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SEPTEMBER 2020

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ON THE COVER

Three of the officers from Ennis Retired School Personnel stand once again on the steps of the old high school.

Photo by
Bill Smith

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EDITOR'S NOTE



Bill

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Topsy-Turvy ...

Does it seem like the world is upside down these days, or is it just me? I officially reached Medicare eligibility last month, so maybe it is just because I'm not as young as I used to be.

Years ago, I can remember a man whom I always had a lot of respect for having a lot to say about some of the choices that a couple of his children were making. He obviously had a great love for his children and did not want them to make choices that would be bad for them in their youth, and possibly have a negative impact on their futures. His children tried to explain to him that he needed to "get with it," and change with the times, because the world was changing, and he was getting left behind. In his more mature wisdom, he informed his children that some principles do not change. If principles change, were they really principles? A principle is a fundamental truth. Has fundamental truth been replaced by situational ethics?

In *Mary Poppins*, the character George Banks gets really flustered with the chimney sweeps and proclaims, "No wonder everything is higgledy-piggledy here!" He was in favor of everything being as it had always been, and he could not see change, even change for the better, possibly being a positive thing.

We are going to make it through the challenges we are facing today, and making it through may mean we have to make some changes. Regardless of what nonsensical words we may come up with to describe the situation we are in today, we probably need to accept that some changes are coming.

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Forever IN SERVICE

— By Virginia Riddle

Mustafa Kemal Atatürk, the founder and first president of the Republic of Turkey, once wrote, “A good teacher is like a candle — it consumes itself to light the way for others.” That could be said for the members of Ennis Retired School Personnel Association, who in their retirement years, are still serving their schools, students and communities. “Teachers are naturally people persons who have a need to do something,” Janet Raburn, 3rd vice president, explained.

The association has a book project for students, and they present monetary awards to new-to-teaching EISD public school teachers at a welcome reception each fall. They also present gift baskets to senior citizens at Christmas. These activities are funded through an “edible auction” of baked goods each fall and donations, honorariums and memorials. Twenty-two teachers received funds last year. The monies help defray the cost of materials for their classrooms.



E



"Teaching is a 'family' thing, and ERSPA keeps us socially connected with fellow educators."

"We also donate to the Texas Retired Teachers Association's catastrophic fund, which was set up to help retired teachers when such events happen," President Jo Ann Muirhead explained.

Serving Eastern Ellis County and its surrounding areas, ERSPA, founded in 1991, is affiliated with TRTA. Membership in the two organizations is open to any retired person or any person receiving Teacher Retirement System benefits, and is inclusive of all employees, not just teachers. Retired higher education employees are also eligible for membership. ERSPA currently has approximately 185 active and associate members. The latter category is for any person interested in education — including current teachers and the spouses of retired teachers. Associate members cannot vote or hold office. Betty Ann Blazek, 1st vice president in charge of membership, stated, "We need active public school



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and higher education employees, who will one day retire, to get involved."

It's not all work. Members typically enjoy fellowship at bi-monthly meetings on the first Thursday of the month at the EISD Board Room. Other months, themed luncheons at First United Methodist Church of Ennis and daylong field trips provide members a chance to get to know each other better and learn while having fun. Annually, the first gathering in August is a Not-Going-Back-to-School celebration brunch. "We attend the annual district's retirement ceremony and welcome the new retirees to membership," Betty Ann remarked. While regularly scheduled meetings have been put on hold during the pandemic, the group is still active and keeps in touch through email and social media.

"One of the things I missed when I retired was the camaraderie with other teachers," Janet said. "Teaching is a 'family' thing, and ERSPA keeps us socially connected with fellow educators." Janet retired in 2016 following 39 years of teaching, mostly in fourth grade language arts. She continues to tutor and help with testing at EISD.

"While connected socially, we continue helping others," Betty Ann said. She retired after 42 years of service as a fourth and sixth grade teacher and counselor. "I enjoy not having a set schedule as a retiree."

Staying actively involved in her community is important to Jo Ann after having retired in 2012 with 33 years of teaching sixth-graders. All three retirees

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agreed they miss the daily contact with students. "I loved being there when 'the light turned on,'" Jo Ann added.

Discipline is the No. 1 challenge these retirees feel active educators face. "Teachers must be able to discipline students, while still letting students know they love them," Janet said. Other challenges included the increased paperwork and testing. "Everything is data, data, data driven today," Janet added.

"The first year the STARR Test was given, teachers didn't know what it was going to be like, so we just taught the curriculum, and the students did fine on the test," Jo Ann recalled. "Teachers need to be able to spend time on what's important to kids, not on preparing for the test and paperwork."

As proud native Ennisites, all three retirees have lived in Ennis except for their college years. Janet and Betty Ann are University of North Texas graduates, and Jo Ann graduated from East Texas State University-Commerce. They've inspired family members to pursue careers in education. One of Jo Ann's daughters teaches, and the other is an administrator. Betty Ann's two sons are coaches. "My daughter is a third-generation EISD teacher," Janet added.

Janet, Jo Ann and Betty Ann all treasure the benefit of living in a small town where they see, nearly daily, the successes of their former students. Jo Ann concluded, "We have a forever connection with our students and their families." **NOW**

Editor's Note: For more information, visit www.localunits.org/EnnisRSPA/.

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VOTAR



BusinessNOW

Texas Mattress and More

— By Bill Smith

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Though not a native Texan, Tim Rodgers and his wife, Iris, owners of Texas Mattress and More, were so happy to be here after moving to Texas when his sons started attending Southwestern Assemblies of God University that he included “Texas” in the name of his store. Both of Tim’s sons have worked in the store, and having graduated from SAGU, both are in full-time ministry. Tim looks forward to his daughter eventually working there also, but he admits it will be a while before the 3-year-old is ready to move into sales.

Texas Mattress and More offers the finest name brands in the industry, including Sealy, Stearns & Foster, Southerland, Tempur-Pedic and Dr. Greene. “We have mattresses that range from \$299-\$8,000,” Tim continued. “But our interest is not in just selling you a mattress. We are genuinely interested in our customer’s health. We are interested in your best night’s sleep possible. The health benefits of a good, restorative night’s sleep are well documented. Especially as we get older, the deep REM sleep becomes even more important.”

The store certainly uses a consultative approach with their customers. “Our buying experience is probably much different than customers may be used to. We do not expect our customers to lay down on a mattress that is in their price range and say they will take it. We encourage a much more in-depth buying experience than that. If the customer will answer our questions, we believe we can sell them what they are actually interested in, which is not just a new mattress, but a better night’s sleep.”

The showroom at Texas Mattress and More is open and easy to understand. In addition to the mattresses, Tim explained that the mattress base is also very important. "About 60-70 percent of our customers also purchase an adjustable mattress base, because they help you get the most restorative sleep during the night."

"We don't have to sell a mattress to every potential customer who walks in. Buying a mattress is almost like going to the doctor, and, in fact, doctors have said, 'If you can get people sleeping better, my waiting room will not be as full.' If you are not sleeping well, you are not healthy."

"But our interest is not in just selling you a mattress. We are genuinely interested in our customer's health. We are interested in your best night's sleep possible."

The store offers a 90- to 120-day sleep guarantee on all of its mattresses over \$599. "If the mattress is not working for you, we give store credit, so you can exchange it for something that works. Returned mattresses are not put back in inventory, they are returned to the factory per our agreement with them on all of our premium mattresses. All of our merchandise is new, we do not sell anything that is used or reconditioned," Tim said.

Later in the fall, the store will be adding a sleep area with additional products related to sleep, like candles, scents and pillows. Of course, these items are available for you to purchase for yourself, but they will also make nice gifts.

Tim said his family and their business are community and charity involved. He happily informed that a large portion of the proceeds from sales at Texas Mattress and More goes to Life Change Ministries, which is a scholarship program that allows children to take their education beyond the maximum sixth grade that is offered in the country of Belize's public schools.

Texas Mattress and More prides itself on its quality products and its consistently low-price structure without sales gimmicks. The emphasis continues to be about your best, most restorative and healthy night's sleep. **NOW**



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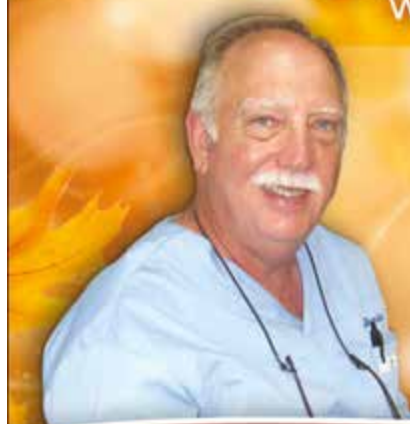
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Zoomed In: Jeremy and Claire Simmons

By Bill Smith

Jeremy and Claire have both lived in Ennis most of their lives and have been married for almost four years. “Yes, we were high school sweethearts,” Jeremy affirmed. Both of them graduated from Ennis High School a few years ago, and after college, returned to Ennis as teachers.

Jeremy moved to a new position in EISD as an instructional coach for history and English. Claire moved from teaching art to being a full-time mom and homemaker this year. Claire also follows her mom, Jina Armstrong, in the photography business and has expanded into videography. Their daughter, Jane, is 2 years old now, and they are expecting their second child, also a daughter, in the fall.



Octavius Johnson, a.k.a. Whodie, rolls his arms at a Lions football practice.



Merle Felicia FNP-C at Ennis Doctor's Center dresses in protective gear to do COVID-19 testing.



Cindy and Bob Skrivanek are recent newlyweds.



Craig Roberson enjoys his time in a beautiful setting at Old Bison Ranch for a friend's outdoor wedding.



Morgan Ruffin sets up beautiful new displays for customers at Interior Ideas.



Mia May Martinez poses for a picture after finding out she's going to be a flower girl at her cousin's wedding.



Greg Dickerson and his faithful companion, Sir Neighel Thorn, enjoy the summer weather while out on their bike and trailer.



Will and Lainey Cade display the crafts they made at home during virtual Vacation Bible School.

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CookingNOW

In the Kitchen With

JUDIE GOODWIN

— By Bill Smith



Judie Goodwin served as a music teacher and band director in the Ennis public schools for an entire career, and all of her former students remember her fondly. She and her late husband, Ivan, were both known for their music instruction.

"Ivan and I traveled the world and enjoyed the tastes of many foreign lands, but most of my cooking experience is down-home style. I learned to cook from my mother, and my memories are of Sunday pot roasts, fried chicken and the occasional seafood treat on Texas' Gulf Coast. My mother-in-law was also a wonderful cook and taught me to make her famous macaroni and cheese. This, and Ivan's orange sherbet became staples at family dinners, as well as at pregame football parties." **NOW**

Easy Fudge

12 oz. chocolate chips
12 oz. butterscotch chips
1 14-oz. can Eagle Brand sweetened condensed milk
1/2 tsp. salt

1 1/2 tsp. vanilla
1 cup marshmallows

1. Combine chocolate chips, butterscotch chips and sweetened condensed milk in a saucepan. Stir over medium heat until the chips are melted.

2. Add the salt and vanilla; turn off the heat.
3. Add the marshmallows; stir until partially melted.
4. Pour the mixture into a 9x13-inch pan. The top will have a "marbled" look. Refrigerate or freeze until firm. Cut and serve.

Nona's Spicy Crackers

1 1/2 cups corn oil or vegetable oil
2 pkts. Hidden Valley Ranch Dressing Mix
2 Tbsp. cracked or crushed red pepper
1 large box saltines

1. In a bowl, whisk together the oil, dressing mix and red pepper. Let the mixture blend while you line up the saltines in a gallon Ziploc bag or a square gallon jar.
2. Whisk the mixture again thoroughly; pour it quickly over the crackers. Close container securely.

3. Turn the container over several times to coat the crackers quickly. Then turn it occasionally for the next 2 or 3 hours, or until the oil has completely soaked into the crackers. Store the crackers in air-tight containers.

Luby's Spaghetti Salad

1 lb. spaghetti
 1 16-oz. bottle Italian dressing
 1 Tbsp. Parmesan cheese, grated
 1 Tbsp. sesame seeds
 1 Tbsp. poppy seeds
 1 tsp. salt
 1 tsp. paprika
 1/2 tsp. garlic powder
 1/2 tsp. black pepper
 1 medium cucumber, diced
 1 red onion, diced
 2 medium tomatoes, diced
 Parsley sprigs, to taste

1. Cook the spaghetti according to the package directions; rinse and drain.
 2. Mix together all ingredients, except the tomatoes and parsley. Cover; chill.
 3. Before serving, add the tomatoes and parsley.

Grandmommie's Mincemeat Cream Pies

Makes 2 pies that even those who don't like mincemeat will enjoy.

2 cups sugar
 4 heaping Tbsp. flour or cornstarch
 2 eggs
 2 cups milk
 Pinch salt
 1 small jar mincemeat
 1/2 cup pecans
 2 precooked piecrusts
 Sweetened whipped cream (optional)

1. Add the first 7 ingredients into saucepan; mix.
 2. Cook, stirring constantly, over medium heat until thickened.
 3. Pour the mixture into the precooked piecrusts.
 4. Top with sweetened whipped cream, if desired.

Easy Orange Sherbet

7 oz. sweetened condensed milk
 1 liter orange soda

1. Combine the sweetened condensed milk and the orange soda in a large bowl; stir until the milk is well incorporated.
 2. Transfer the mixture into a bread pan; freeze for 1 hour.
 3. Remove the mixture from the freezer. Stir, and then return it to the freezer. Repeat



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every 2 hours, stirring at least twice before enjoying. (If using an ice cream maker, churn for approximately 1 hour before transferring the mixture to a bread pan and freezing for 6-8 hours, until solid.) Enjoy!

Chocolate Yummies

Makes 3 dozen yummys.

6 oz. chocolate chips
1/3 cup margarine
16 large marshmallows
1/2 tsp. vanilla
1 cup coconut
2 cups rolled oats

1. Melt the chocolate chips, margarine and marshmallows in a double broiler or microwave; stir until smooth.
2. Stir in the vanilla, coconut and oats; mix thoroughly.
3. Drop mixture by teaspoonfuls onto waxed paper.
4. Refrigerate until set.

Beatrice's Macaroni and Cheese

3 cups elbow macaroni
1 5-oz. jar Kraft Old English Sharp
Pasteurized Process Cheese Spread
1/3 cup milk



Beatrice's Macaroni and Cheese

1. Cook the macaroni according to package directions.
2. Rinse and drain the pasta; return the pasta to the pan.
3. Add the cheese spread and the milk; cook and stir on low heat until the cheese spread is completely melted and the mixture is well blended. Serve warm.

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Labor Day: Make Investments Work as Hard as You Do

Labor Day is almost here. Of course, this year, the holiday may have a different impact, given the employment-related stress and disruptions stemming from the coronavirus. Yet, it's good to recognize the value of work and its importance in achieving your life's goals. But if you're going to retire comfortably and reach your other financial objectives, you also need to invest — and your investments need to work as hard as you do.

To help make this happen, you need to know why you're investing in the first place. You likely have a variety of financial goals, including short-term ones — a long vacation, a new car — and long-term ones, such as a comfortable retirement and the desire to leave a legacy for your family. But you can't invest in the same way for these goals. For example, when you're planning an overseas vacation for next year, you want a certain amount of money to be available at a certain time, so you'll want an investment that offers a high degree of preservation of principal. However, when you're saving for a retirement that may be decades away, you need to consider investments that offer growth potential. In any case, you can help your investments work efficiently for you by matching them with specific goals.

You also want to keep your investments “on the job.” In the immediate aftermath of large market downturns, such as we saw earlier this year, many people simply stopped investing altogether. But taking a “time out” can be costly.

For one thing, when you stop adding to your investment portfolio, you reduce its growth potential. Furthermore, if you're on the investment sidelines, you might miss out on the next market rally — and the biggest gains often happen in the early stages of these rallies.

Not everyone simply abandons the investment world following a downturn, though. Some people just put more money into cash and cash equivalent accounts. And while it's a good idea to have enough cash on hand for emergencies (about three to six months' worth of living expenses), you may not want to have cash as the major component of your portfolio. Cash simply doesn't “work” hard enough in the sense of providing you with long-term growth opportunities.

So, whether the markets are moving up, down or sideways, it's important to keep investing and keep a reasonable percentage of growth-oriented investments in your portfolio, with the exact amount depending on your goals, risk tolerance and time horizon. These investments will fluctuate in value, but the longer you hold them, the more the impact of short-term drops may be reduced, especially if you maintain a diversified portfolio, although diversification, by itself, can't ensure a profit or protect against loss in a declining market.

Finally, here's one other step you can take to help keep your investments working hard: Check up on them periodically. Review your portfolio at least once a year to determine if it's still helping you make progress toward your goals. If it seems like you're falling behind, you may need to adjust your investment mix.

You've probably discovered that hard work pays off for you in just about every endeavor — so why should it be any different with investing? Keeping your investments working diligently can help boost your chances of achieving your important financial goals. **NOW**

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



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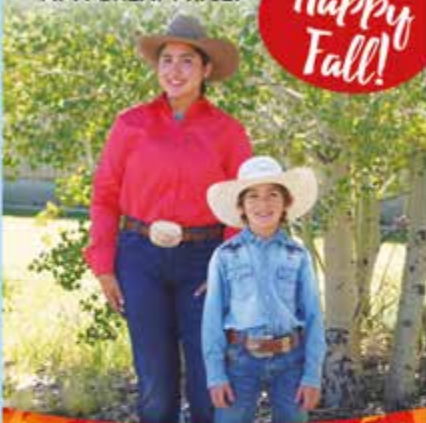
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Tales of Texas

A TEXAS STAR

— By Angel Morris

It was not entirely uncommon for young men of a certain era to lie about their age in order to enlist in the U.S. military. It was, however, unusual for any one soldier to accumulate the accolades bestowed upon Texan Audie Murphy, who would go on to be the most decorated American combat soldier of World War II.

Born June 20, 1925, in Kingston, Hunt County, Texas, Audie Leon Murphy was one of 12 children born to Emmett and Josie Belle Murphy, sharecroppers with little means. This humble beginning perhaps encouraged him to enlist in the Army at age 17 and did not stop him from going on to earn 33 military awards, including the Medal of Honor, as well as five additional honors from Belgium and France. It is believed he wounded, captured or killed some 240 enemies, while he, himself, was wounded three times and fought in nine major campaigns to survive the war.

Rising from army private to staff sergeant, Murphy also earned a “battlefield” commission to 2nd lieutenant during his three years of active combat. Released from the Army in September 1945, Audie made the cover of *Life Magazine*, and was invited to Hollywood by actor James Cagney.

After two challenging years with little work, Audie received bit parts in a couple of films. In 1949, he landed his first starring role in the film, *Bad Boy*. A year later, he signed a contract with what is today called Universal Studios, where he starred in 26 films between 1950 and 1965.

In 1955, he starred in the film adaptation of his own autobiography, *To Hell and Back*, which had been a bestseller in 1949. The film was Universal’s highest grossing picture until being surpassed by *Jaws* in 1975.

Concluding his Universal contract in 1965, Audie went on to work with other producers and studios and would complete 44 feature films, including many westerns, during his career. It is reported that Audie earned about \$3 million in his 23 years of acting.

Outside of acting, Audie was also a rancher and a successful racehorse owner and breeder. He was known as a gambler, winning and losing fortunes over sporting events and poker games.

Contrary to his military and acting persona, Audie was also a poet and songwriter, and had dozens of songs recorded by famed artists including Dean Martin, Charley Pride, Porter Wagoner, Roy Clark and many more.

Like many military veterans, Audie reportedly suffered from depression, insomnia and battle fatigue (now called post-

traumatic stress disorder), and even became addicted to sleeping pills. He kicked his habit and began speaking publicly about the problems faced by returning military veterans, becoming a champion for Korean and Vietnam War veterans and encouraging the U.S. government to better address war’s emotional impact and the resulting health care needs.

Audie’s life was tragically cut short on May 28, 1971, when he was just 45 years old. On a business trip, Audie died in a plane crash, with the accident attributed to rain and fog. He was buried with full military honors in Arlington National Cemetery on June 7. His gravesite has become one of the most visited at the cemetery, second only to President John F. Kennedy’s.*

Audie, who had been married twice in his lifetime, was survived by his second wife of 20 years and their two sons, Terry and James. Terry founded the Audie Murphy Research Foundation to preserve his father’s memory. The Audie L. Murphy Memorial Website showcases books, collectibles, media clips, photos and more as they relate to Audie’s life and career.

Since his death, Audie’s birthday, June 20th, has been dubbed Audie Murphy Day in Texas by both the state legislature and then-Governor George W. Bush. In 2013, Audie’s only surviving sibling, Nadine Murphy, accepted the Texas Legislative Medal of Honor on Audie’s behalf, awarded posthumously by Governor Rick Perry.

Audie’s namesake website notes that he is truly a one-of-a-kind World War II veteran. “What Audie accomplished during this period is most significant and probably will never be repeated by another soldier, given today’s high-tech type of warfare,” the site states. “The U.S. Army has always declared that there will never be another Audie Murphy.” NOW

Source: audiemurphy.com.

Photo courtesy of Audie Murphy/American Cotton Museum.

**Editor’s Note: The birth date on Audie’s tombstone matches the falsified birth certificate he filed in order to enlist in the military underage.*



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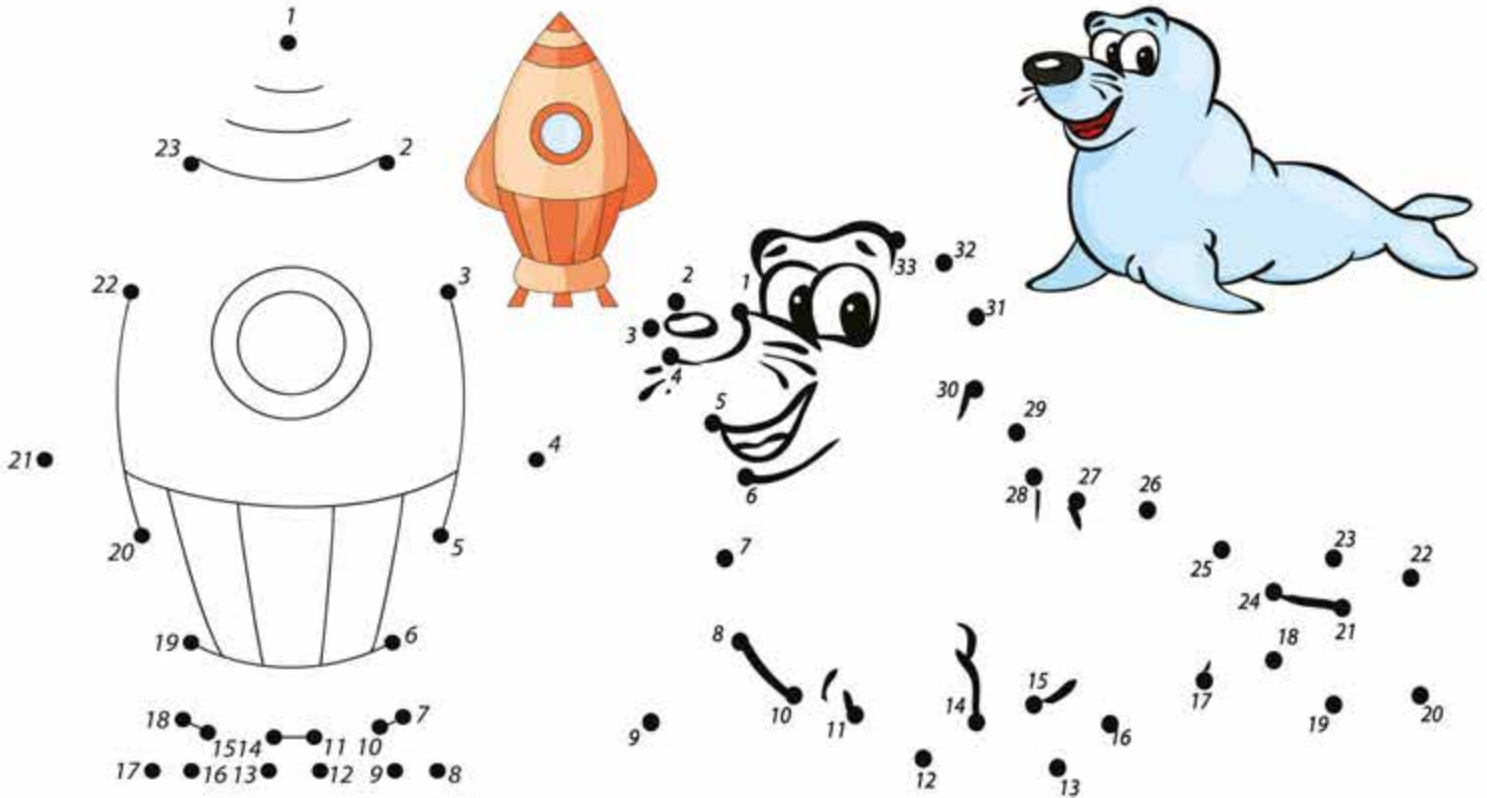
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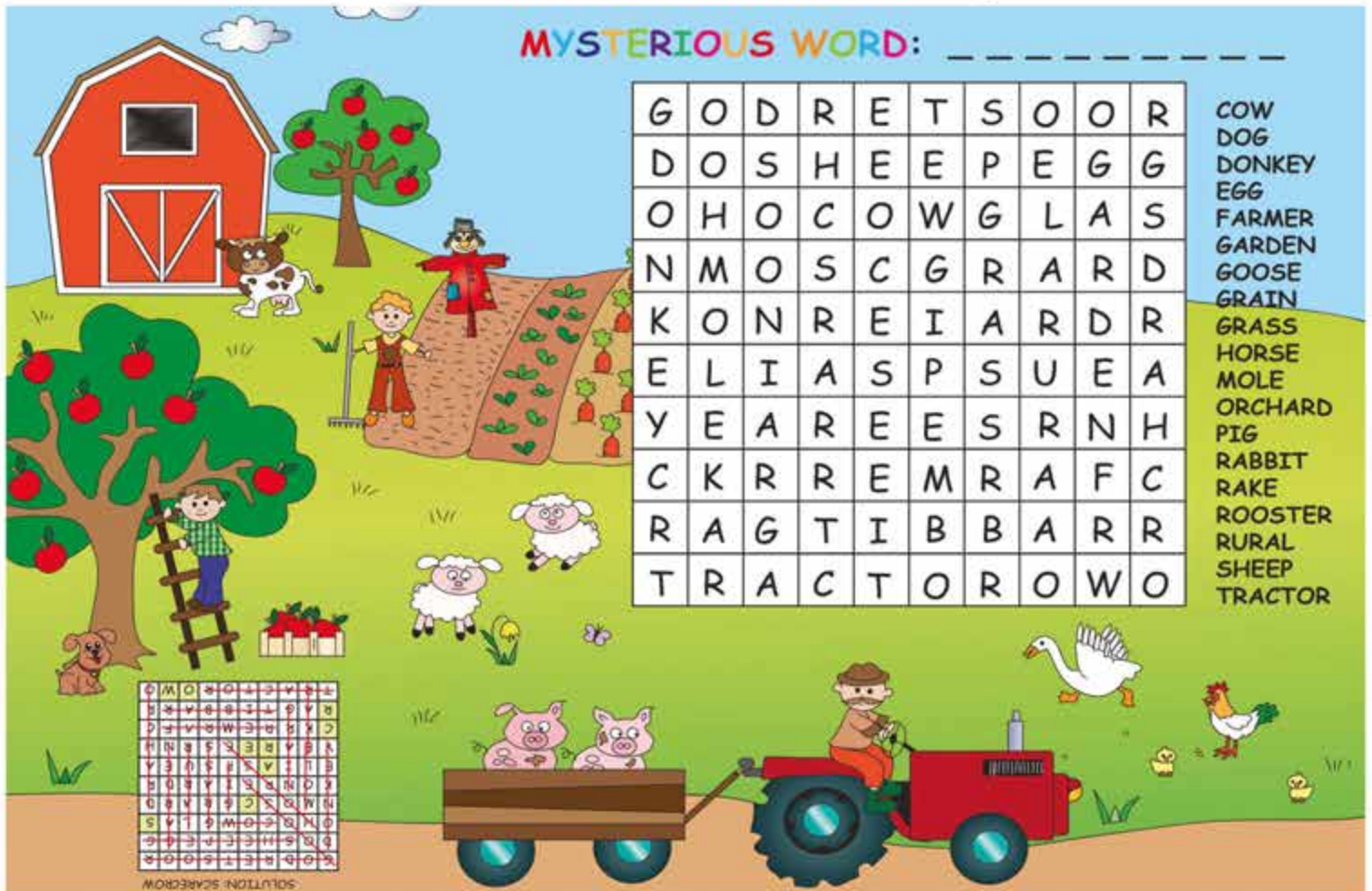
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Silver Steppers Walking Club:
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9/9

Silver Steppers Walking Club:
For individuals age 50 and over. 6:00-7:00 p.m., Veterans Memorial Park, 2301 Ennis Parkway.

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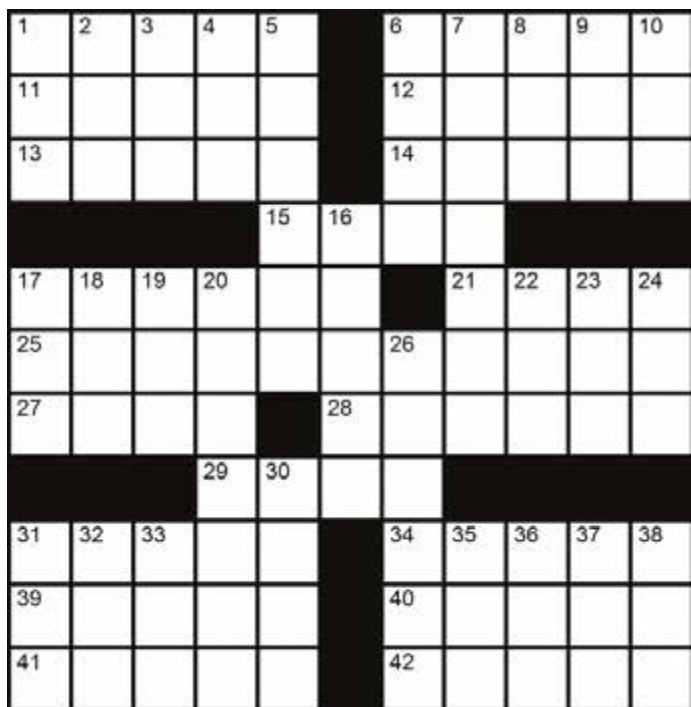
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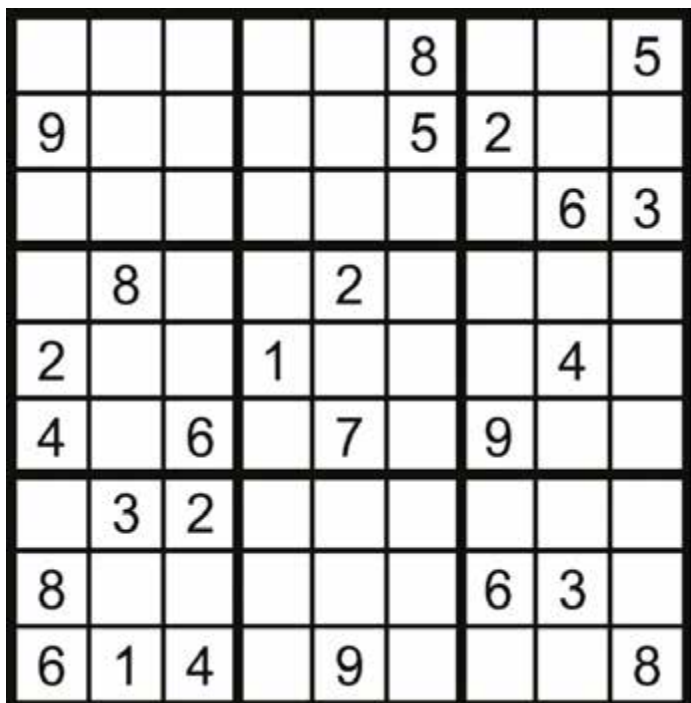
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- 6 Squash blossom tribe
- 7 Acid-loving shrubs
- 8 Unspun fibers
- 9 Wolf Blitzer's channel
- 10 Guys
- 16 Maryland fort
- 17 Hungry — bear
- 18 Lick
- 19 Sign of infection
- 20 In the best of all possible worlds
- 22 Bus. deg.
- 23 "Peace", which fell to earth in 2001
- 24 Sweet potato, in the South
- 26 — the occasion
- 30 Darlings
- 31 "The X-Files" topic
- 32 Arrest
- 33 Stimulus
- 35 Wolf Man — Chaney
- 36 Superlative ending
- 37 Former GM marque
- 38 Not nope

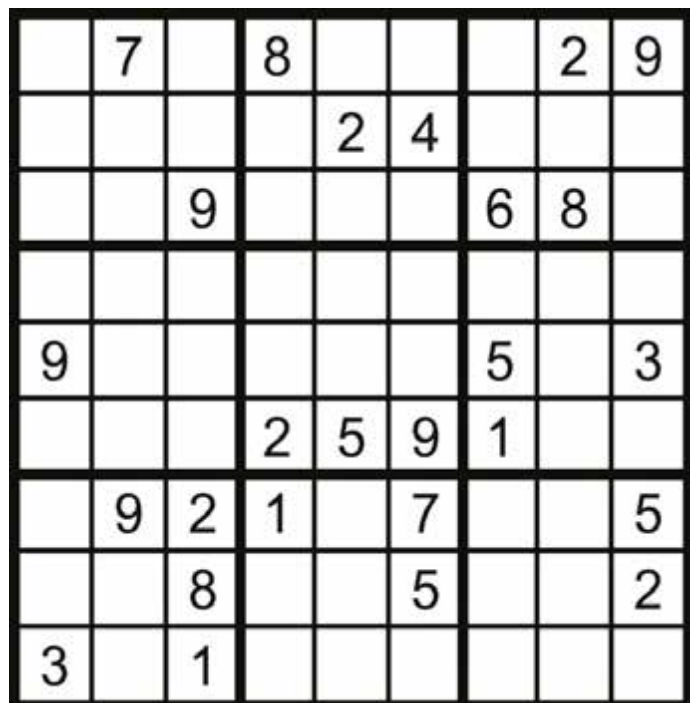
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Sudoku Puzzle

Easy



Medium



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Solutions on page 36

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Crossword - Sudoku Solutions

1	C	H	E	W	Y		6	H	A	T	C	H
11	S	I	E	V	E		12	O	Z	O	N	E
13	I	S	L	A	M		14	P	A	W	N	S
						15	E	M	I	L		
17	A	L	P	I	N	E		21	E	M	M	Y
25	S	A	U	D	I	A		26	A	R	A	B
27	A	P	S	E			28	D	I	S	A	R
						29	A	P	E	S		
31	U	N	C	L	E		34	E	L	E	G	Y
39	F	A	U	L	T		40	T	O	S	E	E
41	O	B	E	Y	S		42	O	N	T	O	P

Easy

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

Medium

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

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WHAT IS OSTEOARTHRITIS (OA)?

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

HOW DOES THIS TREATMENT WORK?

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

WHAT ACTUALLY IS A STEM CELL?

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

WHEN WILL I FEEL RESULTS?

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

IS IT AFFORDABLE?

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

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

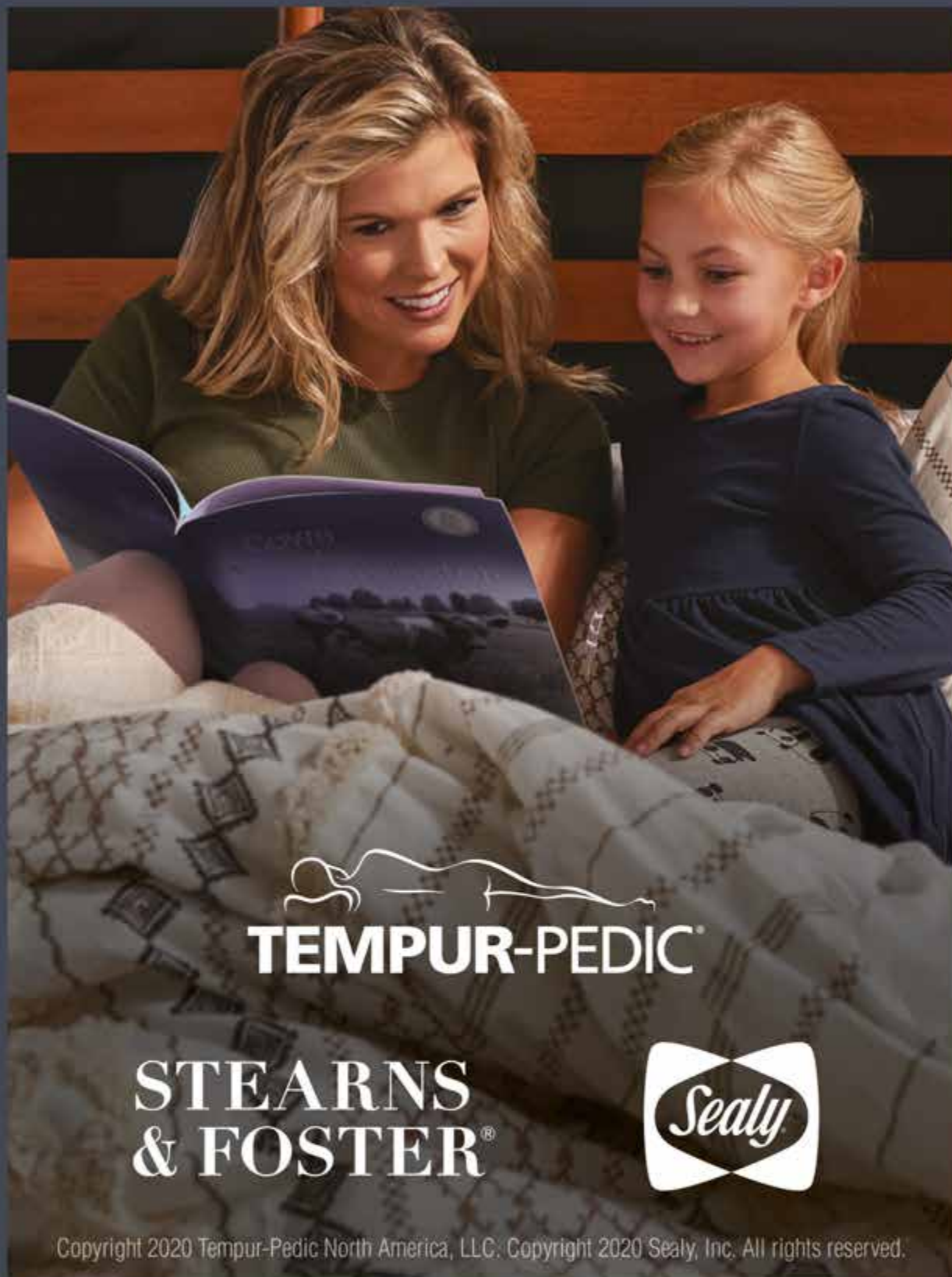
Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering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

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

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

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