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M A G A Z I N E

September 2009

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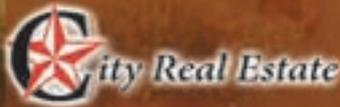
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## Editor's Note

Dear Ennis Friends,

The weather is more pleasant, children are back in school and it is time to look toward a season of new plans. If you missed spring cleaning, now is your chance to get a head start on putting a fresh look on your home. Many businesses are gearing up for a new fiscal year. Teachers and administrators are implementing exciting ideas for the school year. It is time to look up, take aim and set our pace to reach our goals.

September brings the Ennis Public Library annual book sale, September 24 through the 26. Believe me; if you love books like my family does, you should clean out your trunk, because you will be toting home some bags of good reads. I have seen everything from reference books, to sports biographies, to how-to books, to romances there in past years. I will be there scouting for mysteries and school books, so please look for me and say "hello!"

Kelly Kovar  
EnnisNOW Editor  
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# Broadening Horizons

— By Kate McClendon

Joannie joined the AmeriCorps VISTA (Volunteers in Service to America) program last summer. VISTA volunteers commit to one year of full-time service at a nonprofit organization or local government agency. Since Joannie lives in Ellis County, she was assigned to help the BBBS division in Ellis County, which led to her current position as BBBS community recruitment coordinator. “There’s a big need here in Ellis County,” Joannie explained. “We have a lot of single-parent families and families in poverty that place the kids at risk.”

According to the Big Brothers Big Sisters of North Texas Web site, the BBBS’ purpose is to “enrich, empower and encourage children to reach their highest potential through safe, positive one-to-one mentoring relationships.” The movement began in 1904 and was officially founded in 1927 as a community-based organization. In the community-based program,

mentors pick the child up a few times a month and incorporate the child into their everyday life. “The mentor will just hang out with the child, and the child will realize that they’re special because you are spending time with them because you want to,” Joannie said. “The child may not get exposed to different activities if their parents work a lot, so there are many things the volunteers can do with the kids.”

Recently, a school-based version was established. With the school-based program, mentors will go to the child’s school once a week and have lunch or play games with them. The mentors can spend time with the children during their lunch break without it taking time away from the mentor’s own family. “The mentor doesn’t have to be a tutor,” Joannie added, “They just have to be themselves.”

BBBS operates successfully due in large part to corporate sponsors. They also receive things like tickets from a lot of local sports teams like the Cowboys and Mavericks. The mentors just have to use their gas money to get to the games. “It’s a commitment of time,” Joannie said. “We don’t ask for money, just gas and time.”

The program also has a partnership with the YMCA. Many of the mentor-child pairs in the community-based



Some people are born to help others. Here in Ennis, many of those people volunteer with the Big Brothers Big Sisters (BBBS) program. One of those helpers is Joannie Conger, Ellis County community recruitment coordinator. “I’m here to help get the word out in the community and to get volunteers for the kids,” Joannie said. “They need a positive adult influence in their lives.”

Joannie was born in Cheverly, Maryland, a suburb of Washington, D.C., before moving to Kentucky, Florida and finally Texas, when she was 13 years of age. Now she and her husband, Pete, live in Ennis with their children, Julie and Wesley, and two cats and two dogs. “We came to Ennis seven years ago, looking for peace and quiet,” Joannie said. “We lived in the mid-cities area, and my husband and I both like older houses, so we came here.” Joannie said she and her family are very happy they decided to make the move south to Ennis. “The people are friendly; there’s a small-town atmosphere — that’s what I really like. I like the neighbors knowing each other and worrying about what’s going on with each other.”

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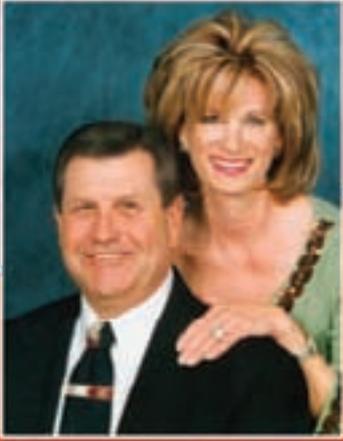
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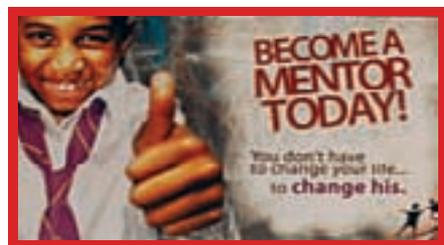
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program go to the Waxahachie YMCA since there is so much to do there. BBBS has also begun working with a program that recommends children whose parents are incarcerated. “It gives the kids a chance to have someone else letting them know they can do something else,” she said. “It helps them think twice and make good decisions.”

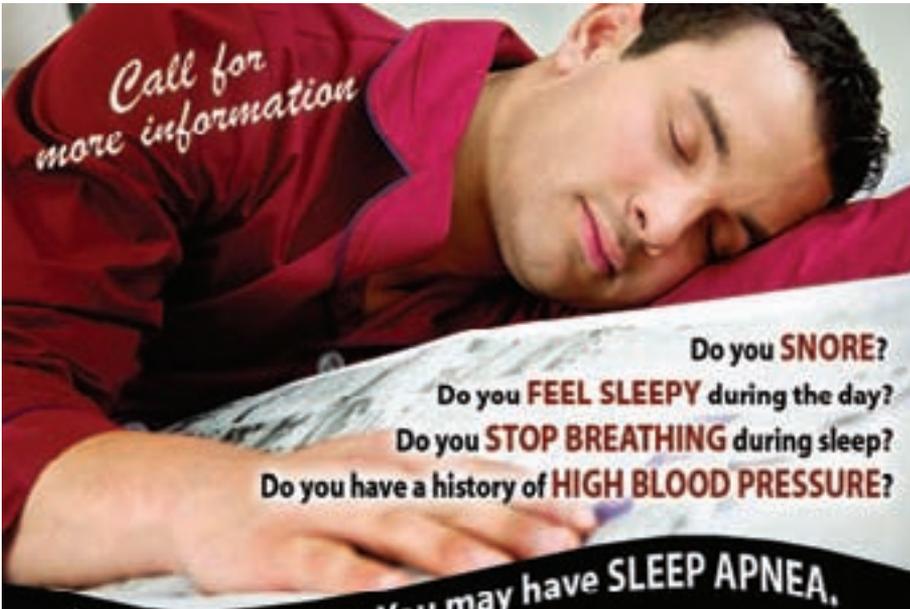
Since Joannie started working with BBBS last August, the focus has changed. “This year, there has been a big push for community involvement — neighbors helping neighbors and people relying on each other instead of the government.” With the new



superintendent in the Ennis Independent School District, Joannie is hoping the program will continue to expand both in the community and schools. BBBS has been in Waxahachie for about four years, and it just began in the schools in Midlothian. Joannie is trying to get the program expanded throughout all of Ellis County.

Each day for Joannie is completely different. She does everything she can to get out in the community and build awareness about the program. Joannie gives presentations to different clubs, while also setting up booths at festivals and parades throughout the county to pass out information for volunteers and for parents wanting to sign their children up for the program. Joannie’s oldest daughter, Christina Gunn, also works for the Big Brothers Big Sisters program by getting the organization’s name out there and building awareness. They call themselves the “mother-daughter tag team of Ellis County.”

Joannie indicated they definitely need many more volunteers within the county. “People may not know we have so many kids in Ellis County that



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need someone,” she stated. Right now, the program has about 20 matches in Ennis. Participating children, or “littles,” are between the ages of 7 and 14. Mentors, or “bigs,” have to be at least 16 years old. Mentors must complete an application and background check, because the child’s safety is the first priority. After completing an application, potential mentors have an interview to find out their likes and dislikes so they can get the best match for their personality. “We hope for mentors to stay in the child’s life for at least a year,” Joannie said. “A lot of the



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times, the child has had people come into their lives and leave. That’s more detrimental to them.”

Joannie loves working with the program because it is rewarding to the “bigs,” as well as the “littles.” One upcoming example is the Bowl for Kids’ Sake event to be held in October at Hilltop Lanes in Waxahachie. “One big thing is that it gives the kiddos the understanding that they can be somebody,” she said. “It opens their eyes to positive things. It broadens their horizons to what’s out there for them.”

She also knows the program helps children in the future. The advice and attention they receive from mentors plays a huge part in their lives down the road. “Kids will always be faced with difficult situations,” Joannie added, “so the more positive influences they have in their lives, the more apt they are to make good decisions.”

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# Peaceful, EASY LIVING

— By Kelly Kovar

Three years ago, Vic and Sandy Pochobradsky stepped into HighView Marina to get a fishing license and they stepped out with a dream. “Vic was the ground supervisor at Cedar Valley College, and after 30 years there, he was ready to retire,” Sandy said. “We were thinking about what we would do for the next phase of our lives. The outdoors is his element, and it is hard to find something that fits you.” The Corps of Engineers owns the land at HighView Marina, but the marina buildings were for sale. “We had a beautiful home in Palmer with 10 acres and a pond, but it only took us 24 hours to decide. We have never been sorry.”

The condition of the living quarters would have daunted many folks, but not Vic. “When I looked at it at first, it looked like something from *The Munsters*; I thought, *Just dig a big hole and bury it with a bulldozer*,” Vic recalled. He decided it would be more cost-effective to salvage the land’s

existing mobile home than to rebuild. With his background in maintenance and his experience fixing-up old barns and houses, he knew he could do the project, one room at a time.

For four months, the Pochobradskys worked hard to make the house

livable, while running the marina. “The house is huge, with six bedrooms and three bathrooms. When you drive up you don’t realize how big it is, because it is a split-level,” Sandy said. They re-did floors, put up drywall and lowered some ceilings. The kitchen cabinets were restored by painting



At Home With  
**Vic and Sandy  
Pochobradsky**

them with a two-tone effect. "But, I wanted a new countertop and I wanted a new sink. My sink is wonderful. I can put the biggest of my bake pans in here. I am really pleased with the way it turned out."

The master bath got a new countertop and a marble surround for the bathtub. The master bedroom has just the right corner for a wardrobe made by Vic's grandfather. "My grandfather was a furniture maker in the Czech Republic. He went to trade school there to be a furniture maker and he did detailed work by hand."



Sandy brought a classic look to the living room with mission-style furniture. Vic likes the way it blends with family heirlooms. "I love the old oak furniture of my granddad's that I grew up with," he said. "You can pass it down from generation to generation."

Sandy's family also has passed down some beautiful pieces. One of their six bedrooms is furnished for a grandson, one of two who work for them at the marina. "In my grandson's room, I have a beautiful chest that belonged to my grandmother," she pointed out. "And this desk belonged to my dad."

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My dad made his own bullets, competed in shooting and made the grips on his guns. So, I saw him sit at that desk many a time and pour his own bullets.”

Though not located in the Pochobradskys’ home, a fascinating piece of family history is the Bible containing Sandy’s family’s history. The almost 400-year-old Bible is considered to be the oldest family Bible in America. “The Van Kousenhoven — de Sille Van Wickle Bible was printed in 1614 by Jan Jantz in Arnheim, in the Netherlands.

It is housed at the New York Genealogical and Biographical Society in New York City,” Sandy said. “One thing Vic and I are really enjoying is reading through our own Bible together, out loud in our dining room.”

The dining room features a display of dragon dishes, which were given to Sandy’s mother at age 16. “We have had them in the family for 70 years, and they might date back to World War I,” Sandy said. The chandelier was hand-carried home from one of the Pochobradskys’ two trips to the Czech

Republic. On the second trip, they met Vic’s cousin and had a photo taken in front of the old family home.

The downstairs guestrooms also display family treasures, including a trunk in which Vic’s family brought their things over from the Czech Republic. A photo reveals a very young Vic, riding on a toy fire engine. “When we got married,” Sandy said, “we were out in the barn one day, and I found the fire engine. I had Vic take it along when he was getting a car painted, and then he got online and

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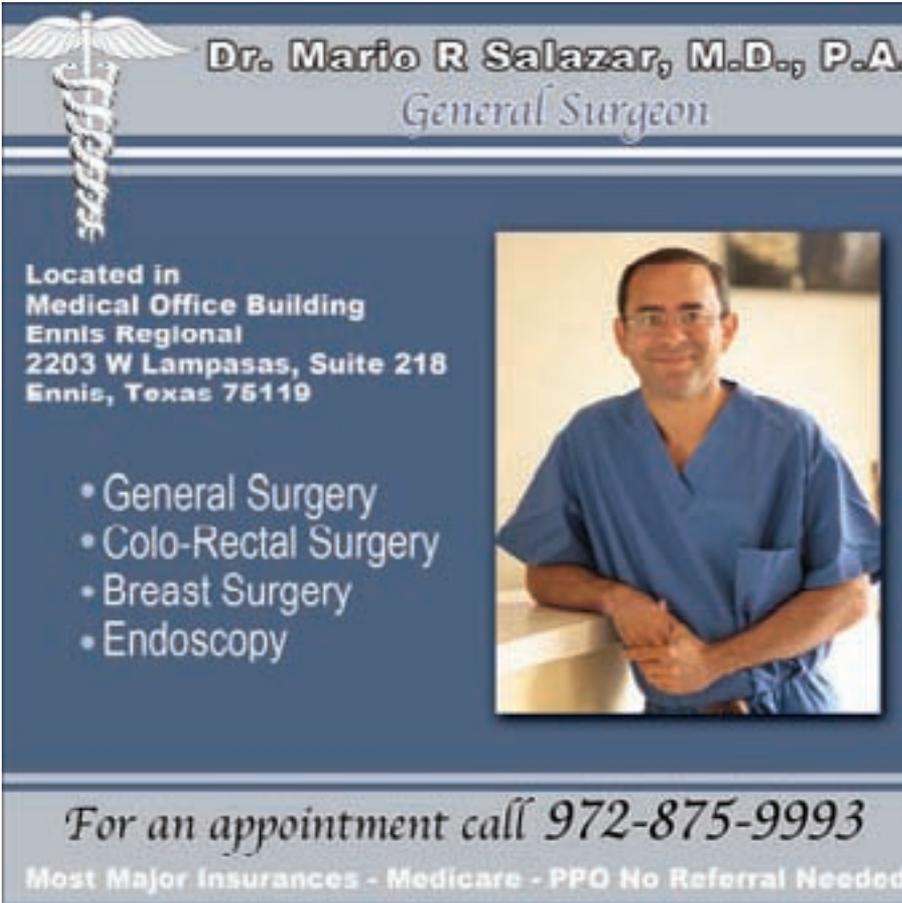
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found the decals, the hubcaps and the seat." Sandy's guitars and piano find a home here also. "My mother loves to stay here, because she can play the piano." A second guest room is fun for grandkids. Outfitted with a trundle bed, it has a nautical theme, complete with an infant-sized swimming pool mounted on the wall as part of a beach tableau. The guest bath carries on the theme with a wall-hung fishing net and a shower lined with stone-facing.

Other interesting purchases from their travels include a violin Sandy found in an antique store in Europe and artwork by a Czechoslovakian

painter. "The painting is printed on plastic, and it is cut in strips to make a doorway hanging."

Sandy creates stained glass in her glass shop. Its blue exterior paint, which matches the other outbuildings, just adds to the peaceful landscape surrounding the marina home. Inside the house, Sandy has a craft room where she does beading. The room is equipped with two embroidery machines, which she uses to embroider catfish, bass and "HighView Marina" on their shirts.

When he is not working at the marina, Vic's hobby is his cars. His

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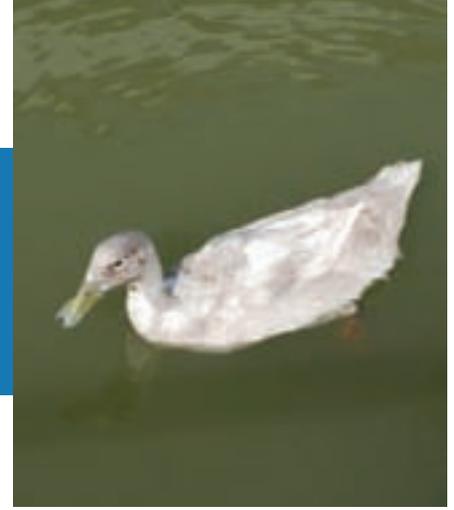
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restored 1966 Yellow Mercury Monterey and 1965 Red Rambler Marlin are beautiful. "I did some of the work myself," he said. "I drove the yellow one in the Polka Parade, and sometimes we go to car meets.

"All the skills we gained in our other careers just transferred right over, including Sandy's bookkeeping skills, my retail experience at Western Auto, and my time dealing with the public at Cedar Valley, where I was involved with landscaping, maintenance and minor construction projects," Vic

explained. "We even had ponds and lakes at the college. I like Bardwell Lake because when I was a kid I fished in the creeks here; I saw the lake fill up, and I learned to ski on it."

Whether Vic and Sandy are watching movies from their deck on their outside movie screen, enjoying the fruits of Vic's successful garden or just watching people fish at the marina, they have found the retirement life that suits them perfectly. "I love this house," Sandy said. "It is so nice sitting outside and we get to live on the lake." **BYD**

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# HANDS-ON ART

— By Kelly Kovar

Nikki Thornton is a college freshman at Navarro College, studying art and science. As a young art student, she has benefited from the art classes she took at Ennis High School (EHS) and is looking forward to art classes at Navarro. “I’m excited; I already have my English and math requirements completed by taking dual credit classes, and I plan to go to summer school next summer, so I can get my associate [degree] in one year,” Nikki said. While working toward an associate degree in science and continuing her art studies, she also works at The Olive Garden in Waxahachie. “After that I want to be a dental hygienist, while doing sculpting on the side.”

Nikki discovered her love for sculpting while taking ceramics at EHS. “Ms. Keener was my art teacher my junior year and my senior year,” Nikki said. She encouraged Nikki to also enroll in AP Art during her senior year. “AP art is a national course, and students around the country all study on the same format. You have to make 22 pieces of art and send them off to be judged at the end of the year. For ceramics, you send photographs of your work.” Nikki had Ms. Lucky for AP art. “For my portfolio, my concentration was cats. I made 12 different cats.” She first got interested in sculpting cats in Ms. Keener’s ceramics class. “The first thing I made was a cat, and then Ms. Keener began showing me more things I could do with cats.”

During Nikki’s senior year at EHS, Ms. Keener helped her enter the Ellis County Youth Art Exhibit. “I had to write a paragraph about what I wanted to do in college and send it



off. I entered 19 of my ceramic pieces in the exhibit.” Nikki won a \$500 scholarship for her body of work, which she said has helped her pay for some of her college classes. One of the pieces Nikki entered was a decorative bag she made in Ms. Lucky’s class. One piece was a yellow, black and white vase. Another piece was a pair of abstract hands thrusting out of a picture frame, decorated with paper feathers that Nikki crafted. “One of my favorites is a

ceramic piece with organic branches coming out of one end. It looks like a noodle. I also made a plate, with a calico cat sleeping on it.” A blue cat, with scales like a fish is called, *Catfish*.

When Nikki gets ready to create a work of art, she uses red clay. Rather than use a potter’s wheel, she prefers to sculpt free-form by hand. “I form it first, and put it in the kiln unpainted. Before firing, it is called green ware,” she explained. “It is very fragile, very powdery. Once you fire it, it is very sturdy. That is when you paint it with glazes and underglazes. If you are doing detail work, it is better to use underglaze, because you can do fine work with it. After you paint it, you have to fire it again. Then you can do a clear glaze and fire it again if you want it to be shiny. Usually, I like the matte effect,

so I don't use a clear glaze coat. You have to be careful then, because it is easy for unglazed pieces to get dirty."

Nikki's current interest is 2-D art. "I like wall art best. I'm trying to do some canvas-based art, which you can hang on the wall. I've done a piece with peacock feathers. One piece of wall art that Nikki has made looks like a medallion with a lion face in the

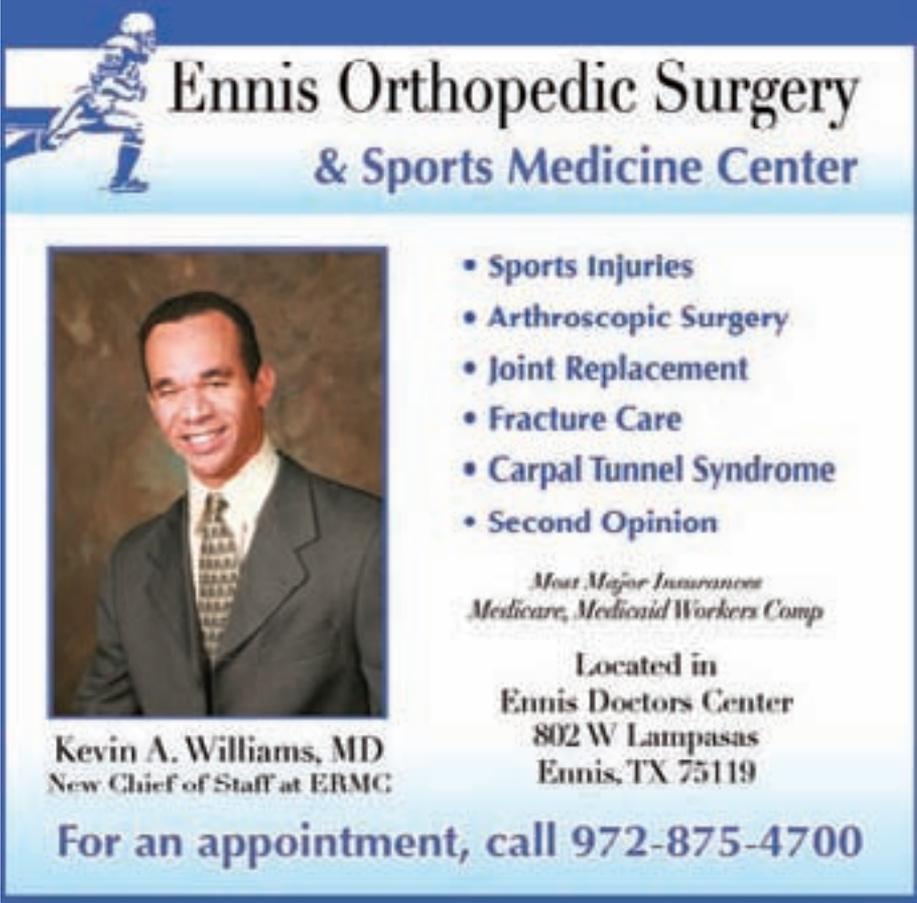
**"For my portfolio,  
my concentration  
was cats."**

center. It is decorated with little pebbles which Nikki made and individually stamped with designs, then draped with colored beads. It is painted a variety of colors with underglaze. "I painted it different colors, then I poured a brown underglaze over it and wiped it off."

Nikki's primary focus is abstract art. "I think it is more fun, and I like to think outside the box. I have a canvas now I am working on that will have fabric pieces on it. I want to do something with barbed-wire, too. When I am working on my art, it is very relaxing, and it is a good feeling when people like my work."

Sometimes Nikki uses found objects like leaves to press into the clay, leaving an impression of veins in the sculpture. Bark, feathers, moss, big maple leaves or barn wood can become part of her medium. She has done artwork all of her life, but attributes her current passion for sculpting to Ms. Keener. "I like hands-on art and Ms. Keener really encouraged me to do whatever I wanted with art. She was very open and cool. I really appreciate her; she helped me a lot."

Nikki's boyfriend, Gaven Luge, who passed away this year in a motorcycle accident, gave her a lot of ideas for her art. "Gaven really inspired me, and he will always have a special place in my heart," she said. **NOW**



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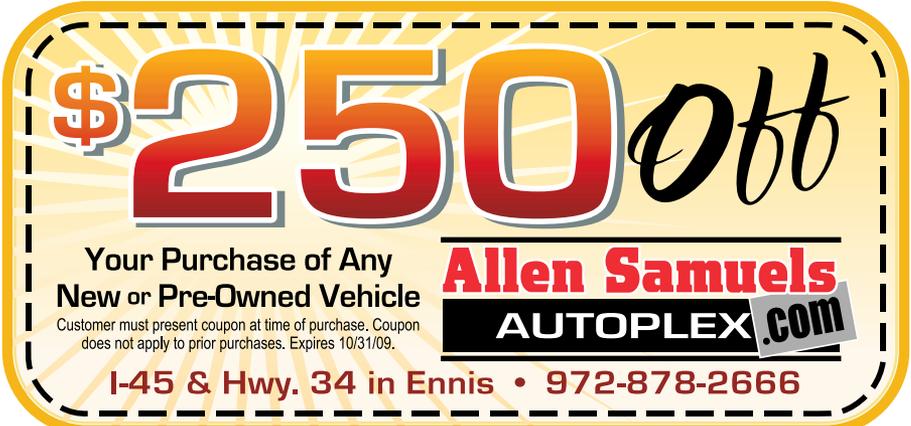
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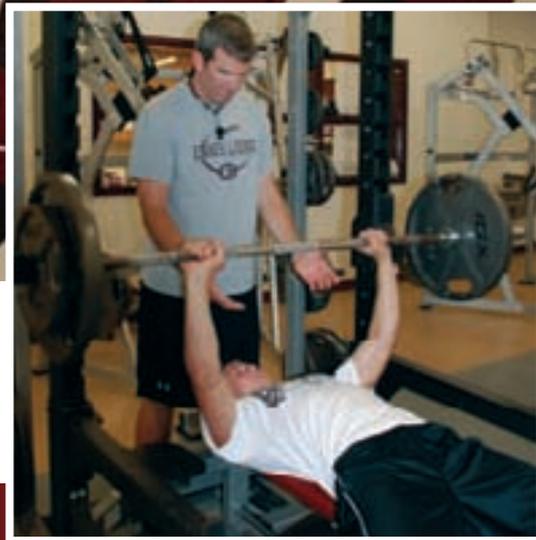
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# Primed for a Winning Season

— By F. L. Brewer

Joe Kostih, Ennis High School's (EHS) assistant coach, is ready for a winning season. Helping the team develop their skills and then standing on the sidelines and seeing a win makes all the hard work of coaching worthwhile. "It's a real rush," Joe said. "If you could bottle that kind of adrenalin rush, it would be the best and highest rush anyone could have."

He comes by his love of sports naturally. Born the middle child in a close-knit family of boys in the small gas and oil community of Gordon, Texas — near Weatherford — he played Little League and a variety of sports growing up. In high school, he played on a six-man football team because the school of 80 students was too small for a full team. After graduation, he attended Beloit College in Wisconsin, where he developed a real fondness for the Olympic sport of javelin throwing, a sport not allowed in Texas. He graduated from Beloit College with a bachelor's degree in

2007 and is certified to teach in Wisconsin and Texas.

Ennis football has established a great winning tradition, last winning the state title for their division in 2004. Joe is passionate about football and especially about the upcoming 2009 season. His first year at EHS, season 2008, saw the team bring 11 wins and two losses to the scoreboards. The loss of the Four-A playoff game at the old Texas Stadium was a heartbreaker. Joe recalled, "I had a really hard time after that game. First, nobody ever wants to lose and watching the team lose from the sidelines is hard — hard on all of us. After all the investment in work and sacrifice, it is gut-wrenching for both the coaches and the team to watch the team fail. But, after it's over, the only cure is to get back on that horse and ride it again."

The school year commenced with the football season, but practice started in the heat of summer, weeks before the school doors officially opened. To

Joe, football is about more than the game. "There are important character-building benefits to sports in general." He also believes, "The lessons learned through the various sports apply in life, both now and later, as the training better prepares students to enter the business community. A few of the benefits are learning the value of hard work, building self-confidence and fitness by preparing to compete and learning to put personal distractions and conflicts aside to focus, as a team, on one goal."

About his career as an educator, Joe stated, "I get fired up watching the kids improve so much. There's not a kid who doesn't get better. When you can see improvements, and it's not just about the body, but also the mind — in building self-confidence and believing he can do it — that is payback." Since football season consumes his time and energy, requiring all of his focus, Joe does not get to make the three-hour trip home to see his family as often as

he would like. But, his sports-loving family and girlfriend understand and often make trips to watch the Lions take the field.

Joe, by his own admission, is “unbelievably excited” about the upcoming season. He has the greatest respect for his fellow coaches and particularly for title-winning Head Coach Sam Harrell, who has had a positive influence on the school, the team and on Joe. “My first season,” he explained, “I was excited and feeling great about being involved in such a storied football program. I know I am working with a great group of coaches.” The greatest influence on his career, he feels, is Coach Harrell. “I believed, and continue to believe, Coach Harrell is the best coach in Texas. He is like a mentor to me. He gets us all together; he rallies the students and coaches alike.”

This football season is made even better because a number of veteran players returned to the Ennis Lions team. Joe continues to coach the safety position, and eagerly anticipates the upcoming season, when he will work with outstanding returning safety players Will Pollan and Jason Vavra.

During the school year, Joe teaches social studies and coaches the track team in the spring. He also enjoys reading, mostly non-fiction and, in particular, biographies. “I like to read about real people doing great things,” he said, “but football season doesn’t leave me much time to read.”

In his travels around the metroplex, Joe monitored the progress on the new Cowboys Stadium. Having played in Texas Stadium, where they lost to Rockwall-Heath in the playoffs, he is looking forward to experiencing the new stadium firsthand. This year, Joe’s eyes are fixed on the prize. “This year, and every year, there can only be one goal for the coaches and team,” he said, “and that’s to win the state championship.” **NOW**

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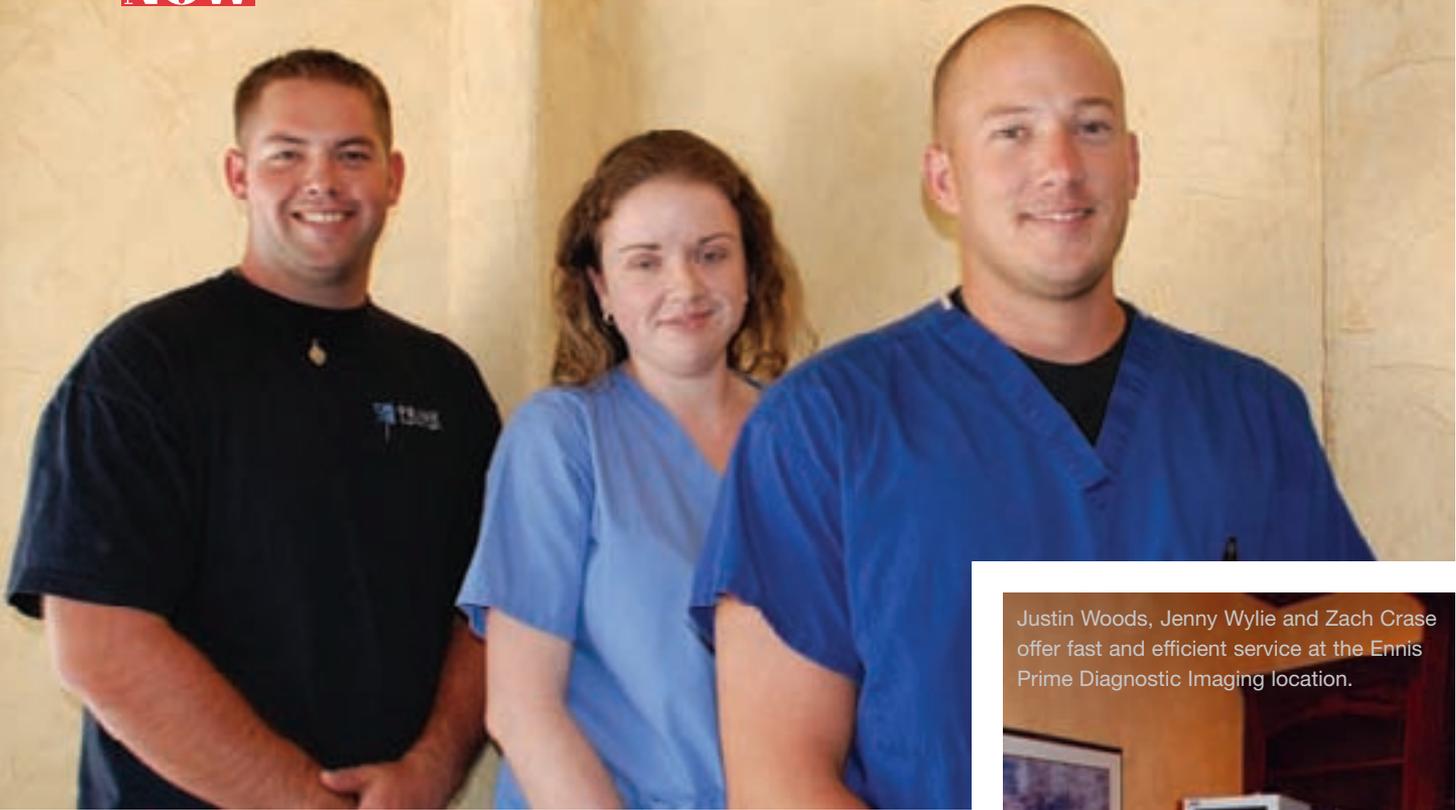
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# The Image of the Future

— By Kelly Kovar

On July 14, Prime Diagnostic Imaging opened its Ennis facility — the fourth location for the business, which also has three Dallas-area diagnostic centers. “My wife, Jamie, and I own Prime Diagnostic,” said Tom Hellman. “A lot of the doctors with whom we deal wanted us to come to Ennis. We want to thank the community for their patronage and thank local doctors for the referrals.” The facility does diagnostic studies, getting referrals from Corsicana to Ennis to Waxahachie, since there are

not a lot of businesses that do what they do. “If you go to your doctor and he wants you to have a diagnostic test, he may send you to us for an ultrasound, MRI or CT.”

Prime Diagnostic takes insurance and also accepts cash payment from uninsured patients. “Outpatient imaging is so good for the health care system because it is less expensive than a hospital,” Tom said. “We are in-network for a lot of insurance carriers. We do a lot of Medicare and we take Medicaid. People can ask their local physicians for

a referral to us.”

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# Have Hovercraft, Will Travel

— By Kelly Kovar

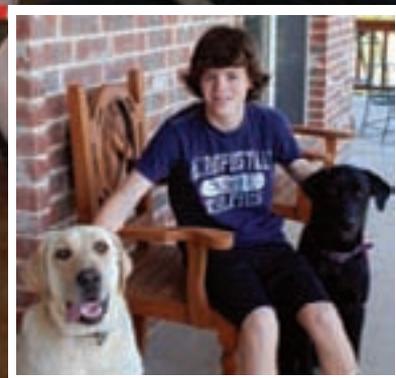
The School of Science and Engineering, which is known as the Science and Engineering Magnet (SEM) is located at the Yvonne A. Ewell Townview Magnet Center in Dallas. Every year, the school accepts 100 new students, and only 10 percent of those can be from outside of the Dallas Independent School District. This year, one of those 10 coveted places is being filled by Austin Hinson of Ennis. SEM ranked as the second-best high school in the United States in a 2009 survey (*Newsweek*). “It is still hard to believe that he is going to get to go there,” Debbie Hinson, Austin’s mom, said. “I think it was harder than getting into college.

Austin’s friends will not be surprised to hear about his educational destination for this fall, since he has never restricted his interest in science and engineering to the classroom. He has given friends rides on the hovercrafts he has designed and built. They have seen him surfing the Internet on the computer he built by himself inside of a Wheaties cereal box. His laser pointer, crafted from parts out of an old DVD player, has been demonstrated to them. Austin is always up to something remarkable.

His parents have a scientific bent themselves, and they have created an atmosphere where experimentation and technical exploration are encouraged. “I find his projects all over the house — on his bed, in the corner, outside, or if it is a chemical experiment, it will be in the kitchen,” Debbie said. “Right now, he has a project going in the kitchen where he is extracting hydrogen from water.”

Austin’s dad, Mark, has an emergency medicine background and has flown with CareFlite. Mark won an award for being the best teacher in the state of Texas for his work with the paramedic program at Methodist Hospital. Currently, he is manager of e-learning at T-System, which combines his medical knowledge and his computer savvy. Debbie teaches biology at Dallas Baptist University; before that she worked in private industry, doing bio-medical research on projects such as DNA chips and biological warfare detection. “I have a doctorate in molecular genetics from Baylor University,” Debbie explained.

When Debbie realized Austin needed a school where he



could explore and develop his exceptional abilities, she read about SEM. “Three or four years ago *D Magazine* had an article about the best high schools in the U.S. and SEM was one of them,” Debbie said. “It has been one of the top 15 high schools in the U.S. for the past 10 years.” With Austin graduating from Ennis Junior High School this past May, Debbie knew it was time to pursue this dream. “When Austin went to the open house for the SEM, and talked to current students, alumni, parents and teachers, his eyes just lit up, and he said, ‘I want to go here!’”

Austin will begin his freshman year at SEM taking Algebra II and geometry. “They have three tracks,” Mark said. “Regular-track, fast-track and super-fast track.” The more math you get in during your freshman and sophomore years, the more engineering and advanced science classes you can take as a junior and senior. It is possible to graduate with up to 30 hours of college credit.

“I am excited about going,” Austin said. “I want to learn physics, and I know there are a lot of computer classes.” SEM offers a wide variety of after-school clubs in which students can participate, including a rocket club, a calculator team and an aerospace club. “I want to join the computer science club and the robotics club.”

The school is known for its hands-on approach to learning science. “One thing I am looking forward to is taking some of

# Education **NOW**

the integrated classes,” Austin said. “I want to get some of those classes that are labs, where you get to learn algebra, and then you get to use that knowledge in the chemistry laboratory.”

This summer, Austin was busy brushing up on his technical skills, by attending two summer science camps. He attended the University of Texas at Arlington’s Bridge to Engineering camp. At the camp, Austin studied everything from computer engineering, to robotics, to biomedical engineering. He chose computer engineering as his specialty for a team project. “Our team won first place for making a computer game,” Austin recounted. He was also invited to attend the MST Academy (math,



science, technology) at Navarro College. “We went on a field trip to a Firestone plant, and to the fisheries in Athens.” Austin says he sometimes feels like a fish out of water, but at engineering camp he was really in his element. “It was neat to meet people I could debate with about quantum mechanics.”

Austin is interested in bio-medical and chemical engineering. “I love science fiction,” Austin said. “I love reading and movies. *Popular Science* is my favorite magazine. My favorite book is *Have Space Suit — Will Travel*, by Robert Heinlein. I’ve read it several times.” This school year, at the SEM, Austin may begin learning how to turn science fiction into science fact. **NOW**

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• Darla, Madalie and Jacob Gardner and Heather Hall, top left, make tutus for breast cancer awareness.  
 • Ross Jones, EISD police chief, top center, enjoyed the Impact Ennis picnic with his family. • Sandra Miller, Corin Evola, Maria Montreal and NOW Magazines Editorial Coordinator Sandra Skoda, top right, had a great time passing out school supplies. • Cameron and Caleb Skrivaneck, second row center, played kick the ball with Winstow the wonder dog. • The band, Epic Center, second row right, took a break to enjoy a game of bingo.  
 • The line for school supplies, bottom left, wrapped around the building at Refiner's Fire Ministries.  
 • First United Methodist VBS, bottom right, was a huge success based on overall turnout.



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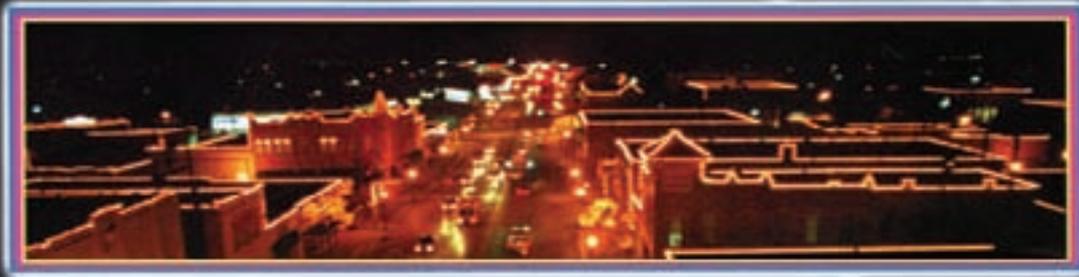
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# Look Who's Cooking

— By Faith Browning



## IN THE KITCHEN WITH DOLORES MCKIBBIN

### CHICKEN AND RICE CASSEROLE

1 can cream of mushroom soup  
 1 can cream of chicken soup  
 3 cups water  
 2 cups instant rice  
 1/4 tsp. paprika  
 1/4 tsp. pepper  
 4 boneless chicken breast halves  
 Mix all the ingredients, except chicken, in 2-quart baking dish. Place the chicken on the rice mixture. Cover and bake at 375 F for 45 minutes. Serves 4.

### CHEESY VEGETABLE CHOWDER

1/2 cup onion, chopped  
 1 cup celery, chopped  
 1 clove garlic, minced  
 3/4 cup carrots, sliced  
 1 cup potatoes, cubed  
 3 1/2 cups chicken broth  
 1 17-oz. can whole kernel corn, drained  
 1/4 cup butter or margarine  
 1/4 cup flour

2 cups milk  
 1/8 tsp. paprika  
 1/4 tsp. pepper  
 2 Tbsp. diced pimentos (optional)  
 2 cups cheddar cheese, shredded  
 Combine the first 6 ingredients in a large Dutch oven; bring to boil. Reduce heat; simmer 15-20 minutes or until potatoes are tender. Stir in corn; remove from heat. Melt butter in heavy saucepan over low heat. Add flour, stirring constantly. Add milk, slowly until thick; stir constantly. Add all the other ingredients; cook until cheese melts. Add to vegetable mixture; cook over medium heat. Yields 2 quarts.

### CALICO BEANS

1 lb. hamburger  
 1 onion, chopped  
 1 lb. bacon, fried and crumbled  
 2 16-oz. cans pork and beans  
 1 can kidney beans, drained  
 1 can lima beans, drained

1 can garbanzo beans, drained  
 1 cup brown sugar  
 1 Tbsp. mustard  
 2 Tbsp. vinegar  
 1 cup ketchup  
 Brown the hamburger with onion. Mix together with the remaining ingredients. Put in a Crock-Pot and stew 3-4 hours. For large crowd, double the pork and beans and kidney beans.

### TACO CHICKEN

1 pkg. taco flavored Doritos, broken into small pieces  
 1 chicken, boiled and deboned  
 1 can cream of mushroom soup  
 1 can cream of chicken soup  
 1 can Ro-Tel tomatoes and green chilies  
 grated cheddar cheese  
 Place Doritos in bottom of a casserole dish; place chicken over chips. Mix soups and Ro-Tel together; pour over the chicken and chips. Top with grated cheese; bake 350 F for 30 minutes, or until cheese is melted and warmed.

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# Who's Cooking **NOW**

## CREAMY BANANA PUDDING

1 14-oz. can Eagle Brand Sweetened Condensed Milk  
 1 1/2 cups cold water  
 1 small box instant vanilla pudding  
 8 oz. Cool Whip  
 36 vanilla wafers  
 3 medium bananas, sliced  
 In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes; fold in Cool Whip. Line the bottom of a glass bowl with vanilla wafers; top with 1/3 of the bananas. Spoon 1/3 of the pudding mixture over the bananas. Repeat layers beginning with the vanilla wafers and ending with the pudding; chill thoroughly. This can be doubled for a large crowd.

## ICE BOX CHEESE CAKE

1 small pkg. lemon Jell-O  
 1/2 cup hot water  
 1 Tbsp. lemon juice  
 1 pkg. Dream Whip  
 1 8 oz. pkg. softened cream cheese  
 1 cup sugar  
 1 box graham crackers, crushed  
 Dissolve Jell-O in hot water. Then add 5 ice cubes and lemon juice. Put in refrigerator to chill. Prepare Dream Whip according to the directions; add softened cheese and sugar. Then add Jell-O mixture; mix well. Line 9 x 12-inch pan with graham crackers; pour the mixture over the graham crackers. Sprinkle graham cracker crumbs on top. Optional: Top with two cans cherry pie filling.

## APPLE DUMPLE-RINGS

2 cups sugar  
 3 cups water  
 1/2 tsp. cinnamon  
 1/4 tsp. nutmeg  
 1/4 cup butter or margarine  
 6 apples  
 2 cups flour  
 1 tsp. salt  
 2 tsp. baking powder  
 3/4 cup shortening  
 1/2 cup milk  
 In a saucepan over low heat, make syrup of the first four ingredients and then add butter. Pare the apples; cut in thin slices. Sift flour, salt and baking powder; cut in shortening. Add milk all at once; stir until moistened. Roll the dough 1/2-inch thick. Arrange apples on the dough. Sprinkle generously with additional sugar, cinnamon and nutmeg; dot with butter. Roll up like jelly roll and cut in 1-inch strips. Place in greased 9 x 9 x 2-inch baking pan. Pour syrup over top; bake at 375 F for 35 minutes. Serve hot with cream or cool with ice cream. Makes 8 servings. Can be doubled.

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

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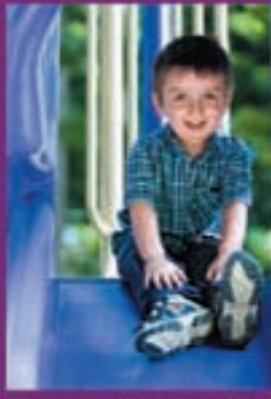
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## Review Financial Strategies After Life Events

— By Bob Irish

If nothing ever changed in your life, you could probably chart your financial and investment strategies and then forget about them. But your life is full of changes — and many of them will require you to take a new look at how you save, invest and protect your family.

Let's run through some of the most common milestones in life and see what sort of moves you might make in response:

- **Marriage** - It sounds obvious, but once you're married, you have to stop thinking in terms of "one" and start thinking of "two" in most aspects of your life — including your finances. For example, if you are an aggressive investor but your spouse is more conservative, you both may need to compromise and choose an investment strategy that's "down the middle." At the same time, you'll want to set some common goals, such as saving enough for a down payment on a home.

- **Children** - When you have children, you have to protect them today — and invest for their future. Your first step, then, might be to purchase life insurance. You can typically buy a term life policy at very reasonable rates. The exact amount of coverage you need depends on your individual situation, but you'll probably want at least enough to pay off your mortgage and send your children to college should anything happen to you. And to protect your income, you might want to consider disability insurance. Finally, it's never too soon to start saving for college. You might want to

consider opening a tax-advantaged account, such as a Section 529 college savings plan.

- **Job changes** - When you leave a job, you may well have an important decision to make about your 401(k) or other employer-sponsored retirement plan. If you don't need the money right away, you might want to avoid cashing out your plan, because you'll likely face an immediate tax bill — and you'll have fewer resources for retirement. Consequently, you may want to roll your 401(k) to an IRA or your new employer's plan, if it allows such transfers. Before taking action, consult with your tax advisor.

- **Remarriage** - If you ever remarry; you may need to change the beneficiary designations on your 401(k), IRA and other investment accounts. You also may need to work with your attorney to revise your will, living trust and other documents related to your estate plans.

- **Retirement** - For many decades, you saved and invested for your retirement. Once you retire, however, you should move away somewhat from the "accumulation" phase and start thinking instead of how best to manage the money you have accumulated. That means you'll need to decide when to start taking Social Security and how much to withdraw each year from your various retirement accounts, such as your 401(k) and IRA. A professional financial advisor can help you develop a withdrawal rate that's suitable for your individual situation.

You'll encounter many important events on the road of life. By making the right financial moves along the way, you can help make the journey more pleasant. **NOW**

*Bob Irish is an Edward Jones representative based in Ennis.*

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# 3 Forms of ADHD

— By Dr. Katherine Witte, Pediatrician

## ADHD in the Elementary School Years

There are three forms of ADHD: hyperactivity-impulsivity ADHD, inattention ADHD, and combined ADHD. During the school years, ADHD in children — particularly the hyperactive-impulsive form — often becomes evident in the classroom. At this stage, children with this form of the disorder often become disruptive, blurting out answers without raising their hands, getting up from their seat and moving about the classroom, and talking excessively.

The inattentive form of the condition may be more difficult to spot at this point. Children with inattention ADHD may have trouble following directions and completing their schoolwork. They may spend a lot of their time in daydreams, lose toys or tools needed to do their schoolwork, and avoid tasks that require concentration, such as reading. Often they are disorganized — and messy. Their notebooks, backpacks, and desks are often in disarray.

## ADHD in Adolescence

Particularly for children with the inattentive form of ADHD, adolescence may be the time it presents a serious

problem. For example, if a girl is inattentive but not hyperactive — especially if she is of above average intelligence — parents may not even suspect ADHD until the sixth grade, when the workload gets to the point that she can no longer compensate for it in other ways.

If she is bright enough, she can compensate for it in grades one, two, three, four and five because the teacher is addressing the middle level of the class, and despite her inattention, she still gets the work done. When she has to switch class and has to remember her history book, but leaves her history book in the locker and takes her math book instead, and puts her history assignment in her math book, her work begins to suffer. The grades of a child who previously excelled in school can take a nosedive.

Around the time of adolescence, ADHD may also be associated with other problems, including low self-esteem, depression and even eating disorders. Because it's not always easy for a parent to differentiate between common adolescent swings in mood and behavior and those related to ADHD or other causes, experts recommend seeking professional help for any adolescent who experiences unexplained changes in school performance, mood, energy level, or socialization. **NOW**



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# September 2009 Community Calendar

## All Month

Community Auditions for *Little Women*. For more information, contact Tonya at [tonya.harper@Ennis.k12.tx.us](mailto:tonya.harper@Ennis.k12.tx.us).

## First and Third Tuesday

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

## Third Monday

Ellis County Aggie Worms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, contact Cheryl Bell at (972) 723-0341 or [rb4cj@sbcglobal.net](mailto:rb4cj@sbcglobal.net).

## August 26-November 18

Each Wednesday, the FBC Palmer Good News Travelers Center offers GriefShare, a 13-week grief recovery support program: 6:30-8:30 p.m., 203 W. Jefferson, Palmer. Contact Vivian (214) 802-2258. [www.griefshare.com](http://www.griefshare.com).

## September 1

Ennis Lady Lion Volleyball vs. Desoto: 5:30 and 6:30 p.m., Ennis.

First United Methodist Church in Ennis will begin a new GriefShare series: 7:00 p.m. This is a weekly bereavement support group. Classes are free. Call (972) 875-7491.

## September 7

Third Annual Free Day of Yoga. For information on classes in Midlothian, Red Oak, Waxahachie and Ovilla, call Lisa Ware at (214) 532-0776 or visit [www.elliscountyoga.webs.com](http://www.elliscountyoga.webs.com).

## September 8

Ennis Lady Lion Volleyball vs. Everman: 5:30 and 6:30 p.m., Everman.

## September 13

Texas Motorplex presents Muscle Car Club Challenge XXXVIII. For more information, call Texas Motorplex at (972) 878-2641.

## September 16

Ellis County Christian Women's Connection Luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. \$13. Nursery available. Walk-ins welcome. To make reservations, please contact either Kay at (972) 937-2807 or [windchime123@yahoo.com](mailto:windchime123@yahoo.com) or Mary at (972) 937-9984 no later than Friday, September 11.

## September 19-20

St. John Bezaar: KJT Hall. (972) 878-4748.

## September 24

Taste of Ennis, benefiting Helping Hands: KC Hall. (972) 878-4748.

## September 24-26

Friends of the Library annual book sale. Proceeds support projects of the Ennis Public Library and the Friends of the Ennis Public Library. Thursday: 10:00 a.m.-8:00 p.m. \$5. Friday: 10:00 a.m.-6:00 p.m. Free. Saturday: 10:00 a.m.-2:00 p.m. Free.

## September 24-27

Texas Motorplex presents O'Reilly Fall Nationals. For more information, call Texas Motorplex at (972) 878-2641.

## September 28

Bristol Opry Country Music Show: 7:00 p.m., Old Bristol Schoolhouse, 100 Church St., Bristol. Free admission; donations accepted. For more information, contact Jim Gallin at (972) 848-2211.

## November 3

WRC Pregnancy Center of Ellis County annual Roundup 2009 benefit dinner: 6:30 p.m., Creekside Church, Highway 287 between Waxahachie and Midlothian. The guest speaker is Jody Dean, a journalist from North Texas and the *HLUV Morning Show* host. Tickets are complimentary, but reservations are required. For more information, call (972) 938-7900 or (972) 878-0784.

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).

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American Standard's Heritage 18  
Extraordinary Efficiency  
Up to 18.0 SEER



## Professional Duct Cleaning



When was the last time you saw  
what is circulating in the air  
you breathe?

TACLA012118C





# Ennis Regional

## MEDICAL CENTER

PROUDLY INTRODUCES OUR NEWEST  
**ACTIVE MEDICAL STAFF MEMBERS**



Dr. Bill Lee  
*Family Practice*  
972-875-3997  
ERMC Medical Office Building



Dr. Todd Moore  
*Orthopedic Surgery/Sports Medicine*  
972-875-7777  
ERMC Medical Office Building



Dr. Davey Perrin  
*Family Practice*  
972-544-2554  
207 W. 5th St.  
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Dr. Fredric Puckett  
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Dr. Katherine Witte  
*Pediatrics*  
972-875-8300  
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