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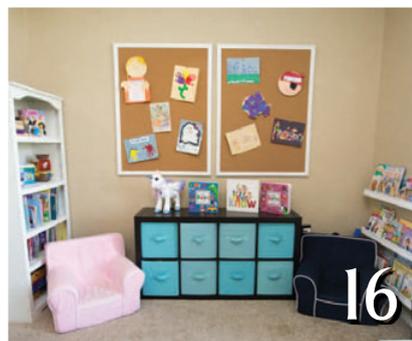
# CONTENTS

September 2016 • Volume 13, Issue 9



## 8 Artistic Overachiever

Katie Payne loves seeing creative ideas come to fruition.



## 16 DIY Style

At Home With Blake and Laurie Butler.

## 24 Paws to Consider

The ECSPCA reminds people that pets are friends for life.

## 30 Ready, Aim, Fire!

Follow these steps to prepare for a great hunting trip.

36 BusinessNOW

38 Around TownNOW

40 FinanceNOW

42 HealthNOW

44 CookingNOW

## ON THE COVER



Katie Payne likes "throwing clay" the most.

Photo by Amy Ramirez.

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## Editor's Note

*Happy Fall!*

This is the beginning of my favorite time of year. I love it when the leaves change colors, the temperatures stay below 100 and I'm able to sit on the front porch in the cool breeze contemplating life. As I count my blessings, I can't help but think about Kelly Boston and the legacy he left behind, not just for his family, but for all the families who were touched by his zest for life. He wasn't just a well-loved educator. He was a son, a husband, a father and a friend. The halls at EHS are missing a special individual, but I know his spirit will live on as we learn to "Love Like Boston."

I'm also looking forward to another special birthday at the end of this month. Zane, my youngest grandson, will be celebrating his 3rd birthday. He has grown into such a sweet young man in the past year. His smile brings joy to my heart. His hugs are pretty special, too!

Enjoy each day to the fullest!

*Sandra*

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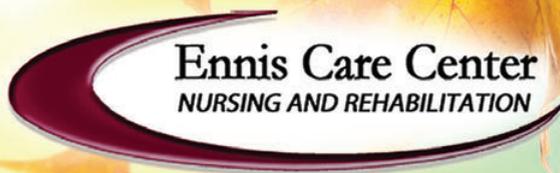


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# Artistic Overachiever

— By Sandra Strong

*Katie Payne has just started her fourth year in the art department at Ennis High School. Looking back over the previous years, she feels certain the road to Ennis was meant to be — perfectly orchestrated by God. “I never thought I’d get a job teaching art,” she admitted, “but here I am teaching ceramics full time. It’s providential how it all worked out.”*

She was born and raised in England. Her parents moved to Florida when Katie was 12 years old. Her parents had a strong desire to farm, so after Katie went off to college, they started looking for farmland. Their search brought them to Kerens, Texas, where Katie moved, after graduating from Western Kentucky University with a degree in art education.

Katie heard about a teaching position while attending church one day in Kerens. A lady, who also lived in Kerens and attended the same church, told her about a job opening in the art department at Ennis High School. “During the interview, the principal asked me what my specialty was,” Katie remembered.





“I find their strengths and run with them.”

“He laughed when I told him ceramics.” Katie immediately began substituting in Marion Keener’s ceramics class. Later that same year, Marion retired and the full-time teaching position fell into Katie’s lap. “I had the longest interview ever,” Katie laughed, referring to the almost full year she served as a substitute. “It was all just God’s perfect timing.”

As Katie talks about the high school, her classes and the students she teaches, it’s easy to see she absolutely loves getting up and going to work every day. As a teacher, she has to be able to adjust to change. She has to remain flexible because no two days are ever the same. Just last year, the class schedule changed.





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Actual class time went from 90 minutes to 48 minutes. "I admit, it was a huge adjustment, but once I got it all figured out," Katie said, "it ultimately worked pretty well."

She now has eight class periods a day, instructing as many as 150 students per day. Within the seven actual teaching class periods, Katie instructs students primarily in grades 10 through 12. Every once in a while, she will have a freshman sign up.

In her tenure at EHS, Katie has learned, and will no doubt continue to learn, new things about both her students and the way she teaches them the art form she loves. "I find their strengths and run with them," she explained. "Once again, I make adjustments, so the students will find success."

The first thing new students in Ceramics I learn is how to create a "pinch pot," using only their hands and a 1-pound clump of clay. They are instructed to "pinch" the clay with their fingers, making a well or hole. They continue to "pinch" until they have formed what looks like a small pot or bowl. "Some will add details like a handle," Katie said. "Each one will be different."

Prior to Christmas break, students will also learn other hand-building methods that include the coil method and the slab method of ceramics. In the coil method, the clay is formed into skinny, snake-like coils. These coils are wrapped around and around, one layer on top of the next, to form a vase. Students will, many times, do exactly as they have been instructed, while others will go outside the box, adding sharp details to what they have

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created. The slab method uses flat sheets of clay. These sheets are flattened using a slab roller. The flattened pieces can then be formed into boxes of all shapes and sizes. “The slab method reinforces what they are learning in math — geometry,” Katie said. “They have to measure and cut precise shapes and angles in order to fit edges together.”

After Christmas, students will come back to class, some eager and others not so eager, to try their hands at “the wheel.” The art department has only six wheels, so allowing each student the opportunity to “throw” can become a scheduling nightmare. “They only get a few hours on the wheel,” Katie shared. “I encourage each student to at least try the wheel. I want them to at least have the experience before leaving the classroom that first year.”



After earning a full credit in Ceramics I, students can then elect to take Ceramics II and then move into Ceramics III, if they are so inclined. Each year, the class projects get larger in size and more time-consuming from start to finish. Katie had one student — Stephanie Padilla — return her senior year during the 2015-16 school year to tackle the more advanced Ceramics III. Her completed project was amazing in more ways than one. “Stephanie and Rene Estrada, a Ceramics II student, worked together on a full-sized lion,” Katie said. “They worked independently. It was up to them to push their abilities.” The limits were definitely pushed. The lion, once complete, had to be cut into pieces in order to fit it into the kiln. Once the heating process was complete, the lion had to be put back together with glue and painted with acrylic. “The pieces fit together perfectly,” Katie said. “You cannot see a single seam line.”

Although the school’s mascot took 200 pounds of clay, the finished artwork was

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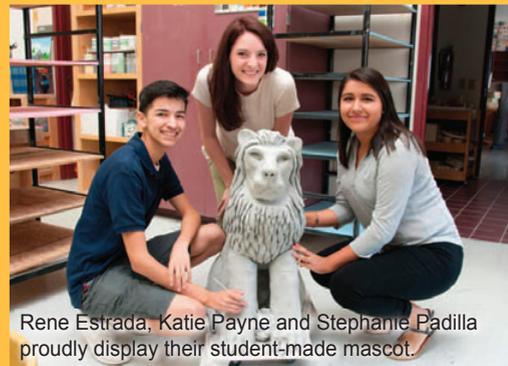
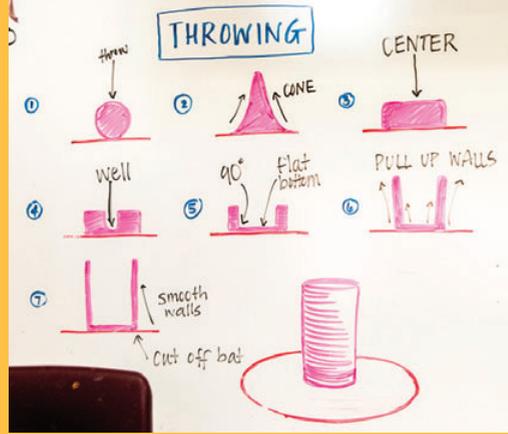
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Rene Estrada, Katie Payne and Stephanie Padilla proudly display their student-made mascot.

definitely worth it. Stephanie and Rene wanted to build something big that could be donated to the district. They wanted something that could be immortalized. "When I told them the sky was the limit, they took me at my word," Katie said with a smile.

Katie admits she likes "throwing clay" the most. She simply enjoys the art form she's been blessed to share with so many. She was married on October 17, 2015, and she will soon be celebrating her one-year anniversary. As an artistic overachiever, Katie knew she had to do "something ceramic" for her wedding, so she created over 150 plates that served as the couple's wedding favors. "I love ceramic, so I knew I had to make something ceramic," she confessed. "I made five to six plates per day for five to six months. I worked right up until the wedding day."

As a teacher, Katie's finest hours are when she's able to share in the artistic successes of her students. As she fosters creativity, Katie is also learning how to draw the artistic genes from her students. Her classes offer hands-on learning experiences that, in so many cases, will motivate students to move into the next level. "Students give birth to something they've created," she said. "Seeing their ideas come to fruition is precious to them, so it becomes precious to me, too." **NOW**

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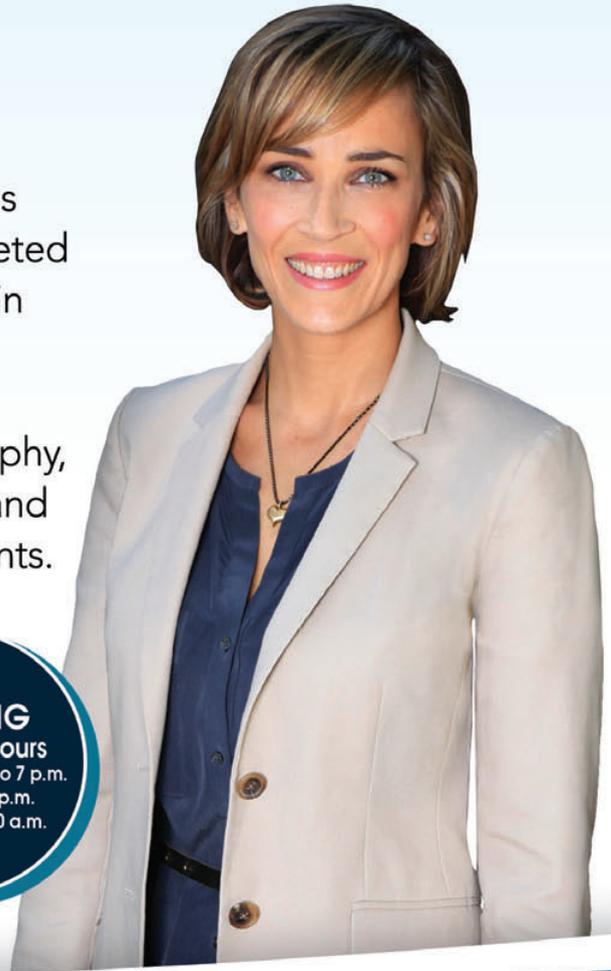


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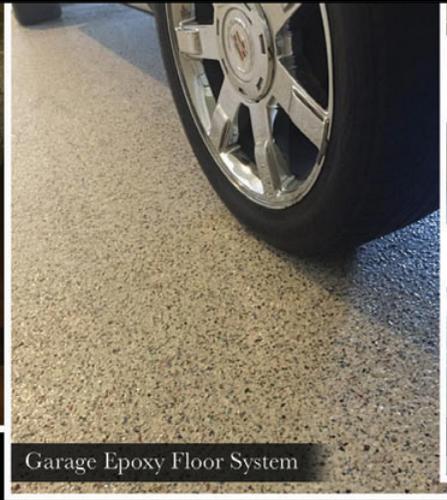
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# DIY Style

— By Donnielle Tyner

*Life is messy, but with gumption and a do-it-yourself attitude, anyone can make it brighter. Blake and Laurie Butler are a shining example of that philosophy. Growing up in Ennis, both of them had plenty of chances to cross each other's paths. The most noticeable opportunity was when Blake sat directly behind Laurie in sixth grade social studies, but they never truly connected until Blake decided to tag along with a few friends on a fateful trip to Austin during Laurie's freshman year at The University of Texas at Austin. It was then that they clicked and have been together ever since.*

After two years at UT, Laurie felt it was time to move back to Ennis and teach in the same district, making the choice to transfer to Texas A&M University-Commerce at Navarro College an easy one. As luck would have it, she ended up taking a class with Dee-Dee Gryder, the principal of Crockett Early Childhood Center, who spoke about the inclusion kids they have at Crockett. The program interested Laurie, so she got a job working as an aide in the inclusion program. "I had heard about the inclusion program, and it was so different from what other schools were doing. The year I graduated, she hired me as a kindergarten teacher, and I've taught inclusion for all but one year. I fell in love with the program. It's my passion," Laurie explained.

Blake also transferred from Tarleton State University to Navarro College to attend the fire academy and paramedic school. For eight years, he has served the

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city of Ennis as a firefighter/paramedic. On his days off, he prefers to spend his time playing outside with his children, but often takes hunting and fishing trips or teaches CPR and first aid classes. "I enjoy serving the city of Ennis and being able to help out those I grew up with," Blake stated with pride.

The Butlers are a tight-knit group, often spending time outside with

extended family and throwing parties. "We love to have parties, and I love to plan them. It's a passion of mine, and I tend to go overboard," Laurie gushed. Space to play outside and host family parties was a top priority for a new home. Their first home was much smaller and with two young, but growing children, Anniston and Grayson, space seemed to quickly shrink.



"When we looked at this home, the backyard was a big selling point," Blake added. Even though the house was far from perfect, the couple saw potential and knew that with their love of do-it-yourself projects, they could make this house a home.

In the entryway, the walls are lined with redbrick wallpaper, creating a slight urban, industrial feel, which is softened

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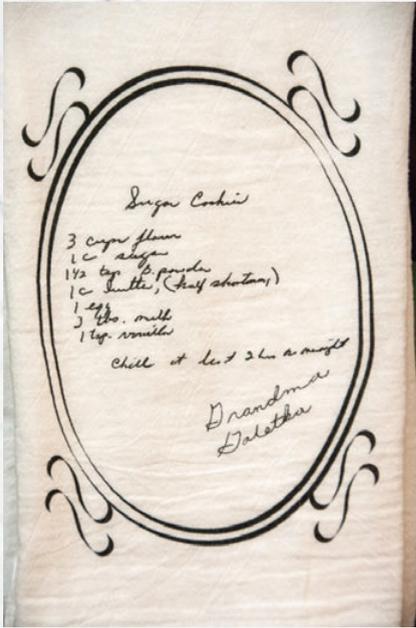
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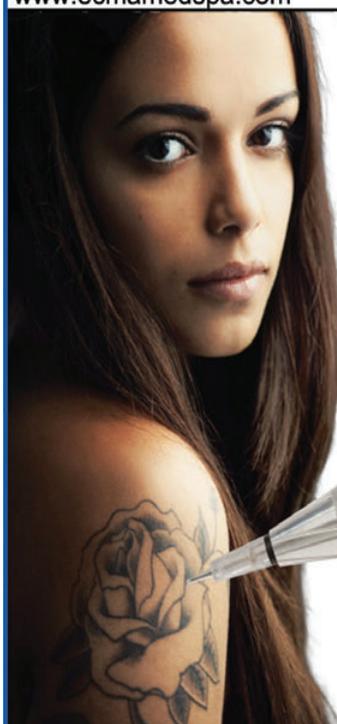


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by a farmhouse-inspired, distressed window that ties in with the rest of the home. "When we first saw the house, we thought this was real brick, but when we moved in, we realized it was wallpaper. I wanted to take it down, but Blake loved it, so it stayed. It's really the one thing he got to keep. I changed everything else," Laurie lovingly joked. Sitting under the window is an antique record player serving as both an entryway table and storage for Blake's collection of old records.

What used to be a formal dining room is now Anniston and Grayson's playroom. Lining one wall is a set of book shelves Blake built out of crown molding and wood. Taking up one wall are two large cork boards Laurie found on sale. The brown of the cork ties the more colorful pieces of decor in the room to the overall neutral design she prefers, as do the curtains, which were originally white, but now sport the thick black stripes Laurie painted onto the fabric. Her favorite find in this room is a sign she discovered at Hobby Lobby that reminded her of her grandmother. "My grandmother and I were really close when she was alive. Whenever we did things, she would say, 'We're just making memories,'" Laurie shared.

Laurie's grandmother's influence is seen more thoroughly in the kitchen. "Cooking was always her thing, and every holiday she would tell us to not worry about how much we eat because there are no calories when you make it with love," Laurie said with a wistful smile. After the Butlers purchased their home, Laurie made the sign that takes up the wall above the breakfast bar and convinced her grandmother to sign it. Shortly after, her grandmother had a stroke. Now the sign is more than just a piece of homemade wall art. It's a keepsake.





As avid do-it-yourselfers, the Butlers took their dark kitchen with patterned wallpaper over pink and mint countertops as a challenge. The first change was to brighten the room by painting the dark oak cabinets and updating the wall color. But they weren't sure what to do with the countertops — that is until she learned you can paint them to look like granite. "It was easy, and everyone who comes over is shocked to learn our countertops are painted," Blake explained. Another shocking piece of DIY mastery is the dining table, which Blake built himself from plans he found online.

With an open floor plan, the kitchen and dining areas lead into a large living space with high ceilings. Not much was done to this room except a few coats of paint. On the massive entertainment center sits old books Blake enjoys collecting. Most he found at Souls Harbor, but there are a few that family members have given to them. One particular book was Laurie's grandfather's when he was in Catholic school.

In each of the bedrooms, the majority of the decor and pieces were either handcrafted or refurbished by both Blake and Laurie. In their master bedroom, the headboard is crafted from an old door they found on the side of the road, and the frame was built by Blake. Both children have something special from their parents — painted decor for Grayson and Laurie's bedroom set for Anniston.

Creating beauty out of ordinary items is a fun outlet for the Butlers, and their home is their studio. The many homemade creations add style and breathe warmth into the overall environment. "We are both crafty," Laurie confessed. "We don't do many collections or have antiques, but we do love to create, and that's what our home is about." **NOW**

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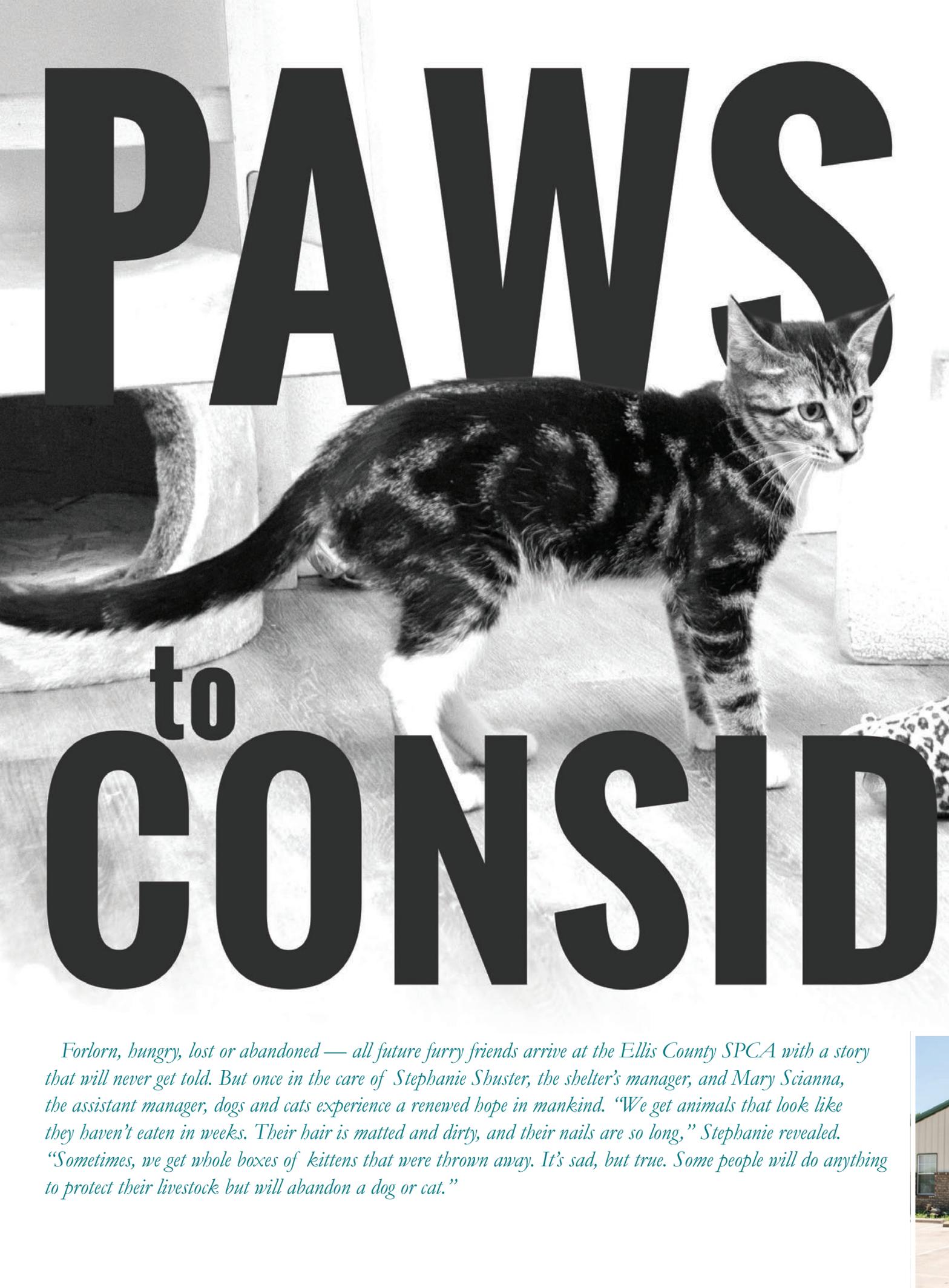


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*Forlorn, hungry, lost or abandoned — all future furry friends arrive at the Ellis County SPCA with a story that will never get told. But once in the care of Stephanie Shuster, the shelter's manager, and Mary Scianna, the assistant manager, dogs and cats experience a renewed hope in mankind. "We get animals that look like they haven't eaten in weeks. Their hair is matted and dirty, and their nails are so long," Stephanie revealed. "Sometimes, we get whole boxes of kittens that were thrown away. It's sad, but true. Some people will do anything to protect their livestock but will abandon a dog or cat."*



County residents call for help or bring strays to their city's animal services. There's a \$50 surrender fee if someone has to give up a pet to the ECSPCA, but normally, the animal is a stray. "We have contracts with Palmer, Venus and Maypearl, but ECSPCA covers all of Ellis County," Stephanie said. "We have to charge fees because the organization is private — not governmental." City and county law enforcement officers often transport animals to the shelter. "The officers are really friendly and helpful around the shelter. We work as a team," Stephanie added.

"We use their muscles," Mary agreed.

Both ladies are fairly new to their positions, having served for less than a year. Stephanie and Mary want to improve the shelter's adoption rate this calendar year over last year's fairly successful statistics. "There were 432 animals adopted last year, and that figure doesn't include those that went to rescue groups. We only can take dogs and cats. There's currently no space for animals like other small mammals or birds. Our shelter would not be a safe, stress-free environment for them," Stephanie said.

ECSPCA participates in Clear the Shelters, a nationwide adoption program. "We work through large vendors and television stations that do public service

# ER

— By Virginia Riddle



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announcements,” Stephanie said. The shelter works with animal rescue groups, promotes foster homes for animals and uses Facebook and a website to market the dogs and cats to new owners.

“For a reduced \$30 fee, we will microchip a dog or cat, so they can be reunited with their family, if they become separated and lost,” Mary said.

The group also works through PetSmart Charities Cats for Adoption, another nationwide program. “On Saturday and Sunday, twice a month, we hold adoptions at the Waxahachie PetSmart,” Stephanie said. “We are now fully staffed with three full-time and five part-time employees and have volunteers who help during those adoption times.” They often offer animals for adoption during local festivals and other occasions.

A dog or cat in residence at the shelter will be fed twice a day, have fresh water and occupy one of the 55 kennels for dogs or the 16 kennels for cats. Stainless steel was added to the quarantine room, a recent remodeling project. “Animals stay in the rabies quarantine for 10 days, if they have bitten or scratched someone. The area is now easier to disinfect and keep clean,” Stephanie explained. Every Monday, a vet checks each shelter animal.

Every afternoon, it’s social time when the dogs are walked. “We are always looking for volunteers to help with this activity, too,” Stephanie said. Kelly Snyder is a volunteer and also the volunteer coordinator. Volunteers come in all ages starting at ages 10-15 with a parent present or 16-18 with a signed parent waiver. “We have two sets of moms and kids who bathe dogs, as well as high school students who volunteer,” Stephanie said.

Other volunteers serve on the ECSPCA board. A 10-year board member and resident of Ennis for the past 43 years is Patsy Erwin. Besides serving on the board, Patsy bathes dogs,

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The SPCA team believes in a forever home for every animal.

counsels potential adoptive families and delivers dogs to their forever homes. “We aren’t affiliated with SPCA, so fundraising is very important.”

Patsy, along with other board members: President Terri McGrath; Martha Weedon; Susan Kosoris; Dr. Nancy Carter, DVM; Judge Bob Carroll; Ron Brown; Christopher Bennett; Louis Ponder; Tony Bennett; and Brent Lemon help organize the annual Paws in Paradise gala. “We move the event yearly to a different major town in the county,” Patsy said. “The gala has always been a very successful event, which includes a dinner and a silent and live auction.” A nonprofit, the organization receives monetary donations, as well as donated gift cards, blankets and towels, copy paper, cat litter, leashes and collars, animal toys, wide-bottomed bowls, dish and liquid laundry soaps and newspapers. Area companies donate pet food, washing machines and plumbing and air conditioner repairs. Memorials in pets’ names provide another funding source. “People are happy to help,” Patsy said.

The shelter, founded in 2004, moved to its current location on FM 878 in Waxahachie 12 years ago. Open Tuesday-Saturday, from 11:00 a.m.-6:00 p.m., and



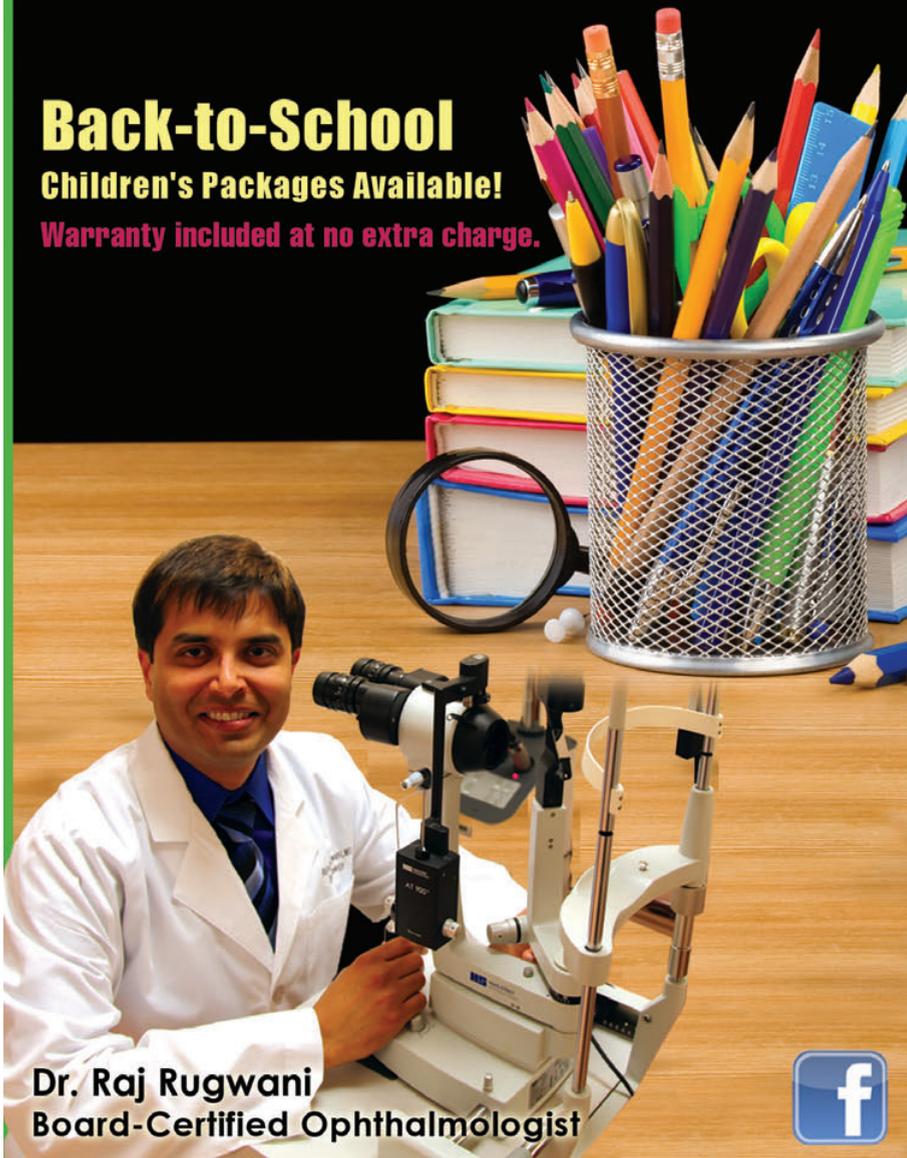
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on Sunday, from 11:00 a.m.-4:00 p.m., the shelter welcomes those who wish to adopt their next great furry friend. "The animals up for adoption have already been vaccinated, dewormed, microchipped and checked for heart worms. If we have sterilized the animal, the adoption fee is \$100, if not, it is \$75, and the adoptive family has to sign an agreement to get the pet sterilized," Stephanie explained.

"We have a great relationship with local veterinarians for low-cost spaying and neutering," Mary said.

"Kids especially like to look at and touch the animals," Patsy said.

"I love to see the interaction with the animals and see the kids' faces light up when they fall in love," Mary said.

Potential adoptive homes are screened. "We make sure there's a fence, and that the size of the pet fits the home situation. We don't want to set a dog or cat up for failure," Stephanie said. "Instead, we have people who come back with their pets to let us see how well they are doing."

"We work through educational programs in area schools to teach kids the joys and responsibilities of owning a pet," Patsy said. "We are also looking into starting a possible therapy pet program. Every dog isn't 'eye candy,' so funding, space and finding volunteers and forever homes is challenging," she added.

"Nobody does this job unless they have a deep love for animals. We always want them to find homes," Stephanie related. "Most of us have done the dirty work of running a shelter, but it's always a joy to see an animal, after coming in here so dirty and frightened, find its forever home." **NOW**

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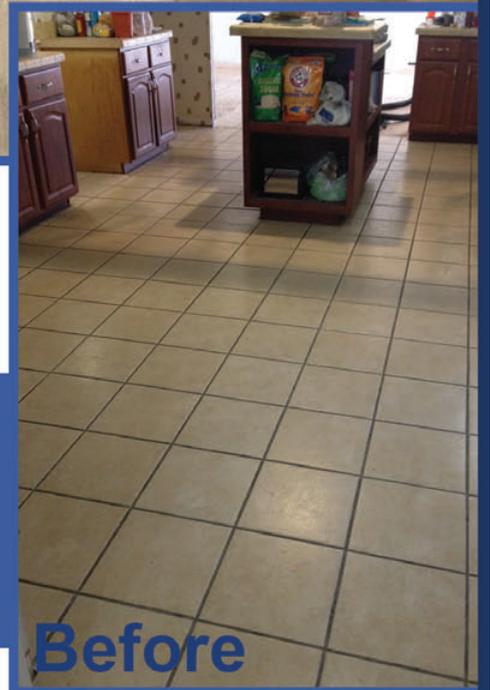
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READY  
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FIRE!

— By Zachary R. Urquhart

*It's that time of year, again! Get out your camo, start cleaning your rifle and head to the store to stock up for your hunting expeditions. While most seasoned hunters have their routines down to an exact science, there are some simple things any new or novice hunter should know before heading out to get this year's limit.*

## HAVE A PLAN

- *Get Your Papers in Order*  
Before you do anything else, make sure your licenses are up to date. You may purchase licenses at most sporting goods outfitters or large superstores. You can also now purchase licenses online through the Texas Parks and Wildlife website.
- *Know the Calendar*  
Texas has outlined specific seasons for different animals. This area, called the North Zone, has start dates as early as September 1 for doves. The most anticipated season — white-tail deer — starts November 5, and there are dates for various game and fowl

starting everywhere in between. There are several animals with multiple or split seasons, so be sure you are hunting your prey legally, as the penalties include loss of license, hefty fines and can even involve jail time. If you want to try your hand at bow-hunting, your season will start about a month before rifle hunters.

- *Pick Your Spot*  
There are several options when choosing a hunting spot. You may try to find a friend who has a hunting lease, allowing them to hunt on someone else's property. Or, you can opt for one of the many public hunting lands nearby. There are plenty of options within an hour or so, but if you are willing to travel a little farther, the Texas Hill Country is known to have the largest number of white-tail deer.

WHETHER YOU ARE HOPING TO  
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**GET READY**

• *Before You Lock and Load*

You'll want to have your guns and ammunition ready before your trip. Cleaning your shotgun or rifle takes a little time, so you do not want to wait until the big weekend to take your gun out of the safe. Be sure to bring enough ammunition. If you have a great hunt, you may only need a few shots to reach your limit, but you should plan on a few misses just to be safe. If you have never hunted, you will want to spend some time practicing your shot, which means you should plan a weekend to go shoot targets or clays. This will also help you get familiar with your weapon. It is also very important to know your surroundings. You especially need to know if other hunters are nearby.



• *Blend In and Stand Out*

The right camouflage can be paramount in keeping your game from spotting you before you pull the trigger. Make sure your gear is right for the natural environment that will surround you. On the other hand, there are clear laws requiring hunters on public lands to wear at least 400 square inches of hunter orange, in addition to orange headgear. So, when you are



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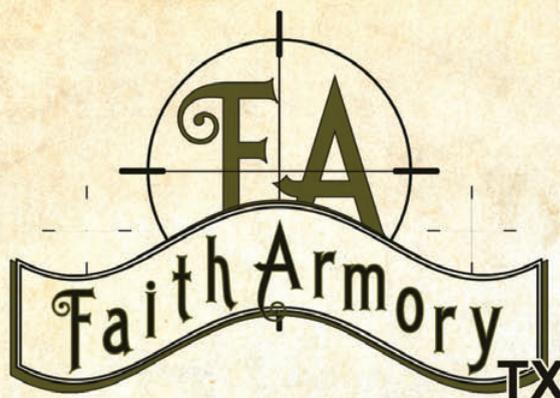
packing your camouflage, do not forget your orange vest and hat.

• *Bring Your Vittles*

You will probably be in the field for a while, so be sure to pack some food and drinks. Avoid odorous things like garlic, as well as fibrous foods like beans or broccoli that may lead to discomfort while you are trying to hunt. The best options are foods that have carbs, protein and a little fat. A peanut butter sandwich is easy and will keep your body ready when that deer or bird comes into view.

• *Staying the Night*

If you are planning on making an entire weekend of your hunting trip, you will have to add another level of preparation. Research what camp grounds are available. If you are planning to go on the season's opening weekend, you will want to reserve a spot ahead of time. If you are pulling your tent from a pile of things you rarely use, set it up and check it for leaks before your trip. Bring a flashlight and extra batteries, and be sure to bring a warm enough sleeping bag for potentially cold temperatures. Lastly, be mindful of local wildlife. If bears or other animals are a potential threat, take precautions to keep food and trash sealed and out of reach from such critters.



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## SAFETY FIRST

- *Fire When Ready*

Guns can be dangerous if not handled correctly. The state of Texas requires a hunter's education course for every hunter, which is good for life, after completion. You can get a one-time deferral good for a year, but it is highly recommended that you go through safety courses before operating a gun.

- *Beware of Snakes*

Most likely, your hunting site will be home to slithery critters, as well as the prey you are there to hunt. Only about 10 percent of Texas' snakes are dangerous for humans, so the first step to safety is identification. Bring a field guide, and be on the lookout for copperheads, cottonmouths and rattlesnakes. If you or a companion are bitten, the best solution is to get to a nearby hospital. Do not try to cut around the puncture or try to suck out the venom. Instead, clean around the wound with disinfectant soap, take off jewelry or items that may restrict the area, and try to limit movement of the extremity until you can get to a doctor.

Whether you are hoping to bag meat for the winter, or you want a 16-point buck over the mantel, a great trip starts with the right equipment and preparation. Staying safe while you are out will ensure a successful hunt is not overshadowed by injury or tragedy. With these tips, you are ready to aim and fire. **NOW**

*Editor's Note: License purchasing, laws and general hunting information are available on the Texas Parks & Wildlife Hunting Page at [www.tpwd.texas.gov/huntwild/hunt/](http://www.tpwd.texas.gov/huntwild/hunt/).*

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# Keeping the Wagon Full

*SWFA continues to stand on exceptional customer service. — By Sandra Strong*

Under the ownership of Jim and Norma Farris, Southwestern Firearms Inc. (SWFA) began selling firearms to the public in 1973 from a gun store on Jefferson Boulevard in Oak Cliff. “My dad has always been a huge gun collector,” said Chris Farris, son and current co-owner. “I grew up around guns and everything that has to do with guns and hunting.”

As the years came and went, the crime rate in Oak Cliff grew to a level where Jim and Norma had a decision to make. They could have closed the shop or relocated altogether, but what they did was one step better. “They started doing 50 gun shows a year. Most weekends were spent at gun shows,” Chris explained. “During those years, we ate Thanksgiving dinner at Luby’s Cafeteria in St. Louis, Missouri. Those were years of travel from Hollywood, California, to Hollywood, Florida.”

One of the largest gun shows that brought the family a great deal of their yearly revenue was held in California at the Pomona Fairgrounds. This particular year, the event was taking place at the same time the O.J. Simpson verdict was being handed down. “The National Guard shut the show down,” Chris remembered. “We were left with a massive inventory.” They were able to successfully “unload” the stock by advertising in national gun magazines. In fact, the print ads were so successful, they were able to slow down on the weekend shows. “Within five years, we were no longer traveling all over the United States. Most of the stock was being sold through print advertising,” Chris stated. “This was also the time when Internet became popular.”

As SWFA outgrew one building after another with the advances in technology, Jim decided it was time for another

## Business **NOW**

change. “Dad retired, allowing us to take it to the next level,” Chris said. “Dad is old school. The business got too big and grew too fast for his liking. He did tell me I needed two things in order to take my place as a co-owner of the family business — intelligence and a willingness to work.”

These are two things Chris and Norma have plenty of when it comes to taking SWFA into the future. The new building was designed by Chris. “I drew it out on paper with a pencil,” he smiled. “It’s not your normal floor plan.”

### SWFA takes great pride in having a large inventory on hand at all times.

The 40,000-square-foot building may appear large, but the company still offers the same personal customer service they did at their onset over 40 years ago. The store front offers customers over 1,000 different types of ammunition, guns in all makes and models and an atmosphere that offers an ease for first-time buyers, as well as for repeat customers.

Half the building is store front, offices and break/meeting rooms. The other half is SWFA’s warehouse. When Chris designed the store front, he wanted something “premium” for customers. This want manifested as a mural of North American iconic animals in the large meeting room that can be easily seen from the showroom. The artist from Kansas created a 3-D rendition of wildlife that in some cases looks far away, and in other instances, can be seen up close and personal, as if looking through a high-powered scope or binoculars. It took six months to create and a full week to install.

You won’t find “cheap Saturday night specials” at SWFA. What customers will find is high-quality inventory and hands-on customer service that’s second to none. SWFA takes great pride in having a large inventory on hand at all times. As Chris and Norma can attest, “You can’t sell from an empty wagon!” **NOW**



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*Martina Johnson has her hands full with brothers, Malachi and Josiah Grigsby.*



*Lientenant Fred Pontley and patrolman Don Hudson enjoy all the goodies brought by for Police Officer Appreciation Day.*



*Several couples enjoy free dance lessons at Double D's.*



*Eyncon owner Steve Medina introduces Nathan Diaz, one of his employees recently during a NOW Magazines tour.*



*Rachel Smith, NOW Magazines' editorial assistant, is all smiles as she moves into her new apartment.*



*Caleb Jackson smiles for the camera before boarding the bus for church camp.*



*Ronny Doud takes on the role of the next president of Ennis Noon Lions Club.*



*Fiesta Insurance holds an open house and ribbon cutting.*

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## Financial Tips for Single Parents

Parenting is never an easy job — and, unfortunately, it can be especially difficult if you're doing it on your own. As a single parent, you face many challenges, not the least of which are the financial ones. But by following the suggestions below, you may be able to make life easier — for you and your children.

- **Create a safety net.** On any given day, you could incur an unexpected — and unexpectedly large — expense, such as a major car repair, a new furnace or a toothache-inducing bill from your dentist. Your daily cash flow may not be enough to cover these bills, and you won't want to tap into some of your long-term investments or retirement accounts. So you'll need to build a safety net, or emergency fund, containing three to six months' worth of living expenses, held in a liquid, low-risk account.
- **Purchase adequate life insurance.** With sufficient life insurance, you can provide your survivors with a level of comfort and security. You might have heard that you require coverage worth seven or eight times your annual earnings, but there's really no one right answer for everyone. A financial professional can assess your situation and recommend an appropriate amount, and type, of life insurance.
- **Consider disability insurance.** As a single parent, without the support of a spouse's income, you could run into serious financial difficulties if you were to become ill or injured and had to miss work for an extended period. Your employer might offer disability insurance as an employee benefit, but it may not be enough to meet your needs. So you could consider adding private coverage.
- **Save for retirement.** It's not always easy to simultaneously save for your retirement and your children's college education.

You will have to decide on your own priorities, but keep in mind that your children may have access to grants, loans and scholarships, whereas you have to rely on yourself for your retirement income. Consequently, you may want to put in as much as you can afford to the retirement accounts available to you, such as an IRA and your 401(k) or other employer-sponsored plan.

- **Establish your estate plans.** All parents need to develop their estate plans — but it may be even more essential for single parents. Your estate plans should include at least these three documents: a will, a power of attorney and a health care power of attorney. A will allows you to name a guardian for your children and specifies how you will pass your assets on to them. A power of attorney gives someone the legal authority to make financial and other decisions for you, while a health care power of attorney authorizes someone to make medical decisions on your behalf if you become incapacitated. You may also need to create other arrangements — such as a living trust — but in any case, you will need to work with your tax and legal professionals to develop comprehensive estate plans.

Single parenthood can offer every bit as much joy as any other family situation, but it will require you to plan carefully and take advantage of every opportunity to help ensure financial stability for your children and financial freedom for yourself. **NOW**

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

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## Don't Get Sidelined

— By Betty Tryon, BSN

An injury commonly associated with famous athletes can bedevil nonathletic people also. The anterior cruciate ligament tear, or better known as a torn ACL, is actually a common problem. The ACL is one of the ligaments that connects the thigh bone (femur) to the tibia, which is one of the leg bones. Considering the way the knee is structured and its function, it is not surprising that it is prone to this and many other injuries. Some of the ACL's functions are to assist in changing position, bending, twisting and general stability and mobility of the knee. An injury occurs when the ligament is overstretched or tears.

These injuries occur when there is an abrupt movement, such as pivoting, having the foot planted when changing position and awkward landings with the knee fully extended and player-to-player contact. It has been found that women are more prone to this injury than men due to a combination of female knee anatomy, the effect of estrogen on ligaments, physical conditioning and muscle strength. When the ACL is torn, most people report feeling a pop in the knee. Severe pain follows immediately. Because of the swelling within the knee, straightening or even fully extending it will be challenging with a noticeable lack of stability in the knee.

Treatment after the injury will depend upon several factors, but primary to the decision is what your level of activity was

before the injury and what level of activity you wish to return to. Not every torn ACL needs to be repaired surgically. If your activity level was more sedentary and you are not inclined toward sports, you might opt for physical therapy and an exercise program to build strength and reduce further loss of function in the knee. Those who are more athletic will no doubt choose the surgical remedy to repair the structure, so they can return to their previous level of function. Recovery with the surgical option takes anywhere from four to six months before athletes can expect to return fully to normal.

Prevention of ACL injuries can be as simple as proper stretching and strengthening of the legs and also developing core and hip strength. Athletes should be taught the proper mechanics of exercises involving squatting, lunging and jumping to avoid ankle and knee collapse. Non-athletes and those who play sports should take extra care to watch their knee position when turning or twisting. It isn't possible to avoid all conflict with your knees, but being aware and having proper skill training will go a long way toward avoiding injuries. **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*



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### Through October

Ennis Farmers Market: **Saturdays**, 8:00 a.m.-1:00 p.m., Dallas Street in historic downtown. Farm fresh produce, eggs, plants and artisan foods.

### September 10

33rd Annual Ennis Chamber Auction: 5:00-10:00 p.m., Sokol Hall, 2622 Hwy. 34. This year's theme is "Urban Cowboy." For more information, call (972) 878-2625.

Jazz & Wine featuring David Carr Jr.: 6:00-8:00 p.m., Sugar Ridge Winery, 353 Sugar Ridge Rd., Bristol.

### September 13

Ennis Public Library membership meeting: For more information, call the library at (972) 875-5360.

### September 15 — 17

Friends of the Library Annual Book Sale Fundraiser: Ennis Public Library, 501W. Ennis Ave. Buy one book or a bag of books. Thousands to choose from.

### September 17

14th Annual Oktoberfest hosted by St. Joseph Catholic School: 10:00 a.m.-7:00 p.m.,

Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie. Free admission and parking. For more information, visit [www.facebook.com/stjosephoktoberfest](http://www.facebook.com/stjosephoktoberfest).

### September 22

North Texas Annual Giving Day: 6:00 a.m.-midnight. This is an online giving event for people across the nation (and the world) to come together to raise as much money as possible for North Texas nonprofits on one day. For more information, visit [www.northtexasgivingday.org](http://www.northtexasgivingday.org).

Taste of Ennis: 6:00-7:00 p.m., Knights of Columbus Hall. The fundraiser showcasing some of the best chefs in Ennis benefits Helping Hands of Ennis. For more information, call (972) 875-0218 or email [hhe.manager@sbcglobal.net](mailto:hhe.manager@sbcglobal.net).

### September 23 — October 9

*Murder by the Book*: Ennis Public Theatre, 2705C N. Kaufman St. For curtain days and times, visit [www.EnnisPublicTheatre.com](http://www.EnnisPublicTheatre.com).

### September 24

Ellis County Emergency Preparedness

Fair: 9:30 a.m.-2:00 p.m., on the square in downtown Waxahachie. Are you ready in the event of an emergency? Come learn more in a fun environment. The event is free and will also offer free hot dogs, jump houses and much more. For vendor or general information, call (972) 825-5190 or visit [www.co.ellis.tx.us](http://www.co.ellis.tx.us).

Greek Night at Sugar Ridge Winery: 6:00 p.m., 353 Sugar Ridge Rd., Bristol. Enjoy wine, Greek food and belly dancing. Make reservations by visiting [www.SugarRidgeWinery.com](http://www.SugarRidgeWinery.com).

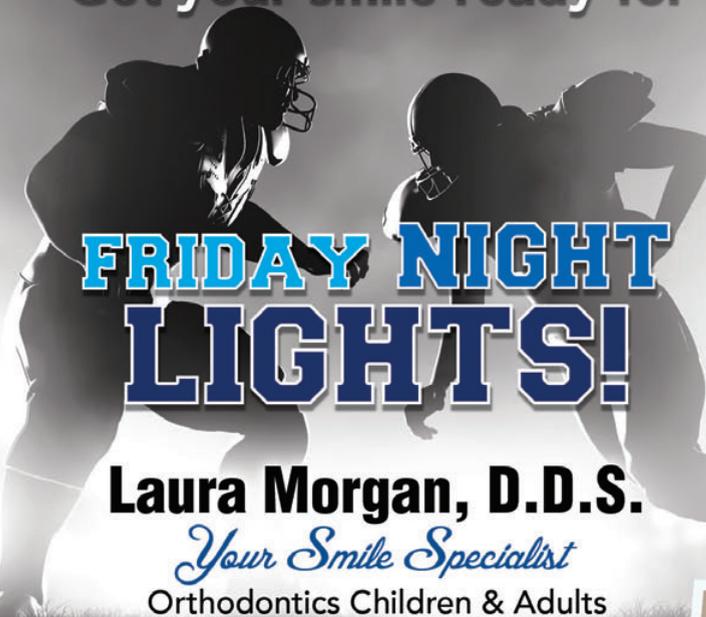
### October 8

Pink Power Breast Cancer Awareness Walk: For full event details and to register a team, visit [www.ennispinkpowerwalk2016.eventbrite.com](http://www.ennispinkpowerwalk2016.eventbrite.com).

4th Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry. For more information, call the dental office at (972) 937-4370.

*Submissions are welcome and published as space allows. Send your current event details to [sandra.strong@nowmagazines.com](mailto:sandra.strong@nowmagazines.com).*

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## In the Kitchen With Helen Pechal

— By Virginia Riddle

Cake and ice cream just naturally go together, and Helen Pechal has mastered from scratch recipes for both. “My favorite baked items are Italian cream cake and kolaches. I sift everything, even for the kolache dough. It’s supposed to be sifted three times!” Helen said.

Growing up, Helen watched her mother cook, but she didn’t learn to cook until she married her husband, Gene. Helen collects cookbooks and enjoys preparing family recipes that she and her sisters have perfected over time, and she carries on their family traditions. With five children, eight grandkids and four great-grandchildren and many friends, Helen has plenty of opportunities to bake birthday cakes. A woman of many talents, including quilting, she is also a creative floral arranger. **NOW**

### Ranger Cookies

Makes 6 dozen.

- 1 cup shortening
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups cornflakes
- 2 cups oatmeal
- 1 cup coconut
- 2 cups flour
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 to 1 1/2 cups chocolate chips (optional)

1. In a large bowl, thoroughly mix the first 7 ingredients; set aside.

- 2. In another bowl, combine the flour, baking soda, baking powder and salt; sift.
- 3. Fold the dry mixture into the larger bowl of batter; stir until well blended.
- 4. Add the vanilla and, if desired, chocolate chips. Drop by the teaspoon onto a greased cookie sheet. Bake at 375 F for 8-10 minutes.

### Nana’s Brownies

- 1 box Duncan Hines Chocolate Cake Mix
- 2/3 cup sugar
- 1 8-oz. container cream cheese, softened
- 1 egg yolk
- 1 16-oz. pkg. chocolate chips
- 1/2 cup pecans, chopped

1. Prepare cake mix as directed on package; pour batter into a generously greased 11x16-inch pan.

- 2. In a separate bowl, mix the sugar, cream cheese, egg yolk and 3/4 of the bag of chocolate chips.
- 3. Drop sugar mixture by the spoonful into the cake batter; swirl with a knife.
- 4. Bake at 350 F for 25 minutes; top with remaining chocolate chips and pecans and allow to set until cooled.

### Nana’s Party Punch

- 4 cups sugar
- 6 cups water
- 1 46-oz. can pineapple juice
- 1 46-oz. can orange juice
- 5 bananas
- 2 2-liter bottles 7UP

- 1. Add sugar and water to a saucepan; heat over medium heat until sugar is dissolved.
- 2. Pour into a large Tupperware bowl (with lid); add pineapple and orange juices.
- 3. Mash bananas; add to mixture. Cover with lid and freeze overnight.
- 4. Just before serving, add 7UP; stir. Serve chilled.

### Chicken Salad

- 1 large chicken
- 1/3 cup onion, chopped
- 2 celery stalks
- 1/3 cup green bell pepper, chopped
- 1/3 cup celery, chopped
- 1 cup mayonnaise
- Salt and pepper, to taste

- 1. Boil chicken with onion and celery stalks; cool. Debone chicken; chop finely.
- 2. Mix chicken and remaining ingredients; refrigerate 2 hours. Serve on your favorite bread, croissants or with crackers.

### Cranberry Salad

- 2 3-oz. pkgs. raspberry Jell-O
- 3 3/4 cups water
- 1 20-oz. can crushed pineapple, drained
- 1 14-oz. can whole cranberries
- 1/2 cup pecans, in pieces
- 1/2 cup celery, chopped

- 1. Mix together all ingredients; refrigerate.
- 2. Allow to set for 1 hour; then stir.

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ELLIS COUNTY ELECTIONS BUILDING

Check your voting status by calling the Elections Office.

**October 11th** is the deadline to register to vote or to change your name or address in order to be eligible to vote this November. Get a voter registration application at a local City Hall, Tax Office, Elections Office or our website.

**General and Special Elections - Tuesday, November 8th, 2016.**  
**Early voting begins Monday, October 24th - Friday, November 4th.**  
**Visit our website for a complete listing of polling locations, sample ballots and more.**

Elections Office has relocated to 204 E. Jefferson Street, Waxahachie.  
New Phone: 972.825.5195 • Email: [Elections@co.ellis.tx.us](mailto:Elections@co.ellis.tx.us)  
Website: [www.co.ellis.tx.us](http://www.co.ellis.tx.us)



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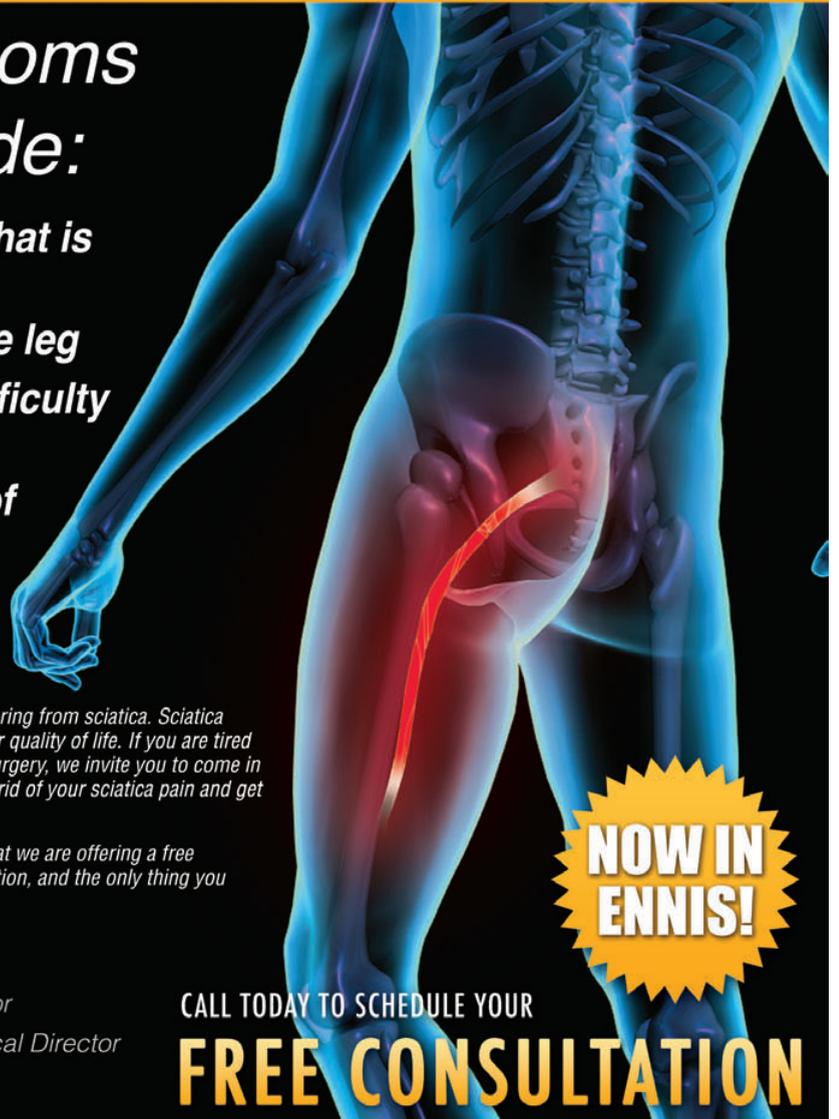


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