ennis TX



Weddings | Rehearsals
Showers | Quinceañeras
Family Reunions | Trade
Shows | Meetings + more!

1 Community Circle
Midlothian, TX 76065
www.midlothiancenter.com
972-723-7919

Owner
Vi Ann Braddock

Jenny Ware
Katie Durham Beckett

Leah Fincher
Lynnette Copas



Avenue Salon

972-875-7333
1905 W. Ennis Ave, Suite 402, Ennis, TX 75115

from his own middle name.

Color as an expression of personality is a key consideration for Christian in his philosophy of good design. “Yellow symbolizes joy,” he maintained. “And it’s a reflection of me, because I’m always happy. Red means confidence, and I relate to that because I can’t be put down easily. And purple is for mystery. That’s my favorite.”

For Eric, femininity and a heightened sense of drama are the driving forces behind his take on fashion. “I’m fascinated by women and the variety of clothes they can wear,” he said. “Men are pretty boring by comparison.” He counts among his influences such European design geniuses as Alexander McQueen, Chanel and Thierry Mugler. “I like the stuff that’s more out there,” Eric confessed. Perhaps due to his own talent as a singer, he regularly hatches ideas for stage costumes that could be worn by performing artists such as Taylor Swift or Lady Gaga.

By contrast, Christian isn’t as impressed by high fashion names. But he is a fan of clothing lines geared to the skater/hipster demographic he hopes to serve with his own label someday — brands like The Hundreds, Diamond Supply Co. and Supreme. And he can easily envision celebs like Lil Wayne, the hip-hop star, or Rob Dyrdek, the skater

“I’m fascinated by women and the variety of clothes they can wear.”



Helping families make healthier choices.

100% Drug Free

SUPER CITIZENS ENNISSAFEHOMES.COM

ENNIS SAFE HOMES IS AN INITIATIVE OF IMPACT ENNIS - WWW.DPRI.COM

Buying Silver, Gold, Diamonds and Any Unwanted Jewelry



WILEY'S
DIAMONDS & FINE JEWELRY
972-937-4422 • wileysjewelry.com

Advertise with us!

Reaching over 650,000 readers throughout 10 markets, with interesting stories about the people living in those communities, **NOW Magazines** are the smartest choice for your advertising dollars.



Call for info: 972-875-3299

and MTV host, wearing his clothes.

Eric plans to follow in the footsteps of *Project Runway* stars by attending Parsons The New School for Design in New York. And Christian is considering going to school in Los Angeles, possibly at the Fashion Institute of Design & Merchandising. Wherever they go, fortune awaits. As Vicki Chmelar, their teacher, has predicted, “When these guys make it — and they will — all of us who have supported them will be so proud!” **NOW**



MEMBER
TFDA
TEXAS FUNERAL DIRECTORS
ASSOCIATION, INC.

J.E. Keever MORTUARY INC.

Serving the Community for Four Generations Since 1918.



INSURANCE FUNDED FUNERAL PLANS
PRE-ARRANGED FUNERAL TRUST
TWIN OAKS CREMATORY

MATTHEW K. KEEVER

DAVID E. KEEVER

972-875-3891

972-449-2400

408 N. Dallas St. Ennis, Texas

Palmer Chapel 200 West Jefferson



Back-to-School Special

Get Half off
an Entree
when You Buy
an Entree

Must Have Coupon

Exp. 8/31/2013



"Home-Style
Southern Cooking"

Call ahead for
pick-up orders

972-875-6425

401 W. Ennis Ave.

DON'T GET STUCK IN THE HEAT

Wherever you're driving this Summer we can help you have peace of mind that you won't run into A/C trouble. Take advantage of this special to get your vehicle ready.



Air Conditioning Special

- 27 Point Vehicle Inspection
- Evacuate System
- Install Leak Detection Dye
- Inspect All Belts and Hoses
- Add R 134 coolant if needed*
- Check System for proper operation & leaks
- Consultation on any problems with your vehicle.

\$69.95

\$89.95 value now only

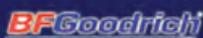
*Additional R 134 refrigerant extra

Offer expires 8/31/13



AVENUE AUTOMOTIVE Complete Automotive Care

200 E. Ennis Ave • Ennis • 972-875-6802 Se Habla Español





Lakewood Hills Internal Medicine

Dr. Felicia Lewis
2203 W. Lampasas St., Ste. 111
Ennis, TX 75119
(972) 875-7770
Fax: (972) 875-7775
DrLewis@LHInternalMedicine.com
www.lhinternalmedicine.com

Hours:

Monday - Friday: 8:00 a.m. - 5:00 p.m.



From left:

Patera Hawkins, Nina Madrigal, Dr. Lewis and Rachel Chairez are the caring hearts who make up Lakewood Hills Internal Medicine.

Getting Better All the Time

Lakewood Hills Internal Medicine is where good health happens. — By Randy Bigham

Dr. Felicia Lewis is new to Ennis but not to caring. She was in middle school in Tennessee when her grandmother became seriously ill, and the experience of witnessing the deterioration of someone she loved determined her to become a doctor. “It was also a natural enough decision,” recalled Felicia, who is now certified by the American Board of Internal Medicine and has had 14 years of experience in the field. “In my family there are a lot of allied health professionals, including my late grandmother, who unfortunately died two days before I went away to college. That was really tough, and it affected me very much.”

Armed with the loving memory of her grandmother, as well as her own talents and skills, Felicia successfully completed her education. She earned her undergraduate degree in molecular biology at Harvard University and her medical doctorate at the

University of Tennessee Health Science Center at Memphis, where she also fulfilled her residency.

Felicia relocated to Texas in 2007 with her husband, also a doctor. “But he’s a Ph.D.” she clarified. “You know you have to have one normal person in a marriage!” Both commute from Dallas to their respective jobs, and for Felicia that means Lakewood Hills Internal Medicine in Ennis. Located in the Ennis Regional Medical Center complex, her internal medicine practice celebrates its first anniversary in the Bluebonnet City this month. “I really love Ennis because of the people here,” the doctor pointed out. “It is a wonderful community to work in and to serve. Everyone is gracious and welcoming, so it’s been very enjoyable.”

In internal medicine, which Felicia describes in layman terms as “primary care for adults,” the doctor sees no patients under

Business **NOW**

the age of 18. "I do have some expectant mothers as patients," she explained. "But I'm not managing their pregnancies, just other conditions they may have, such as diabetes or hypertension."

Pregnancy is no mere clinical subject for Felicia. It's a personal one. The

"It's a privilege to participate in one of the most important areas of someone's life — their physical health."

mother of a 25-month-old son whom she adores, she looks forward to spending time with him, her husband and friends in the Greenville area of Dallas. In her spare time, Felicia also loves reading, cooking and gardening.

Leisure time isn't always plentiful for the busy Ennis physician, but she welcomes the hard work because she knows she's making a difference in the lives of her patients. "That is the most satisfying part of the work," she confirmed. "It's a privilege to participate in one of the most important areas of someone's life — their physical health." Felicia stressed that, although her specialty is treating chronic disease, the relationship with such patients is perhaps even more important than those of shorter-term status. "We're talking about internal medicine, so not everyone gets cured, but I feel like I get to contribute in a way that's meaningful," she shared. "That kind of longtime relationship is fulfilling especially when times get tough."

In addition to prevention counseling and alternative medicine, Felicia and her staff of four address such conditions as diabetes, hypertension, high cholesterol and thyroid and hormone irregularities for both men and women. She also treats incidental issues, including headaches, arthritis and back pain.

"We are here to serve," the doctor promised. "We count it a privilege to practice in this community and enjoy what we feel called to do. Hopefully that is reflected in everyone's experience with us." **NOW**

*The Personal Touch of Yesterday with the
Technology of Tomorrow*



SMILES
FOR *Life*

NAVARRO

DENTAL CENTER

COMPLIMENTARY
TEETH WHITENING

WITH THE COMPLETION OF A
NEW PATIENT EXAM, CLEANING AND X-RAYS

(\$300 VALUE)

LIMITED TIME OFFER. AGES 16 AND UP

903-257-3392

MICHAEL E. EEDS D.D.S

- ◆ Most dental insurance plans accepted
- ◆ Bilingual Staff
- ◆ Medicaid and CHIP provider up to age 21
- ◆ Emergencies seen the same day
- ◆ We accept all major Credit Cards
- ◆ Ask about our Dental Savings Plan

Now Offering  **CareCredit**
Making care possible...today.

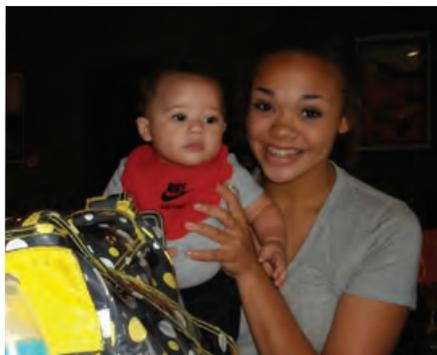
APPOINTMENTS
AVAILABLE.
CALL TODAY TO
SCHEDULE YOUR
BACK-TO-SCHOOL
CHECK-UP!

NAVARRO
DENTAL CENTER
903-872-1661

1661 W. 2ND AVE. • CORSICANA

www.navarro dentalcenter.com • email: navarro_dental@att.net





Ajané Davis shows her nephew, Abmari Laza, off to friends at a local restaurant.



Sara Walker joins family and friends at a recent celebration.



Wayne and Shirley Minter arrive at a family gathering.



Dr. Jesus Trejo with his family at the recent Baylor Family Medicine ribbon cutting.



An EISD Flap Jack Fever incentive event takes place at All Star Bowl.



Ennis 6th Grade Band earns 1st Division Superior rating at the Sandy Lake Band Fun Fest.



A ribbon cutting is held for Ennis Flower & Gift Shop at their new location.



Members of Friendship Baptist Church hold a bake sale to benefit youth activities.

Call now to schedule your
**back to school well child
check and vaccines.**



INFANT/CHILD HEALTH
ADOLESCENT HEALTH
WOMEN/MEN HEALTH
GERIATRICS
HOME HEALTH
PSYCHIATRIC CARE
JOINT INJECTIONS
COPD/EMPHYSEMA
INGROWN TOENAILS
EYE PROBLEMS

RASHES
FAMILY PLANNING
HOSPITAL CARE
HYPERTENSION
DIABETES
WEIGHT LOSS
ARTHRITIS
ASTHMA
ADHD
UTI



Raymond W. Blair, Jr., M.D.



Joey Flores, RN, MSN, FNPC
Family Nurse Practitioner



Becky Lucas, DNP, RN, FNPC
Family Nurse Practitioner

Accepting
New Patients



BLAIR FAMILY MEDICINE, P.A.

2203 W Lampasas St. Suite 101 | Ennis, TX 75119
972-875-7799 | www.blairfamilymedicine.com

Check us out on
Facebook & Twitter



Kevin A. Williams, MD

Over 12 years Private
Practice Experience

Accepting New Patients!

- Sports Injuries •
- Arthroscopic Surgery •
- Carpal Tunnel Syndrome •
- Knee Replacement •
- Fracture Care •
- Second Opinion •

Most major insurances accepted:
Medicare, Medicaid & Workers Comp



REAGAN EYE CENTER

Dr. David Reagan, MD, serving Ellis County for over 20 years.

Our Surgery Center is
ON-SITE in Waxahachie!
No need to travel for
your Lasik procedure

- ~ CATARACT Surgery
- ~ LASIK Surgery
- ~ YAG Laser Surgery
- ~ Blepharoplasty
- ~ Complete Eye Exams
- ~ Glaucoma Management
- ~ Diabetic Exams
- ~ Plaquenil Exams
- ~ Eye Infections
- ~ And Much More!



Book on-line TODAY at
www.reaganeyecenter.com

203 NW Main St.
Ennis
972-878-1288



101 YMCA Dr.
Waxahachie
972-938-7909



Ennis Orthopedic Surgery

& Sports Medicine Center

Located in Ennis Doctors Center

**802 W. Lampasas
Ennis, TX 75119**

Call to schedule your appointment

972-875-4700

Be Aware of Risks of Not Investing

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

You might not keep up with inflation. If you put all your money under the proverbial mattress, or, more realistically, you keep it all in cash instruments and very short-term investments, you might think you are playing it safe. After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it, either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3 percent annual inflation rate, your purchasing power will decline by about half in just 25 years.

You might outlive your money. For a 65-year-old couple, there's a 50-percent chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

You might not be able to maintain your financial independence. Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could become

somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

You might not be able to retire on your terms. You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

You might not be able to leave the type of legacy you desire. Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. And that means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great. **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.

Add an Important Item to Your Back-to-school List.

For parents, back-to-school season means it's time to stock up on school supplies. But it can also be a good time to think about how to save for your child's future education.

Developing a strategy for achieving your education savings goal - or other savings goals - can help you stay on track.

To learn more about your education savings options, call or visit today.



Jeff Irish
1905 W. Ennis Ave.
Ste. 401
Ennis, TX 75119
(972) 875-4706

www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING



COOL NOW PAY LATER



0% APR

with equal payments for 24 months

On A New High Efficient Home Comfort System

American Standard
HEATING & AIR CONDITIONING

TACLA012118C

See your independent American Standard dealer for complete program eligibility, dates, details and restrictions. All sales must be to homeowners in the United States. Void where prohibited. The Home Projects Visa card is issued by Wells Fargo Financial National Bank. Special terms apply to qualifying purchases charged with approved credit at participating merchants. The special terms APR will continue to apply until all qualifying purchases are paid in full 0% APR. The minimum monthly payment will be the amount that will pay for the purchase in full in equal payments during the special terms period. For newly opened accounts, the regular APR is 27.99%. The APR will vary with the market based on the U.S. Prime Rate. The regular APR is given as of 1/1/2013. If you are charged interest in any billing cycle, the minimum interest charge will be \$1.00. The regular APR will apply to certain fees such as a late payment fee or if you use the card for other transactions. If you use the card for cash advances, the cash advance fee is 5.0% of the amount of the cash advance, but not less than \$10.00. Offer expires 8/31/2013.



Area Wide Services

903-874-5298

 Find us on Facebook

24-HOUR EMERGENCY SERVICE

Air Conditioning, Heating & Commercial Refrigeration

DIG HERE, GET A 30% TAX CREDIT.

Geothermal Heat Pump Systems for your home

With a ClimateMaster Geothermal Heat Pump System, you get a 30% tax credit and can save up to 80% on your energy bill. A new ClimateMaster system usually pays for itself in about five years and is a cleaner choice for the environment.

FINANCING AVAILABLE



www.areawideservices.com

Meniscus Injuries

There are 61 cases of menisci injuries per 100,000 people each year. This is a very common orthopedic injury that can cause marked physical impairment. The symptoms can include: soreness, mechanical block to motion and severe pain. The majority of these symptoms are located at the joint line. However, pain can be referred to the back of the knee or down the lower leg. These injuries account for 50 percent of surgical injuries to the knee.

The basic anatomy of the meniscus consists of semi-lunar shaped fibrocartilaginous wedges. They function to provide cushion similar to shock absorbers for a car. The meniscus accepts 50 percent of the load on the joint transmitted in extension and 85 percent of the load transmitted in flexion. They also provide some secondary stabilization for the knee in much the same way a chuck block prevents a wheel from rolling. The meniscus also functions to provide some joint lubrication.

The blood supply to the meniscus penetrates roughly the outer one-third rim. Unfortunately, this means that many menisci tears will not heal.

Meniscus pathology

Traumatic tears of the meniscus occur from sheer forces, or a twisting and sliding motion. The most common location is the posterior horn of medial meniscus. Common associated injuries include Anterior Cruciate Ligament (ACL) tears or chondral contusions (bone bruises). Degenerative tears can occur as arthritis progresses. These occur in individuals over 40 years of age and are directly correlated to the degree of articular cartilage degeneration. Unfortunately, these have little or no healing potential.

Tear Classification

Longitudinal tears are the most frequent traumatic tears. A medial meniscus tear is

three times more likely in this type. It usually becomes symptomatic when the size of the tear is greater than 5 mm.

Radial tears are usually traumatic as well. Function is compromised when the tear extends to the periphery.

Horizontal tears, also known as horizontal cleavage tears, are more common in older patients. Continuing to walk on this can lead to tear propagation and displacement of the torn fragment. This type of tear is associated with meniscus cyst development. The cyst usually resolves with treatment of the menisci injury.

Imaging

Weight-bearing X-rays are an important first step in evaluating any knee injury to rule out fracture and to assess the degree of degenerative change. MRI is the diagnostic study of choice and should function also as a confirmatory tool.

Management

Nonsurgical treatment is appropriate for small, stable peripheral tears when no mechanical symptoms are present. Physical therapy, anti-inflammatory medication and modifying activities can provide many patients with significant improvement of symptoms.

Surgical treatment is reserved for patients with significant mechanical symptoms or for those who have not responded well to nonsurgical treatment. Some tears of the peripheral meniscus can be repaired in younger patients. Even partial meniscectomy can lead to increased progression of arthritic change. The goal is to help restore function, while preserving as much meniscus as possible. **NOW**

Dr. Todd Moore • Orthopedic Surgeon and Sports Medicine Specialist Chair, Department of Surgery • Ennis Regional Medical Center

ELLIS COUNTY
Orthopaedic Sports Medicine
CLINIC

Local Surgery • Local Rehab • On-site X-ray

- **Arthroscopic Rotator Cuff Repair**
- **All Types of Fracture Care**
- **ACL Reconstructions**

Dr. Todd Moore
 Orthopaedic Surgeon
 Fellowship trained in Sports Medicine

2203 W. LAMPASAS ST. SUITE 114 • ENNIS **972.875.7777**

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.

Through September 25

21st Annual Taste of Ennis, benefiting Helping Hands of Ennis at the Knights of Columbus Hall, is seeking sponsors. This year's event is scheduled for

September 26. Contact Judi Hejny for sponsor levels and more information at (972) 875-0218 or donate online at www.helpinghandsofennis.org.

August 4

Summer Sunday Nights' Pool Night: 6:00 p.m., Tabernacle Baptist Church, 1200 Country Club Rd. For more events and dates visit www.tabernaclefamily.org.

August 10

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 is \$5 for ages 16 and up. Proceeds benefit the VFW. Doors open at 6:30. Concessions will be available. For

more information call (972) 846-2014 or (972) 846-2211.

August 16

Summer Moonlight Movies - *The Avengers*: 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.

August 17

Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, Ferris. Vendors welcome. Call (817) 992-9204 for more information.

Enchanted Rose Beauty Pageant: 10:00 a.m., Corsicana Country Club, 800 NW County Rd. 1050. Event benefits the Corsicana Animal Shelter. For more information call Sandy Roby at (903) 654-9833 or visit www.theenchantedrosebeautypageant.com.

August 18

Stacy Arnold in Concert: 6:00-7:00 p.m., St. Paul Episcopal Church, 624 Ovilla Rd., Waxahachie. Donations welcomed. For more information, call (469) 337-7294.

August 24

Boots 'N Bluebonnets – 30th Annual Ennis Chamber of Commerce Auction and Dinner: 5:00 p.m., Sokol Hall, 2622 E. Hwy 34. Tickets are \$45 per person, \$320 per table of eight. Dinner will be served 5:30-7:00 p.m. Features include an open bar, cash bar, silent auction. Platinum, gold and silver sponsorships are available. To reserve a seat or for more information, call Mary Macalik at (972) 878-2625 or email her at mary@ennis-chamber.com.

EHS Band Ice Cream Supper: 6:00-8:00 p.m., Ennis High School, Bardwell Commons and Gym, 2301 Ensign Rd. Concert, silent and live cake auctions, door prizes.

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.

Submissions are welcome and published as space allows. Send your current event details to randy.bigham@nonmagazines.com.



ELLIS COUNTY FAMILY DENTISTRY
DR. SETH ATKINS

*We provide your entire family
with healthy, beautiful smiles.*

New Patients Welcome

**We accept most insurance plans,
all major credit cards, and
financing through Care Credit.**



1408 W. Jefferson, Waxahachie
(directly across from Baylor Hospital-Waxahachie)
972.937.8433 • www.elliscountyfamilydentistry.com





In The Kitchen With Stacie Hollingsworth

— *By Randy Bigham*

For Stacie Hollingsworth, cooking really means family. “I wouldn’t have any great recipes to share if it weren’t for my family,” she admitted.

Stacie’s favorite “food memory” from childhood is inhaling the scent of gumbo cooking. “My mother was a full-blood Cajun, and her gumbo was wonderful,” Stacie recalled. “She would stand at the stove for an hour, stirring the flour and oil to make the roux.” Stacie’s Aunt Margaret has since shared with her a modern twist to the original that shortens preparation time.

Her sister, Vanessa Perdue, has loaned Stacie her Hot Cracker recipe while her mother-in-law, Margaret Hollingsworth, has showed Stacie how to make quiche that even men will like. One of Stacie’s own most popular recipes is her “Celebration of Life” cake with strawberries. **NOW**

Celebration of Life Cake

Cake:

- 1 box Betty Crocker Super Moist German Chocolate Cake Mix**
- 1 1-lb. can Betty Crocker Creamy Deluxe Coconut Pecan Frosting**

Icing:

- 1/2 stick butter, softened**
- 4 oz. cream cheese, softened**
- 4 cups powdered sugar (as needed)**
- 3 Tbsp. orange juice**
- 1 tsp. vanilla**
- 1 1/2 cups pecans, chopped**
- 1 small (or large) carton strawberries dipped in chocolate syrup (optional)**

1. For cake: Prepare cake mix according to directions on package. Stir in frosting, mixing well.

2. Grease and flour (or spray with cooking spray) a Bundt pan. Pour batter into pan.

3. Bake at 350 F for 40 minutes or until tester comes out clean.

4. Cool in pan 10 minutes and invert onto serving plate. Let cool completely before icing.

5. For icing: Begin beating butter and cream cheese with electric mixer, adding powdered sugar and orange juice alternately, mixing well until there is good consistency for spreading. Add vanilla.

6. Spread icing on cake, covering completely. Press pecans into sides of cake until well-covered.

7. Before serving, pile chocolate covered strawberries in middle of cake and around sides.

Cajun Gumbo

3/4 cup cooking oil

1 cup flour

4 quarts water

1 chicken, cut up

1/2 Tbsp. red pepper

1 Tbsp. black pepper

2 Tbsp. salt

2 onions, chopped

2 ribs celery, chopped

1 cup bell pepper, chopped

Rice of choice (not Minute Rice)

1 pkg. Eckrich sausage, sliced 1/4-inch thick

1 cup green onion, chopped

1 tsp. Filé (or to taste)

1. Mix oil and flour in a microwavable bowl. Place in microwave; cook 20 seconds at a time, stirring with a whisk in between until roux is a medium dark brown color (about 13-16 minutes).

2. When done, put roux in 4 quarts warm water on medium heat; stir until roux is dissolved.

3. Add chicken, seasonings, onions, celery and bell pepper; let cook for 1 hour on medium heat.

4. Boil desired amount of rice to desired consistency.

5. Brown sausage slices in a pan; add to gumbo along with green onions.

6. Cook for 30 minutes. Serve over steaming rice, adding Filé to taste.

Hot Crackers

1/2 tsp. cayenne pepper

1 cup Canola oil

1 pkg. Original Hidden Valley Ranch mix (dry)

1 gallon glass jar

3 stacks saltine crackers

1. Mix cayenne pepper, oil and dressing mix in jar. Add crackers.

2. Put lid on tight and roll jar back and forth until crackers have absorbed the mixture. Store in jar or other air-tight container.



Smarter Money. Smarter Move.

Strengthening the financial foundation of families, communities and our country by using inspiration, education and our expertise to put people in control of their financial future.



Staci Davenport-Fincher

Mortgage Banker, NMLS # 469883
The Davenport Team
Direct: 214.399.0330
Staci.Fincher@SenteMortgage.com



Sente Mortgage Ennis | NMLS ID #132111
www.SenteMortgage.com | office: 972.330.2841
1905 W. Ennis Avenue, Ste. 208 | Ennis, TX 75119

www.SenteMortgage.com

We've joined forces with Lawyers Title

Ross Massengill & Marcie Schanfish
Massengill Schanfish, P.L.L.C.

*Employment Law
Family Law
Business Law
Real Estate
Wills / Probate*



MASSENGILL SCHANFISH, PLLC

Call us today! 972-878-9105
105 S. Preston St. • Ennis

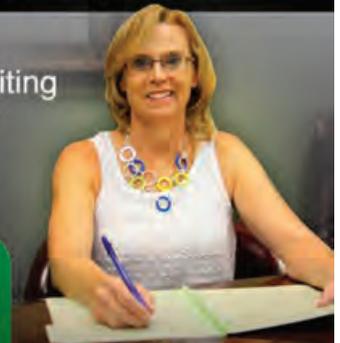


Lawyers Title

Lawyers Title knows Ennis!

972.872.3320 • 972.872.9540 FAX
105 S. Preston Street • Ennis, TX 75119

Backed by the largest title insurance underwriting group in the world, our goal is to give you outstanding service.



Lawyers Title is a team you can trust!

COMPREHENSIVE REHAB

TO GET YOU “BACK IN THE SADDLE”

With the area's most comprehensive outpatient rehabilitation center, Ennis Regional Medical Center can help you recover and reach your goals.

Just ask local Ennis resident and world champion barrel racer Mary Walker. She didn't know if she'd ever ride again – much less compete after suffering severe injuries during a competition two years ago. Following her surgery to repair a crushed pelvis, two fractured vertebrae, and two broken toes, Mary attended physical therapy at Ennis Regional Medical Center's Rehabilitation Clinic.

The highly-trained physical therapists and occupational therapists focused on Mary's capabilities rather than disability to put her back in the saddle and on the trail to recovery and independence. Ennis Regional Medical Center congratulates Mary's season title win at the 2012 National Finals Rodeo in Las Vegas.

**To find the expert care you need,
call 855-875-ERMC (3762)**



Ennis Regional
MEDICAL CENTER

Connect
with
Ennis
Regional



Mary Walker