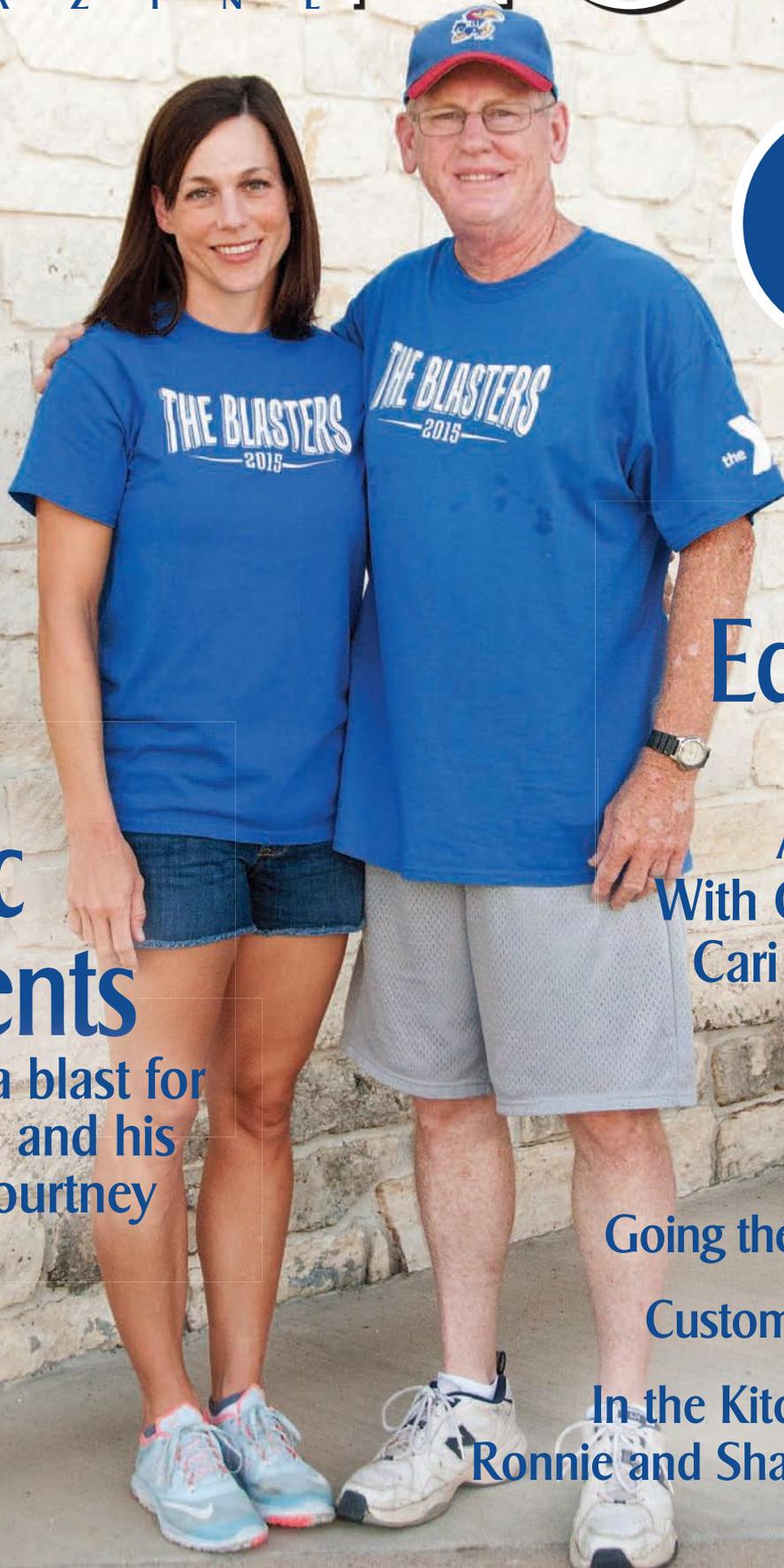


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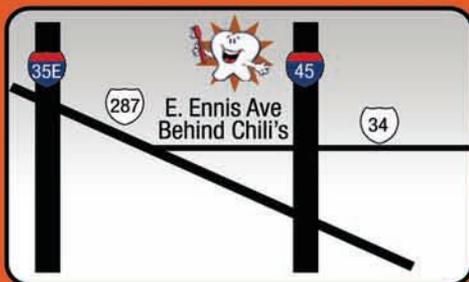
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Ennis Editor, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Jeff Irish . Larry A. Jinks

Virginia Riddle . Donnielle Tyner

Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Shannon Pfaff . Michael Richardson

Felipe Ruiz . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Amy Ramirez

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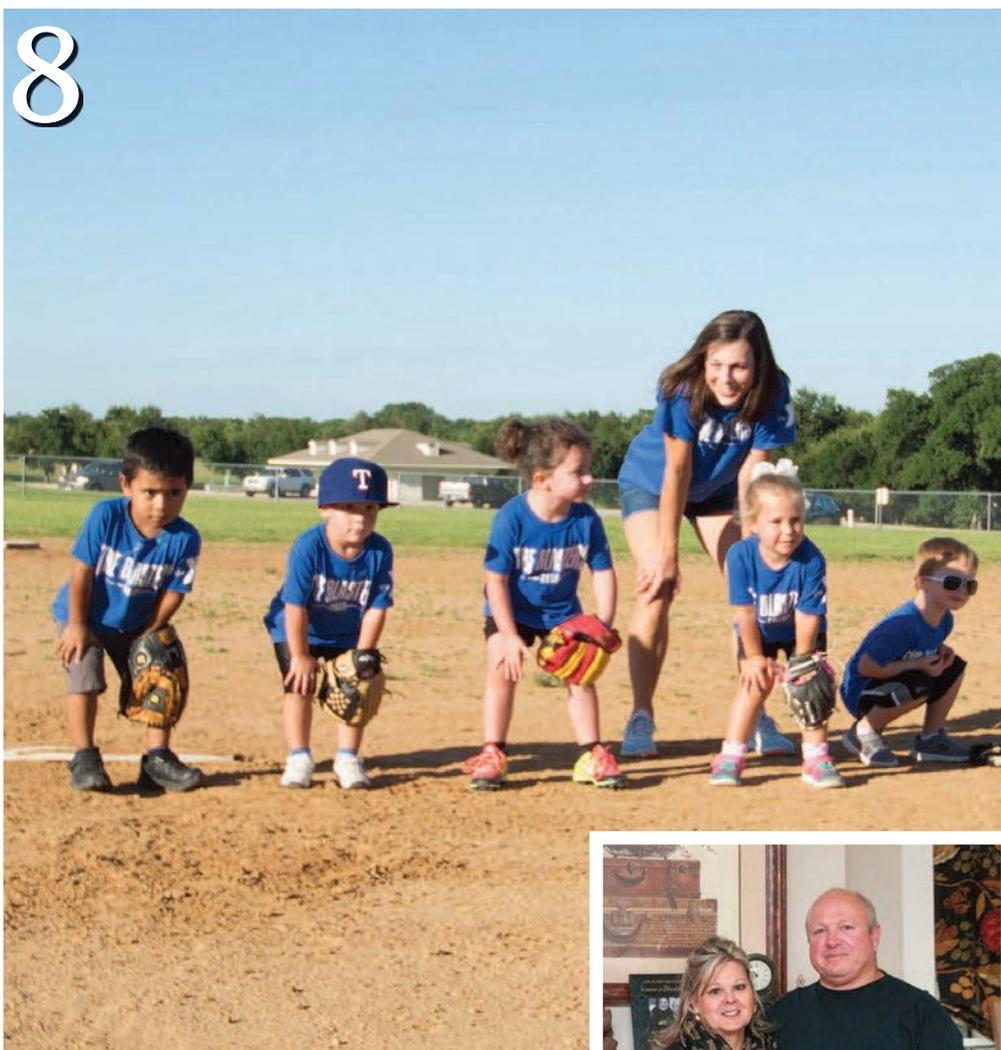
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CONTENTS

September 2015 • Volume 12, Issue 9

8



ON THE COVER



Courtney Wade and her dad, Philip Wade, help kids build self-esteem and confidence.

Photography by Amy Ramirez.

8 Classic Moments

Three-year-old children learn the fundamental basics of baseball.

16 Eclectic Flow

At Home With Gary and Cari Cochran.

22 Going the Distance

Hope for a cure for Parkinson's rises with each boxing jab.

28 BusinessNOW

30 Around TownNOW

32 FinanceNOW

34 HealthNOW

36 CookingNOW

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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

Happy Autumn, Autumn!

Names are very important! When we're first introduced to someone, we exchange names. Soon-to-be parents peruse baby books looking for the perfect name. Students include their names on papers, while our four-legged family members get a name befitting their breed and/or personality. Even our favorite restaurants have a name!

Lots of people I know have names found on the calendar: April, May, June, Summer and Autumn. Many others are named after flowers: Daisy, Holly, Iris, Jasmine, Lily, Petunia, Rosemary, Rose and Violet. The list of names

could go on and on if you consider paint and crayon color choices. In my pondering, I also realized that all these names have one thing in common — they all belong to females I've come in contact with on my life's journey, and I find myself thankful for each month, each season and each flower I've met along the way!

Sandra

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Left to right: Emily, Natalie, Trang and Sy.

Seeing Perseverance Through Helps Ophthalmologist Focus on Successfully Serving the Community

— By Hope Oriabure

Dr. Trang Le is a board-certified ophthalmologist who specializes in the treatment of glaucoma and cataracts. But before she was a doctor, she was a 10-year-old girl who emigrated from Vietnam. Dr. Le, her mother, grandmother and two sisters were all sponsored by a Lutheran Church in Baytown, Texas. Later, Dr. Le and her family would be joined by her father. When Dr. Le arrived in Baytown, she was met with several challenges and admits while it was a difficult process to learn the language and adapt to a new way of life, these challenges helped build her character.

“In my situation, I had to grow up faster (than other 10-year-olds), but it helped me be self-sufficient and adaptable,” Dr. Le said. “When I left Vietnam, I had to leave friends behind, so when I made new friendships here, I appreciated them more.”

Eventually, Dr. Le and her family left Baytown and moved to Massachusetts. Both Dr. Le and her sister graduated valedictorian of their high school classes. Their success was not a surprise but a destination, with a road paved by education and the belief that self-motivation determines one’s future in life. As a family practitioner and surgeon in Vietnam, her father, Dr. Lan Le, provided a wide range of medical services. With Vietnam’s doctor shortage, he worked very long hours ending with rounds at the hospital seven days a week. Upon coming to

America, Dr. Lan Le was unable to practice medicine here and made the challenging decision to continue his profession in the United States. Despite his medical experience and background, this decision required Dr. Le’s father to complete a medical residency. She was inspired by her father’s dedication and knew she wanted to be a doctor, too. Both Dr. Le and one of her sisters are medical doctors today. Her husband, Sy Le, is also a physician.

Dr. Le attended Rice University for her undergraduate degree, then Baylor University for medical school and completed her residency in Arizona. Dr. Le then completed a fellowship or training in a medical specialty at UT Southwestern in glaucoma. She started working at EyeCare Associates of Texas and has been with the practice ever since. Here, Dr. Le continues her belief in the vital role education plays in our lives by educating patients to ensure that they understand their conditions, as well as the risks and benefits of treatment options. She continues to instill in her children the value of education. “We encourage our children to take their education seriously, because it’s valuable and can never be taken away.” Dr. Le said. These are not just feel-good words but a legacy that helped a little girl from a war-torn country navigate her path to success.



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Classic Moments

— By Sandra Strong

Philip Wade remembers Galena, Kansas, the small town where he grew up. “The town only had one stop light,” he said with a smile. “I played hardball baseball from the time I was 8 until the age of 21.” Baseball was Philip’s sport of choice. “When I turned 8, I was anxious to try out for the farm team made up of boys who were 8 and 9 years old,” Philip reminisced. “The night before tryouts, I got a call from a guy in town who asked me if I’d be interested in playing ‘up’ on the Little League team.” Of course, Philip gladly skipped the farm team, going the next night to practice with the older boys, ages 10-12, who also loved the sport of baseball.

At age 8, Philip started as the second baseman for the Little League team. He was playing with boys much older and with much more baseball experience. “I held my own that first year,” he said. “I came back the second year, at age 9, and was considered a veteran.” By the time Philip was 10, he was on his way.

Just like before, Philip moved up the ranks at record speed. At age 13, he joined the Babe Ruth League, which was for boys ages 13-15. He once again started league play as the second baseman. His next two years were played at shortstop. “I was pretty good,” he humbly admitted. Shortstop





was always my favorite position.” He made the 15-year-old All Star Team when he was just 13.

Philip went on to play the sport he loved all through high school. His position from his sophomore to senior year was shortstop. After high school graduation, he joined the town team. “I just had this strong desire to play,” he shared. “College kids would come home and offer great competitions. We’d have Saturday and Sunday doubleheaders on the local high school fields.”

Philip’s first child was born soon after he turned 21. The energy Philip had put into the game of baseball for himself was quickly put into time spent with Heath. As a young boy, Heath learned all his dad taught him, and he soon loved the game, too. Coaching seemed the obvious choice for Philip as Heath grew old enough to play on an organized team. “I didn’t want to just fill a lineup,” Philip explained. “I wanted to teach them how to do it right. I added more skills and drills to the practice times. I was teaching good habits the correct way, while teaching the kids new techniques I learned from TCU baseball coaches at clinics I attended.”

Coaching Heath was what Philip did until his second child, Courtney, came along. “I grew up at ballfields watching my dad coach Heath,” she said. “I remember eating lots of hot dogs.”

“Baseball season was also hot dog season,” Philip laughed.

After moving to Texas in 1977, Philip started coaching in the Benbrook Rec League. Heath, now 42, was coached by his dad for 13 consecutive years. Courtney, now 38, played softball for two years and basketball for four years, where Philip served as one of the assistant coaches. Courtney soon realized she loved cheerleading and gymnastics much more than other sports.

While at Benbrook, prior to moving to Ennis, Philip coached for the YMCA located on the west side of Fort Worth. He grew quite familiar with flag football, tackle football and basketball. Philip always coached his family members, so when they became adults with families of their own, he stopped coaching and decided he’d try playing once again. One funny story he doesn’t mind sharing was the beginning and end of his return to playing baseball. “I was going to participate on the church league,” he explained. “They put me on second base. When a ground ball came to me, it went right between my legs. I decided right then and there that I didn’t want to play because I had not done what I’d coached. I took up bicycling instead!”





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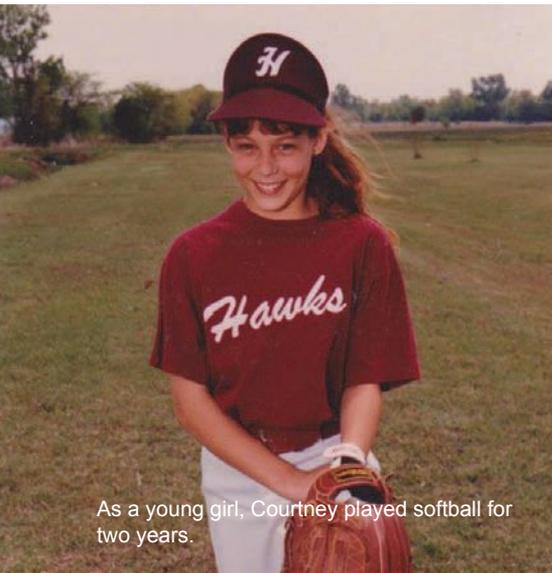
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As the baseball season rolled around this past year, Courtney was asked to coach her daughter, Evie's, blast ball team. Blast ball teaches the raw fundamental skills to boys and girls who are age 3. These skills help prepare them for playing T-ball the following year when they have turned 4. "I only agreed to coach the Blue Blast team if my dad would agree to help coach with me," Courtney confessed. "Most coaches are parent volunteers. Dad was already signed up to help with Landry, my middle son's team, but he agreed to help me as often as he could."

This past baseball season, a father/daughter partnership was born on Field No. 6 at Bluebonnet Park. The mixed team consisted of six players. The goal while "at-bat" was to teach them to hit the ball off the T-ball stand and run as fast as they could to first base, jumping





As a young girl, Courtney played softball for two years.

hard enough on the base to make it “squeak.” The goal when “fielding” was to teach them to remain in the middle circle until the ball was hit, then they could all run after the ball and throw it back to the coach at home plate. “Three-year-olds are a hoot,” Courtney stated with a smile. “It was like herding cats, but in a good way!”

During the first game, Courtney and Philip taught the kids to rotate when they were in the middle circle. “Because they are 3-year-olds, they seem to wear their feelings on their shoulders,” Courtney said. “We wanted each of them to be able

Meg Sullivan, M.D.

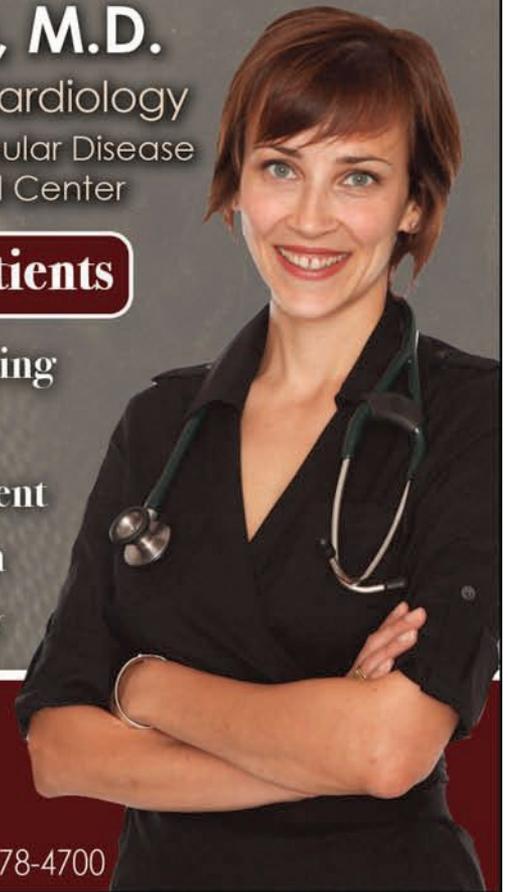
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Philip Wade (center) poses with fellow coaches of the Benbrook Little League.

to chase the ball down and throw it back to home plate.”

“Each game, we wanted each one of them to have time to shine,” Philip added. “This helped build their self-esteem and confidence.”

By the final game of the season, the kids had gone from being shy and insecure to handling the batting, the running and the fielding, as well as high-fiving the opposing team at the end of each game. “There were definitely some



classic moments,” Courtney added. “It was a wonderful experience for all of us.”

The family that played ball together vacationed together and spent many hours of summer enjoying each other's company. Philip is happy constructing wooden toys for his eight grandchildren. “I want to be here for my grandkids in the same way I was always there for my own kids,” Philip said.

When not wearing her veterinarian hat, Courtney is fully engrossed in spending quality time with Landry, Evie and her oldest, Wesley. As soon as ball season was over, she laid landscaping tiles in her backyard to make the “racetrack” the kids had been asking for. “I want my kids to grow up making memories the same way I did when I was a child,” she said. “As a parent, I want them to know I was always involved in their lives.” **NOW**

Meg Sullivan, M.D.

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Dr. Sullivan graduated from The University of Texas Health Science Center at San Antonio and completed her residency in internal medicine and fellowship in cardiology at Baylor University Medical Center in Dallas. Dr. Sullivan practices general cardiology including outpatient stress testing, echocardiography, preoperative assessment, pacemaker evaluation and preventive cardiology. She is accepting new patients.

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Eclectic Flow

— By Donnielle Tynner

At Home With Gary & Cari Cochran

Living in an older home with lots of history is no small feat, but for Gary and Cari Cochran, it's a labor of love. Since the home is located in the historical district, the Historical Society has to approve any renovations the homeowner does to the house. The couple moved into their home five years ago, and since then, they have made major improvements to the interior. "It's a work in progress, and there's always something that needs to be done. When you

think you've finished, you have to start over from the beginning," Cari explained. "The home was built in 1913 and hadn't been updated since the '50s."

Gary grew up in Rosser. Cari lived in Oklahoma until she was 10, when her family moved to Irving before ending up in Scurry. The two met while attending high school in Scurry-Rosser ISD and married in 1976. Gary began to work at the Ennis Fire Department and commuted for two years before the family moved to Ennis in 1987, just after their fourth child was born. He continues to work there as captain of C-shift, after 29 years





of service. Cari currently works as a counselor for Corsicana High School but has always worked in education.

Two of their children followed Cari's profession and became educators, while the other two are a nurse and a fireman, following in Gary's profession. When their children were growing up, Gary and Cari were active within the community, but recently, they decided to be more active in their church, Tabernacle Baptist. "There's so many ways to volunteer in the church, and we feel that's where our time is best spent," Cari explained.

The Cochrans' home is nestled on a corner lot with two large trees, which provide the wide porch with plenty of afternoon shade. A large front door and windows give the home an inviting appearance. When visitors enter the house, a warm and bright living room greets them, but that wasn't always the case. Gary and Cari had to put in many hours of labor to update the home.

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They refinished the hardwood floors and added wood to the kitchen floors and hallway before painting the walls a neutral color, instead of the variety of bright colors found in each room when the home was purchased. Cari loves red and black, the two colors that pop up in the decor throughout the home.

When Gary and Cari decided to buy the house, the windows are what sold Cari on it. "I love the windows. I made all of the curtains," she said. "I can make



better curtains than I can afford to buy." Curtains are not the only items Cari has created throughout her home. Almost all of their furniture is used, and Cari uses her talent to recover or upcycle the pieces. In the living room, there is only one piece of furniture they bought brand new, but it has been re-upholstered since then.

The couple enjoys repainting the furniture they buy second-hand. "I think I'm eclectic. I am not focused on one



kind of decoration style. The bookends are an example of my style. If I like it, I buy it. Right now, I'm at the point where I don't buy anything unless I have a place to put it," Cari stated, as she pointed out the various pieces she's collected over the years.

The dining room is found through French doors that are original to the home. The middle of the room is dominated with a beautiful wooden table — another gently-used furniture piece in

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the home. Cari planned the decorations for this room around this table. She stained the china hutch, which is filled with pieces she has collected from various places, to match the table.

A small piano that once belonged to Gary's mother was stained, as well. The focal piece of the room is a large turquoise buffet located under the windows. The bright color ties the darker pieces together. An antique sewing machine that Gary found and bought as a gift for Cari 25 years ago is also displayed in the dining room.

According to Cari, the kitchen was the first room to receive a full remodel. They replaced the pink tile and old, 1950s-era range with modern appliances and clean, white tile that give the room an "old-time" feel. Cari wanted an open look to the kitchen, so they removed the doors from the cabinets, cut out the interior and replaced it with glass. A large island, a new addition, fills up the center of the kitchen. "When the entire family is here, we need as much seating as possible," the grandmother of nine pointed out. "We also use the space for Bible study and for when I need to cut out large pieces of fabric."

Instead of a traditional pantry, Cari opted to use a repurposed wardrobe for her storage needs. "In its original position, the fridge was the focal point of the kitchen instead of the wardrobe. So, I removed the pantry in order to put the fridge in its place." The wardrobe adds a bit of vintage charm to the newly updated kitchen.

The hallway is home to an antique school desk Cari has owned for years. The desk has adorned her front porch as well

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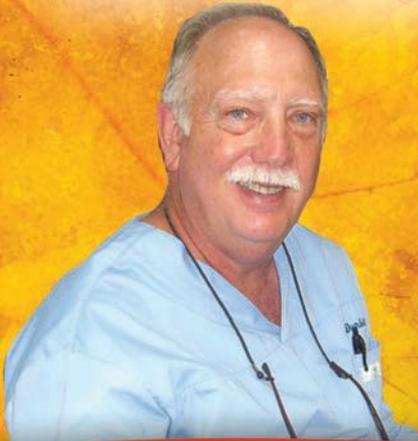

as her office over the years. The bed and furniture in the craft/guest room is an afterthought to the side of the room with Cari's industrial sewing and embroidery machines. Above her craft desk is a collection of old sewing knickknacks. She even has a toy sewing machine, so her granddaughters can join in.

Both bathrooms have been completely remodeled. They started with the hall bathroom, changing the dark paint and tile to a lighter color, effectively brightening up the room, since there is no window. The room is lightly decorated for her firefighter husband, with a few small pictures and a tin fire engine. Unlike the hall bathroom, the master bath was a major undertaking. They gutted the room, adding a cast-iron bathtub found in their garage apartment and a painted buffet to use as a vanity.

The master bedroom was redecorated two years ago. Cari made the curtains and decorative pillow covers out of painters' drop cloths from Sherwin Williams. "It was so simple to make," Cari exclaimed. She even made the bed linens. Their bedroom furniture is a new addition to the home. When they moved in, Gary purchased the set to replace the one they had used for nearly 20 years.

Gary and Cari made a historical house into an inviting home for their family and guests. From her eclectic decorations to the small modern changes, Cari wanted to make sure guests always felt welcome. "That's one thing about my house," she said. "I want people to *live* in my house. I want people to come in and feel comfortable, to touch things. With four kids and nine grandchildren, you *have* to go with the flow." **NOW**

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— By *Virginia Riddle*





With just a twitch of a toe, Lisa Laza's life changed dramatically. That was the symptom she first noticed in 2011. "My dad was sick, and I thought the twitching was my nerves. After his death, the twitching didn't go away. In 2012, I was diagnosed with Parkinson's disease, and then I lost my husband, who was going to be my caregiver. My Christian faith teaches me that God's already healed me, but my body still thinks it has Parkinson's. I do believe there is hope for a cure," Lisa said.

Lisa was experiencing one of the four main symptoms of Parkinson's — shaking or tremors while at rest. Rounding out the symptoms is slowness of movement; stiffness or rigidity of the arms, legs or trunk and trouble with balance, which causes falls. Other secondary symptoms include cramped handwriting; reduced arm swing; foot dragging; freezing in place when trying to walk; loss of facial expression; low voice volume when speaking; and a decreased ability to



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perform automatic movements, such as swallowing and blinking. With such changes in everyday abilities, a person with Parkinson's can become depressed, have anxiety attacks, be in pain and have difficulty sleeping.

David Trojacek started experiencing PD symptoms in 2008 but wasn't diagnosed until June 2012. His wife for 38 years, Kathy Trojacek, became David's caregiver after helping his sister care for their mom until she passed away in 2011. Additionally, Kathy works in the accounts payable department of Ennis ISD. Just like Lisa, Ennis is home for David and Kathy who all have extended family members living in the area. "We celebrate our Czech heritage and love our community and church," David said.

In a small community, it didn't take Lisa, David and Kathy long to become active in their fight against this disease they share and to find ways of helping themselves and others. "In 2013, we met at Lisa's house around her table and started the Ennis Parkinson's Support Group," David remembered. "We knew we needed each other's help."

Gaining more knowledge was essential. PD is a progressive neurodegenerative brain disorder. It is brought on by the brain slowly ceasing to produce a neurotransmitter called dopamine. With less dopamine, a person has an increasing lessening of his or her ability to regulate movement and emotions. "There is about an 80-percent loss by the time PD is diagnosed," David explained. "We need much more awareness of the disease and its symptoms."

Lisa agreed and added, "Michael J. Fox is making a difference by promoting more research and continuing to perform since he developed Parkinson's."

Besides the emotional support they give each other, the group, which has grown in numbers since its founding, knew they needed to get moving and stay moving. One night while watching the evening news, Lisa saw a segment on PD and boxing. She took the idea to a local health club. Barbara Lankford, a personal trainer at the local club, took the idea and developed the boxing regimen that the Punching It Out group now uses. With no previous boxing experience, a core group of about 10 members now works out every Tuesday and Thursday at a local gym, which offers reasonable

fees. Punching It Out is a very active subgroup of the Ennis Parkinson's Support Group. "The first month we worked with weights to build up strength, practiced foot move sequences for our minds and coordination, and speed bag moves to raise our heart rate, and then we put on our gloves and started boxing," David said. "It's a challenge to hold up those gloves."

Frustrations are taken out on the punching dummy they named "Parker." For about 60 seconds at a time, members practice their jabs and hooks. "Barbara challenges us with moves such as jabs, hooks, bob and weaves and speed bags," David said. "It's hard, but you just have to see the smiles to know that everyone enjoys the challenge. One member can hardly walk into the gym, but when she puts on those boxing gloves, she really gets with it."

"We have to seriously think about what we are doing. It retrains your mind and gets your heart rate up," David added. "We all cheer for each other, so everyone feels supported. I get tremors just from excitement."

"He'll usually call me and tell me he's feeling wonderful after these sessions," Kathy said.

Age is not a factor. "We haven't turned anyone down who wanted to join us. We have members in their 70s on down," Lisa said. Flyers announcing the group and its programs are set out in doctors' offices and the hospital.

Exercising benefits everyone, but for this group, movement and exercise is




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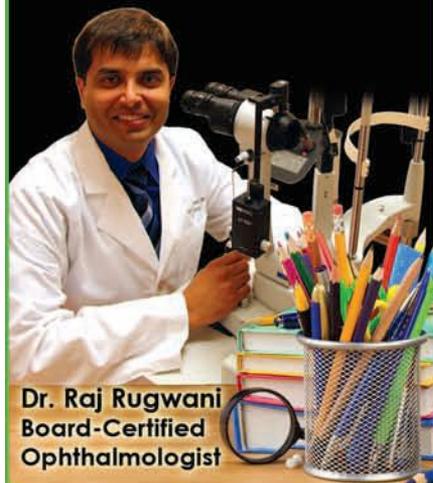
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very important and holds both short- and long-term benefits. Movement helps abate the complications that arise from PD, and the group has found that when they are having fun boxing, they keep coming back to do it. “It adds to our overall health and is good for our hearts in every way,” David said.

“Everything gets smaller when you have Parkinson’s — your handwriting, your posture, your independence — everything,” Lisa revealed. Boxing makes members reach out with fast, sharp movements, which is recommended for PD therapies of all types. “It helps us stand up straighter and is good for our self-esteem and confidence,” Lisa said. “We are all just trying to stay a jump ahead of this disease. PD is not a death sentence!”

Additionally, David has taken LSVT, a voice therapy program, and the PD support group also had a program on music therapy. Music is important to David since he sings and plays the guitar, saxophone and accordion. “Parkinson’s has slowed me down a bit, especially with the guitar,” David said, “but music and clapping still lift my spirits.” He has sung at weddings and performed at the Ennis Polka Festival.

Lisa, who is the administrative assistant to the Ennis fire chief, is learning various weightlifting exercises and practicing yoga moves for balance. “The fire department has been so supportive of me and is my second family,” she remarked.

Support group meetings focus on education and inspiration, with programs such as Wii, music and art therapy, as well as programs on nutrition and falls. “We didn’t know each other well before,” Lisa shared, “but now our support group members are a family also.” **NOW**

Editor’s Note: For more information, contact Lisa Laza at (469) 337-6209.

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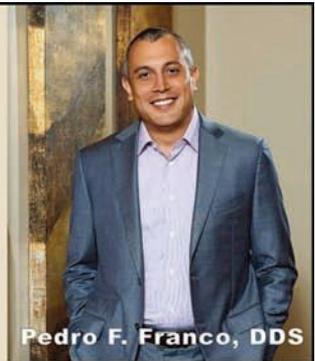
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A1A moves the world — one box at a time. — By Virginia Riddle

A1A Moving and Relocation is a full-service, customer-oriented, one-stop packing and moving service provider. “We work to build rapport and a positive relationship with each customer and strive for a high level of performance,” Frank Weaver, owner of A1A Moving and Relocation, said. “We are a local business, and many of our customers are friends and family.”

Frank, an Ennis native son, is a proud graduate of Texas A&M University. Frank had already become a business owner when his former college roommate asked him to join his moving business. In 2004, Frank opened A1A Moving and Relocation as a subcontractor to larger companies, such as his roommate’s company. “Most of our customers come from Dallas, Ellis, Navarro and Kaufman counties,” Frank stated. However, he can operate anywhere in Texas, as well as make interstate moves. “We

handle residential and commercial moves. Every move is different, so we completely customize that move according to a customer’s need,” Frank added.

The customized service can include full packing services; secured handling of sensitive legal, medical or financial documents; and special handling of family heirlooms, valuable art collections, antiques or very fragile pieces. “For instance, all crew members are trained to look for antique fragile parts and give them special attention when packing and loading the antique,” Frank explained. “We handle a great many jobs in the Dallas art and design district for artists and decorators who change out furnishings repeatedly until they get the mix they want. In all we do, the crew realizes that even happy moves are stressful to the customer, so we try to lessen that stress.”

With A1A, the customer's goods are the only load on the truck, and the customer decides the schedule of pickup and delivery of the goods. "We have worked jobs in inclement weather, but we will pull off the road if it gets too hazardous to drive safely," Frank said. "The same crew that packs will unload and unpack, if the customer wants that level of service. We unhook appliances and re-hook

"We work to build rapport and a positive relationship with each customer and strive for a high level of performance."

them at the other end of the move. We give free quotes that will not rise, unless the customer changes a variable. Most customers who wish for a full-service move are businesses and homeowners. A1A has a crew of six, and Frank runs the office. "Our crew is experienced, since most love the job. No two moves are exactly alike.

"Movers are a luxury since you can always pack and move yourself," Frank stated. For the do-it-yourself mover, A1A has Penske trucks, dollies, blankets and shrink wrap. "We also offer on-site boat and RV storage."

Not all moves are happy. The crew handles emergency moves that might be necessitated by abusive relationships, floods, roof damage, hoarders or eviction of the owner. "We offer temporary, on-site storage for customers who need a few weeks or so before they can locate and/or occupy a new residence," Frank said.

Loading goods onto the truck is like fitting jigsaw pieces together, and the moving industry offers many challenges. However, Frank and his crew handle every situation professionally. "We know we are dealing with an intimate part of a customer's life. We want them to be able to breathe a sigh of relief and be completely satisfied at the end of the day," Frank said. **NOW**





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Peyton Dickerson and Chase Cromwell enjoy a tour of the new Palmer Elementary Open House.



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Superintendent Kevin Noack stands with PISD board members at the recent ribbon cutting for the new elementary campus.



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Like many people, you may enjoy investing. After all, it can be invigorating to put away money for your future, follow the performance of your investments and track the progress you're making toward your long-term goals, such as a comfortable retirement. However, you might be less excited about doing estate planning, dreading the perceived time, effort and cost. Yet, you can make the entire process more manageable by breaking it up into specific tasks.

What are these tasks? Everyone's needs are different, but here are a few suggestions that may be applicable to your situation:

- *Purchase life insurance.* If something were to happen to you, would your family be able to stay in the house? Would your children be able to go to college? You should have sufficient life insurance to take care of these and other essential needs. You might hear about various formulas for how much insurance you should purchase, but you may be better off by working with a financial professional — someone who can evaluate your assets, goals and family situation, and then recommend an appropriate level of coverage.
- *Draw up your will.* For most people, a will is probably the most essential estate-planning document. Regardless of the size of your estate, you need a will to ensure that your assets and personal belongings will be distributed according to your wishes. If you die intestate (without a will), your belongings will be distributed to your "heirs" as defined by state laws — and these distributions may not be at all what you had in mind.
- *Consider a living trust.* Depending on your situation, you may need to go beyond a will when drawing up your estate plans. For example, you might want to create a living trust, which can allow your assets to go directly to your heirs, avoiding the public,

time-consuming and expensive process of probate. A living trust offers other benefits, too, so you may want to consult with a legal professional to learn more about this estate-planning tool.

- *Check beneficiary designations.* The beneficiary designations on your insurance policies and retirement accounts, such as your IRA and 401(k), are powerful and can even supersede the instructions left in your will. So it's in your best interests to make sure you've got the right people listed as your beneficiaries. Over time, you may need to update these designations to reflect changes in your family situation.
- *Make final arrangements.* Whenever you pass away, it will be a stressful time for your loved ones. To ease their burden, consider establishing a "payable-on-death" account at your bank, and then funding this account to pay for your funeral and related expenses.
- *Share your plans.* The most comprehensive estate plan in the world may not be of much value if nobody knows of its existence. Share your plans with your loved ones and heirs. It's important that everyone knows their roles in carrying out your wishes.

When dealing with any estate-planning issues, you'll want to consult with your legal and tax professionals. And by taking a step-by-step approach, you can keep the process moving forward — without feeling that you're being overwhelmed. **NOW**

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice.

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

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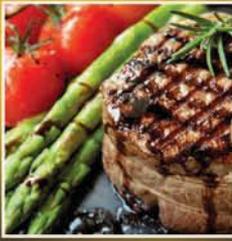
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When the Ink Has to Go

Body art is all the rage right now. Once emblems of military or biker culture, tattoos have found their way into mainstream America. Tattoo shops have moved from the shadows of the city onto Main Street and even into high-end shopping malls. Further, tattoos are no longer relegated to easily shrouded areas of the body but are often proudly displayed in very visible areas as symbols of individual expression. But, one might ask, what if fashions change? What if my job does not permit visible ink or what if I am no longer fond of the person whose name is etched into my chest?

Some suggest that tattoo removal may become the next great growth industry in cosmetic medicine. However, the currently available technology is far from ideal. For years, the state-of-the-art device for tattoo removal has been the Q-switched laser, which uses focused light to target the embedded ink. Think of a tattoo as an aggregation of a myriad of paint balls under the skin. The laser beam penetrates the skin in search of anything with color. Laser beams penetrate to different depths dependent upon the wavelength of light selected and basically explode the paintballs into smaller color particles. The body's immune system "sees" these tiny particles of ink as foreign substances and cells consume the ink and rid the body of its by-products in a manner that is not yet well-understood.

This understanding raises several challenges to the complete and safe removal of tattoos. Because there is no current standardization of the type of ink or the depth at which inks are embedded, the laser beam may not be able to fully disrupt the ink globules. Lasers penetrate to a very precise

depth and are not fully effective at other levels. Secondly, many lasers are not safe with people of darker skin tones because the light beam damages the melanin in their skin creating permanent light spots. Additionally, some colors, such as red, yellow, orange and green may not adequately absorb sufficient energy from the light beam to fully remove the image. Hence, a ghost of the tattoo may remain despite repeated treatment. Finally, tattoo removal remains cost-prohibitive for many who seek it.

However, an anticipated demand for tattoo removal has spurred a large body of promising research. Newer, faster lasers are being developed that decrease the number of treatments required for tattoo removal. Another body of research is looking at using needle-based technology, avoiding the limitations of laser altogether. Here the medical professional uses a device that is similar to a tattoo gun to inject a mild acid under the skin in order to create an injury reaction at the level of the ink. The ink then becomes incorporated into the resulting scab which falls off within a week. This technology is appealing because it fully removes the ink from the body without depending upon the body's immune system to clean up the mess.

Stay tuned. Exciting things are coming! **NOW**

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Through October 31

Ennis Farmers Market: 8:00 a.m.-1:00 p.m., located in historic downtown at 100 N. Dallas St.

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Open Mic Night: 6:30-8:30 p.m., The Bristol General Store, 102 Old Gin Rd., Bristol. The event offers a large selection of Asian cuisine. For more information, call (972) 666-2400.

September 4, 5

Dale Hansen Football Classic: Lumpkins Stadium, Waxahachie.

September 5

85 Speedway: 6:00-11:00 p.m., 3118 FM 85. Scheduling is subject to change, so call (972) 875-8500 for more details.

September 12

Ennis Chamber of Commerce Auction: Casino Royale: Sokol Hall, 2622 E. Hwy 34. For more information, call (972) 878-2625.

September 19

Paws in Paris: Ennis National Bank Event Center. \$100 per couple. Guest speaker

will be Jody Dean. For times and additional information, call (972) 935-0756.

Waxahachie Symphony Association – Imperial Brass: 7:00 p.m., SAGU Hagee Communication Center Performance Hall, 1200 Sycamore. For more information, visit www.waxahachiesymphony.org.

September 20

12th Annual Bridal Extravaganza: Noon-4:00 p.m., Waxahachie Civic Center. Currently accepting vendor applications. For more information, call (469) 309-4040 or email DSmith@waxahachie.com.

September 26

Take It To The Box Prescription Drug Return: 9:30 a.m.-1:30 p.m., Wal-Mart, 700 E. Ennis Ave. For more locations within Ellis County, contact IMPACT Waxahachie at (972) 937-1531 or IMPACT Ennis at (972) 921-5156 or online at www.dpri.com.

EHS Class of 2005 10-year Class Reunion: 7:00-11:30 p.m., Texas Motorplex, 7500 W. Hwy 287 Bypass. Tickets are available at www.eventbrite.com/ehs-class-of-2005-10-year-reunion-tickets.

Telico Volunteer Fire Department 30th Annual Barn Dance: 4:00 p.m., Sokol Hall, 2622 E. Hwy 34. For more information and to purchase raffle tickets, contact Chief Van Fowler at (972) 878-2083 or Marvin Trojacek at (972) 875-6655.

October 31

9th Annual City-wide Fall Festival: 6:30-8:30 p.m., Waxahachie Civic Center. Every child that plays a game will win lots of candy. A concession stand will also be available. The event is free, and there is no need to register.

Ongoing:

Fourth Mondays

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

Submissions are welcome and published as space allows. Send your current event details to sandra.strong@nowmagazines.com.

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In the Kitchen With Ronnie and Shawn Davis

— By Virginia Riddle

Ronnie and Shawn Davis are involved in church activities, jobs and very busy lives, but they find time to cook together. Shawn, with her collection of recipes inherited from her grandmother and other family members, is an experienced cook, and about 10 years ago, Ronnie seriously delved into learning the art of cooking.

“We eat out a lot and love trying new places,” Ronnie said. The couple enjoys down-home cooking “with a modern spin” and aren’t afraid of learning something new and adapting recipes from PBS cooking shows or friends. “I just got some lemon jelly at the farmers market,” Ronnie said. “I can’t wait to play with it with chicken and pork. We love good food, and I love the challenge of cooking meat.” **NOW**

Pickled Shrimp

- 1 lb. medium shrimp, peeled, deveined and cooked**
- 2 oz. pickling spice**
- 16 oz. apple cider vinegar**
- 1/4 cup sugar**

- 1.** Mix ingredients together; pour into a quart-sized jar and cover. (If needed, top off jar with additional vinegar.)
- 2.** Refrigerate 4-5 hours, gently shaking jar every hour.
- 3.** Serve chilled as an appetizer or add to a summer salad.

Saint Louis-Style Pork Ribs

Serves 3-4.

- 1 tsp. garlic powder**
- 1 tsp. ground peppercorns**
- 1 rack Saint Louis-style pork ribs**
- Aluminum foil**

Barbecue sauce, to taste

- 1.** Rub garlic powder and ground peppercorns into ribs.
- 2.** Cook on smoker or grill on indirect heat at 250 F for 3 hours.
- 3.** Remove ribs; wrap rack tightly in aluminum foil; place ribs on grill for an additional hour.
- 4.** Remove foil; place ribs on grill for another additional hour, basting every 20 minutes with barbecue sauce of your choice.

Crab-stuffed Jalapeño Peppers

30 medium-size jalapeño peppers

Crab Stuffing:

- 1 cup onion, chopped**
- 1/2 cup celery, chopped**
- 1/2 cup bell pepper, chopped**
- 2 garlic cloves, peeled and diced**
- 1/4 lb. butter**

- 1/2 tsp. Worcestershire sauce**
- 1 lb. crab meat (can substitute with canned crab)**
- Salt, black pepper and red pepper, to taste**
- 1/2 cup green onion tops, chopped**
- 1 Tbsp. parsley, chopped**
- 6 slices stale bread**
- 1 cup evaporated milk**
- 4 eggs (divided use)**
- Breadcrumbs**
- Flour**
- Cooking oil**

- 1.** Wash jalapeño peppers. Cut a “T” on the side of the peppers; remove membrane and seeds; leave tops on.
- 2.** Wash the peppers’ insides; drain.
- 3.** *For crab stuffing:* Sauté onion, celery, bell pepper and garlic in butter until wilted.
- 4.** Add Worcestershire sauce, crab and seasonings. Cook over medium heat for 15 minutes, stirring constantly.
- 5.** Add onion tops, parsley and bread soaked in evaporated milk and 3 beaten eggs; mix well.
- 6.** Stuff jalapeño peppers; roll peppers in a mixture of breadcrumbs and flour. Dip peppers in remaining beaten egg, then again in flour mixture.
- 7.** Deep fry in oil until golden brown.

White Chocolate Fudge

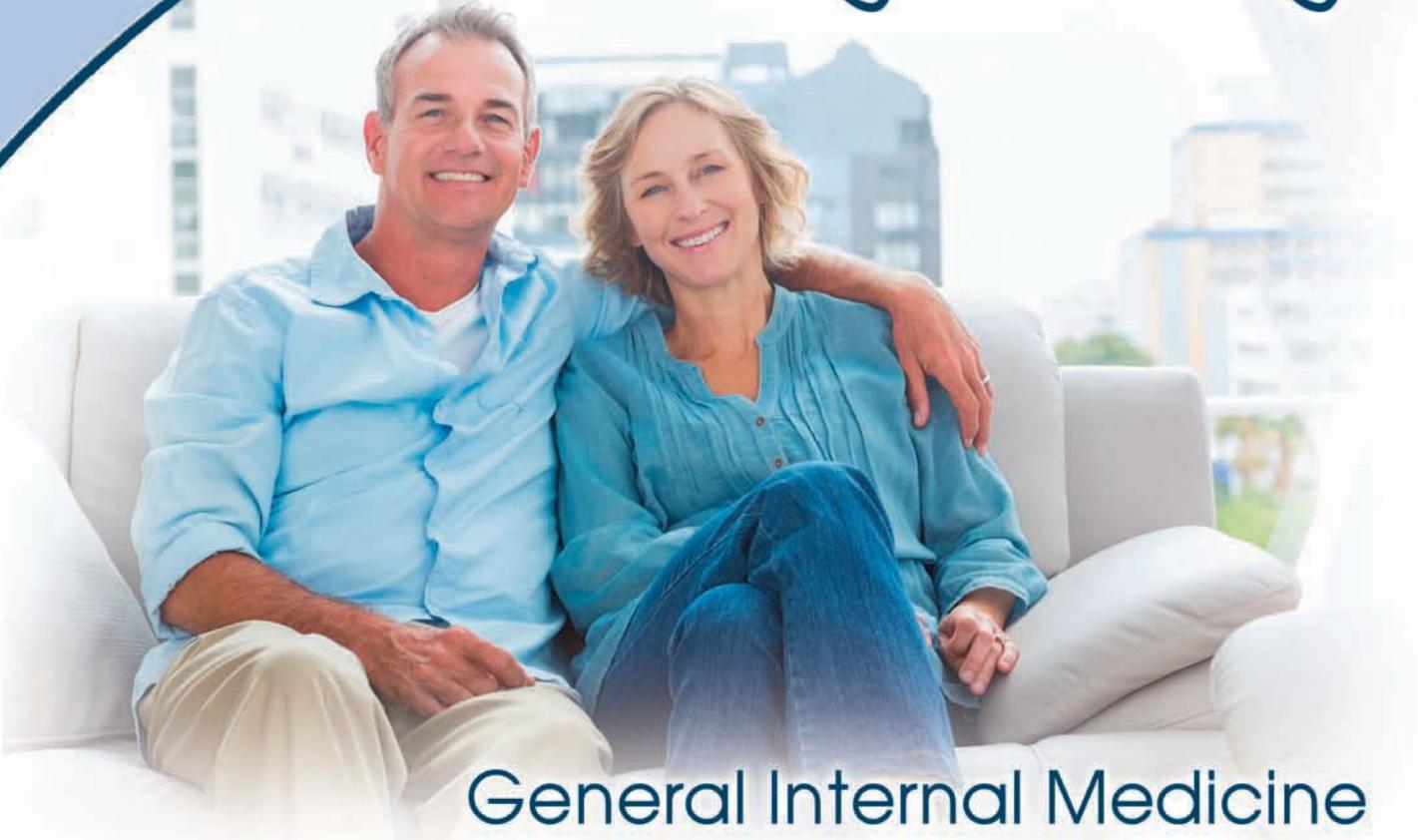
Makes 3 lbs.

- 3 cups sugar**
- 3/4 cup butter**
- 1 5-oz. can evaporated milk**
- 14-oz. white chocolate, shredded**
- 1 7-oz. jar marshmallow crème**
- 1 cup broken walnuts**
- 1 tsp. vanilla**

- 1.** Combine sugar, butter and milk in a heavy pan; bring to a boil, stirring constantly. Boil 5 minutes on medium heat.
- 2.** Remove from heat; add chocolate and mix well.
- 3.** Add remaining ingredients; blend well; pour into a butter-greased pan.
- 4.** Let cool before cutting.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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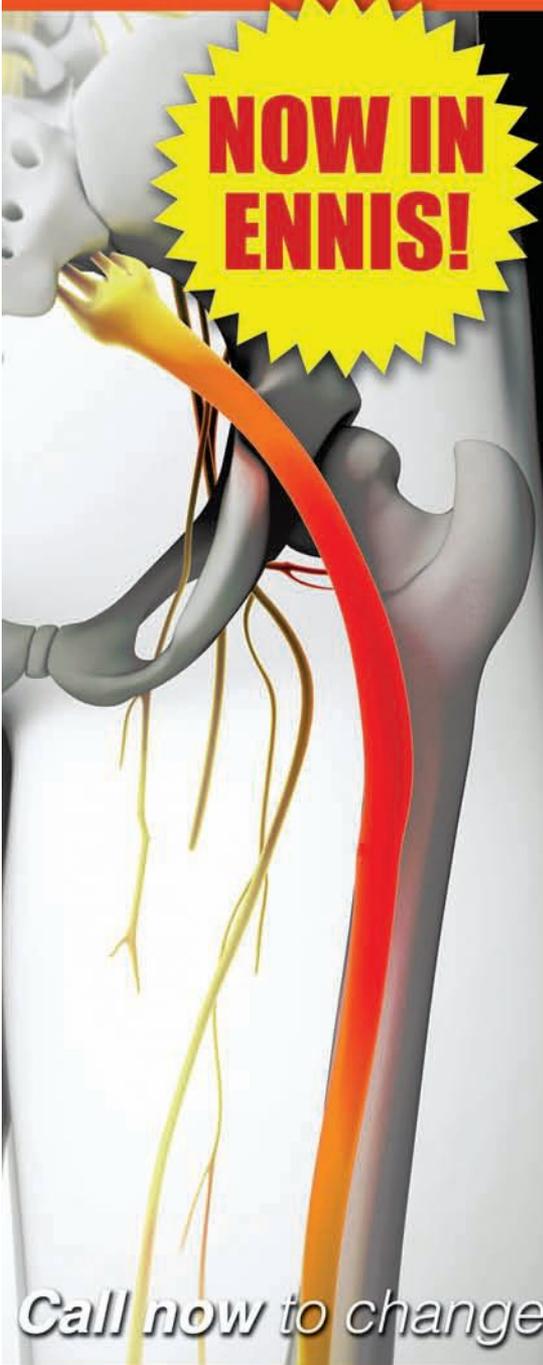
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