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October 2009

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Tradition**


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and Nancy McCurrin, play
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Editor's Note

Hello, Corsicana!

I am happy to be here as the new editor of this magazine. Your former editor, Samantha Daviss, and her family have lived in Corsicana for a long time and she brought you stories about the people and places she knew well. I have been living here only five years, so my point of view will be that of a newcomer who is meeting for the first time some of the wonderful people who live here. I intend to share with you the excitement and pleasure I feel when I learn about the generosity and the real caring that I encounter every day. Maybe, with me, you will meet the spirit of this community that is so familiar to you in a new way. I am counting on you to tell me about good people doing good things and about interesting places that I have not yet discovered.

Joan Kilbourne
CorsicanaNOW Editor



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2801 Hillcrest - This 2/1 1/2 is
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A Corsicana Tradition

— By Joan Kilbourne

(FSA) continues the work begun by these pioneering women. Mark Luera, minister of the First Christian Church, assumed the post of on-site coordinator two years ago. “Their vision of doing the ‘hands-on work of helping’ is what we still do today,” Mark said. As the bookkeeper, administrator and self-selected historian, he is researching and writing down the 100-year history of the association. “He [Mark] is a blessing to this organization and to the community,” Jane Biltz said. “With his long experience in ministry, his counseling skills are an added benefit to the Family Services program.”

In times of personal or medical crisis, the greatest need may be an understanding and encouraging listener. The FSA does not believe in turning someone away because they do not provide a particular service.

As an officer of the Ministerial Alliance, Mark will refer clients to other organizations that can help. “When Augusta needed more money, she just went to the bank trust officer and got it,” Mark explained. “The Family Service Association still operates entirely on private funding

There is a long-standing tradition in Corsicana of neighbors looking out for one another. What began with individual generosity continues today with those who work with organizations such as the Family Service Association. Back in 1905, Augusta Helms graduated from college in Sherman and returned to her home in Corsicana intending to do something to help children who could not afford to buy shoes to attend school. She and her colleague, Adeline Watts, began to gather clothes and food for families in need. In 1914, they formed an organization known as United Charities.

Today, the Family Service Association

“Their vision of doing the ‘hands-on work of helping’ is what we still do today.”



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from generous individuals and businesses in Navarro County and the United Way.” It is also about 60 percent supported with funds available through various trusts and from the Navarro Community Foundation.

Mrs. Billie Love McFerran is a longtime board member who worked with Augusta in those early years. Billie Love and Augusta made house calls to get to know the people in the community and to discover their needs. Of course, in those early days, if you had such “nonessential luxuries” as beer in the refrigerator, or if they could detect signs that someone in the house smoked, food and other supplies might be denied. Today, however, the door is wide open to anyone who comes looking for assistance. Two relatively new board members are President Ed Monk, an Episcopal priest, and Jane, who works with the hospital and with local doctors to assure that the Patient Assistance program operates efficiently.

In 1946, the United Charities



organization changed its name to Family Service Association and became committed to "... the support of any benevolences and charities that are worthy and needy in and about Corsicana, Texas." The board of directors was set at 24 members. Miss Helm served as the executive secretary of FSA for 46 years. "She knew everyone who



was needy in Corsicana," Mark said. "She conducted many home visits to determine the actual situation of her clients. She personally provided transportation for people who needed to go to a doctor or hospital that would serve the poor and indigent. With the

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help of the board, she provided groceries and medicines for people in need. To provide services, she established credit accounts with small grocery stores and pharmacies all over Corsicana that would often deliver purchases to the families who needed them. She helped with medical bills, dental bills, utilities and rent."

The two principal programs offered by the FSA are the Patient Assistance program and the free clothing and household items store. Through the Patient Assistance program, applicants who cannot pay for prescriptions can obtain the medicine they need through a voucher system. This service is designed for people with chronic illness and for children who do not have other coverage. The family service staff also helps clients learn how to meet ongoing needs by enrolling in the free prescription plans available through some pharmaceutical companies. A computer-based program helps the staff sort through a collection of companies with free medication programs with their varying eligibility rules. Counseling is also available to individuals who need refills and find the re-enrollment requirements confusing.

The free store program is probably better known in the community. Clothing and household goods are offered without cost to individuals and families who need them. "We think of it as redistributing the wealth," Mark said. "There are many in the community who have a need to give and many who need what is offered. Both of them benefit." Speaking about the donated goods, Mark said, "People are often surprised to learn that in June, for example, we had \$140,000 worth of goods donated. Even though we tend to undervalue each item when we calculate this, we still average around \$70,000 worth of merchandise and cash donations each month."

Some of this monthly income comes in memorial donations. "Finding space to house the donations was a constant problem," Mark said. "The FSA moved to its present location on Commerce

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Street at 1st Avenue in June of 2007. The purchase of the building was made possible thanks to grants from the Trust Departments of the Bank of America and Community National Bank, and the many donations received in memory of longtime board member, John Taylor."

The FSA has expanded the original focus of the association to include assistance to individuals who need help when utility companies threaten to turn off services. "It's our goal to enable a client to pay their bills the next month after our intervention," Mark said. In the summer, the store sets

"It's our goal to enable a client to pay their bills the next month after our intervention."

aside children's clothing that meets the requirements for school uniforms. FSA also buys school supplies, which are sent to each of the elementary schools in Navarro County so that teachers can give their students what they need.

Some idea of the impact this service has on the community can be seen in the record of prescriptions and other services that FSA has provided. Each month, they average between \$300-\$400 worth of medications and approximately \$800 worth of other food and household items. The records also show that more than 50 percent of the people who benefit from these services are children and youth under the age of 21. All of this is possible because of the staff and the many volunteers who give generously of their time and effort to do the "hands-on work of helping" that Augusta began more than 100 years ago. **NOW**



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At Home With Angie and Eric Meyers

The Aloha House

— By Joan Kilbourne

The first things you notice as you pull into the driveway are the shrubs in the back garden that have bright red blossoms as big as your hand. These are the hibiscus plants, grown from seeds brought from Hawaii. Angie and Eric Meyers were married on the island of Maui and their house and garden reflect the warmth and charm of the Hawaiian Islands.

Five years ago, they bought a house near Eric's parents' home and did extensive remodeling guided by Angie's experience in interior design. Later they added a large deck bordered with plumeria bushes that also came from the islands. "We entertain out here most of the time," Angie said. Two years ago, this lush garden setting was completed with a waterfall, a spa and a pool that features Eric's company logo. On one side of the garden is an elaborate wooden jungle gym structure for the children, Elaine, who is 3, and Grant, who is 2 years old. The three dogs have their place at the rear of the yard. One



of the dogs, a terrier and Chihuahua mix, acts as guard dog and as the butler whose job is to announce visitors in a voice twice his size.

Angie grew up in Wylie, Texas, with two younger sisters and a brother. Always interested in design, she studied interior design until she took a class in computer-aided design and she switched to an AB degree in drafting. Angie attended Texas Women's College in Denton, Southwest Texas State University (now known as Texas State University-San Marcos), and finally Navarro College to have what her father referred to as a "well rounded education." One transfer put her in the same university Eric was attending while they were dating and he was studying for a degree in industrial engineering.

After graduation, Angie and Eric both worked for his father's company, Oil City Iron Works. Eric explained, "I grew up being around the foundry business with my father and grandfather before him. It was always expected that I would follow them in the business." Eric is now president of the company with 175 employees. They pour castings for oil and gas drilling and mine equipment to be sent all over the U.S. and, through companies like Halliburton, overseas.

Angie used her talent for design to remodel and decorate their home in a comfortable blend of contemporary and antique elements. Most of the furniture in the living room, dining room and master bedroom and a collection of western paintings were



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inherited from Eric's grandparents. The furnishings look at home with the tile floors, crown molding and muted contemporary colors. Alongside the paintings on the wall are trophy heads of white-tailed deer and African black bucks. Most impressive of all is an elk head with a massive rack that looks down from the stair landing. Eric is clearly a hunter, but Angie can also point with pride to a deer she got on her one hunting trip.

The kitchen, spectacular with its two-story-high ceiling, houses an island with a statue of dolphins carved of Hawaiian monkeypod wood. A lucky bamboo plant creates an underwater scene that reminds the Meyers' of their stay in Hawaii. Next to the kitchen, a separate laundry room comfortably houses the tall appliances that are popular today. "I like having the window in

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the room," Angie said, and with two small children she must spend quite a bit of time in the room.

The dining room furniture, like that in the living room, was brought from Eric's grandparents' home. The room is home to a set of delicate, white antique china displayed in one of the two corner cabinets. On one wall is a painting of a Maui sunset by marine artist Christian Lassen.

A circular walk-in shower in the master bedroom is fashioned of glass brick. Twin sinks and a walk-in closet, divided into his and her sides, reflect contemporary interest in making the morning rituals convenient and peaceful. The stairwell from the entry hall has a small, wooden addition attached to the balusters.





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Val Boales
Office Manager



Evonne Blackwell
Certified Public Accountant, Cr.FA.



Sharon Watts
Bookkeeper



Ryan Douglas
Tax Preparer

Ryan is a lifelong resident of Corsicana since 1983. He graduated from Corsicana High School and is in the process of finishing his degree in accounting and will soon be eligible to sit for the CPA exam. Ryan has worked for Evonne Blackwell for 8 years — beginning as a student assistant and working his way up to tax preparer. Evonne gets nothing but compliments on what a well-mannered and easygoing person Ryan is to deal with. On a personal note, Ryan is the son of Ken Douglas and his mother, Vicky Croom also works for Evonne Blackwell. He has one sister, Alison Mahoney. Ryan just purchased his first home, qualifying for the first-time homebuyer credit (YEAH!) and is in the process of remodeling it. He loves to fish, play his guitar and work on his house. And, ladies, he's single — what a catch!!

The Latest "Fall Facts":

****EXTENSION WARNING!** For those of you who filed extensions for your personal income tax, the tax deadline is just a couple of weeks away. Even if you owe and can't pay, it's better to file the return, and deal with working out an installment agreement, rather than just not filing. The penalties for underpayment are a lot less than the penalties for not filing ... **SO HURRY!!**

****There is also GOOD NEWS for 2009 and 2010:** more parents will qualify for higher credits for paying college expenses. For the past few years, the HOPE and LIFETIME LEARNING credits have been available for tuition and fees only ... The new law will include "required course materials" as well. (Believe me, as a single mom with two kids in college, this new law delights me ... It's been my experience that the books may cost more, or at least as much, as the tuition and fees.)

***** There's still the first-time homebuyers credit available for 10 percent of the purchase price of the home up to \$8,000, which is a fully refundable credit, on homes purchased prior to December 1, 2009. 1.4 million families have filed for the credit so far.**

***There's still some residential energy credits available, call if you have questions.**

****Oh, and by the way, if you expect a refund from your income tax, the IRS will be happy to send it as a U.S. Savings Bond for the upcoming 2010 filing season. It's a way to help you save while keeping the money invested in the U.S.**



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Office Assistant



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This innovation was designed to childproof the stairs after a very young and adventurous Elaine climbed the outside of the stairs so she could sit on top of the china cabinet in the dining room.

A family room at the top of the stairs, with built-in cabinets and shelves, allows Angie to clear the room of toys when visitors come. The shelves display signed footballs and pictures revealing the family's history as Cowboys football fans. Also displayed is a small model of Cowboys Stadium and a replica of the tile installed in the new stadium inscribed with Angie and Eric's names as donors.

Guitars fill the music room, six of them actually played

Vicki Lawrence

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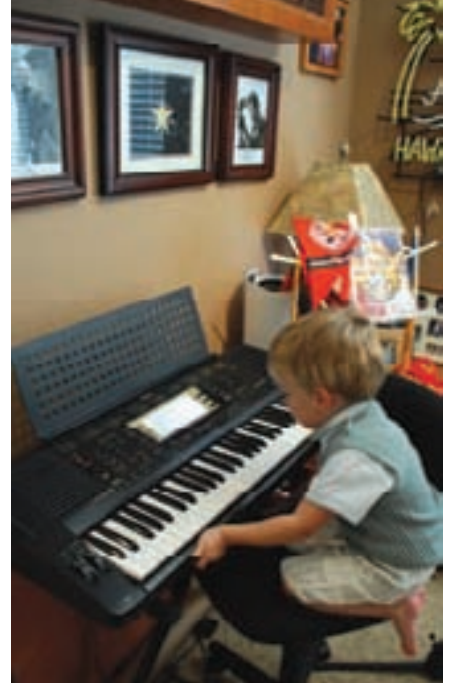
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by Eric. "I never considered a career in music," he said. "I just love music and especially live concerts." Many of the guitars are signed by famous musicians like Merle Haggard, Chris LeDoux, and even one signed by Willie Nelson's whole band. There is also a small fiddle that was signed by Charlie Daniels. In a corner is a trumpet that Eric played in junior high and high

"I just love music and especially live concerts."

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school. "He still plays it sometimes," Angie added.

The pink bedroom of "the princess" Elaine has its own bath which is also decorated in pink things little girls like. The "blue for boys" room has the cars and stuffed animals Grant plays with. There are childproof handles on closet doors, but "they figured out the one on the hot water heater closet," Angie said.

Eric's office, lined on two walls with built-in cabinets and shelves, has just enough room to display his many interests. There are ship and airplane models and a collection of beer mugs. He began collecting fire engines when he and some high school friends



volunteered with the fire department. "I guess that was where I first got interested in emergency management," he shared. In the fall of 1999, Eric became the emergency management coordinator for this area. "I feel lucky that I can be involved in the two things

"I feel lucky that I can be involved in the two things that I have a passion for, the family business and emergency management."

that I have a passion for," Eric said, "the family business and emergency management." He works with the Federal Emergency Management Agency (FEMA) to provide emergency shelter and storm warnings. "And yes," Eric said, "I was the one who called you at 6:30 that morning in July to tell you to get into a closet. We launched 18,000 simultaneous phone calls that morning on an automatic system." It is good to know someone is looking out for us, even if he is doing it very early in the morning. **NOW**

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Gospel

in the

Key of D

— By Sandra Skoda

“We want to encourage those who don’t know Jesus, as well as those that do.”

Patrick and Nancy McCurrin have been making beautiful music together for a lifetime. What began when they were young adults has spanned the 55 years of marriage they will celebrate on October 30. “We started playing as a duo in 1965,” Patrick remembered, as Nancy nodded her head in agreement. “We were entertaining ourselves.”

From that point on, they have played and given their personal testimonies in word and music from Killeen to Corsicana, and all areas in between. “God gives us opportunities,” Patrick said. “When we recognize them as opportunities, we need to take advantage of them.” The McCurrins have definitely taken full advantage of the blessings they feel God has bestowed upon them

in the way of music.

The move from Killeen to Corsicana was prompted by what the couple thought was Patrick’s failing health. His hands began to hurt so bad he was unable to strum his beloved guitar. “At the time, we had a two-story home,” Nancy explained. “If something were to happen to Patrick, I knew I would be unable to care for the house.” They decided to find a smaller house that Nancy would be able to manage, while also moving closer to one of their three sons. “We came to Corsicana thinking Patrick would be living his final days here,” Nancy added.

Doctors had told Patrick he was suffering from low sugar, thus the loss of energy and strength. After settling

into their new home, Patrick spent one entire day “trying to pass out,” something that thankfully did not come to pass. “Nancy was gone to town,” he said. “I sure didn’t want her walking in the house and finding me passed out on the floor.” When Patrick told his son about the day, his son matter-of-factly told him he was dehydrated. Once Patrick stopped his intake of caffeinated beverages and began drinking 64 ounces of water per day, his strength and vim for life also returned. “The water rejuvenated me,” he said. “I went from a three to an eight on a scale from one to ten.”

During this same time, Frank Canfield, one of their new neighbors, came over for a visit. “We started talking about the Word and God,” he said.

"The conversation went to the topic of music." Patrick got his guitar out that day, the same one he had not taken out of its case for years, and watched as Frank strummed the strings. "After Frank was done," Patrick recalled, "I took it back and was once again able to play." It was not long after this visit that Patrick and Nancy began singing and playing for an audience at the local senior citizens' center during the regular country and western band's break time. They started, and continue, to play



the gospel music they grew up with and have come to love over the years.

Over their two years in Navarro County, the break-time performance grew into two mini concerts per week at the Heritage Oaks Retirement Center with Ray Awalt. They play for a once-a-month gathering at the Heritage Oaks West Nursing Facility and the weekly Bible study at the senior citizens' center every Thursday at 10:00 a.m. They also get special requests that they are honored to fulfill. "We want to encourage those who don't know Jesus, as well as those that do," Patrick confessed.

The amazing thing about the duo is the fact that neither Patrick nor Nancy took a single guitar lesson before they started playing. "He has always played



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Jerrie Shea

by ear," Nancy said. "I tell her what key to start with and she goes from there," Patrick added with a smile toward his wife. "Our songs are mostly gospel in the key of D." As Patrick continued to speak of his wife's God-given talent, the pride was evident in his voice. "She can hear someone humming a tune," he beamed, "and then she can take her guitar and put the hum to music."

When performing in front of a live audience, Patrick is the lead singer. He plays rhythm while Nancy plays backup



on the bass guitar. Nancy is the first to admit that she is not a performer. "I just enjoy the music," she said. "I also love looking at the faces in the audience. It does my heart good!" The audience is encouraged to request songs from the song book that consists of only words, no sheet music, that the couple carries with them from place to place. The most requested songs to date are "I'll Fly Away," "Turn Your Radio On" and "Because He Lives."

When they come home from their many public appearances, Patrick and Nancy agree that they have been blessed more than those who attended. One lady told the duo that she felt like she had been to church. Needless to say, that comment was humbling; one they will not soon forget. "We never came to Corsicana to sing," Patrick said. "It's just been an added bonus." **NOW**

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SWEET DAYS OF FALL

— By Kelly Kovar

Every autumn, St. Bernard's Catholic Church in Fairfield organizes and hosts FallFest. "There are so many of us involved in this; it really takes quite a team to put this on," said Wade Lair, who is in charge of the rib-eye cook-off at the festival." Bill Drozd is the chairperson, and Mike and Alice Lackey help coordinate the event. Wade serves as advertising chairperson. The festival, a one-day event, takes place October 17 from 9:00 a.m. to 5:00 p.m. at St. Bernard's, 630 W. Main Street.

"Our food is really a highlight of the event for most people," Wade explained. "For Fairfield, the Cajun food, Indian food and Filipino food are pretty exotic." Every year, St. Bernard's features treats from the many different ethnic communities in the church. "We have had Mexican, Irish, Thai, Polish and Italian in the past." The FallFest also has a sweet shop where visitors can find cakes, pies, pickled vegetables, pralines and other candies. "There will be barbeque for sale for those who aren't adventurous," Wade added.

Craft products, such as quilts, appliqué and needlework will be available and Wade himself is working on the T-shirt design for the festival. The director of liturgy and organist/choir director at

St. Bernard's, Wade also works at Bayless Insurance, a major sponsor for the festival. Along with monies from Bayless, church members help make the event happen. "Most of the money comes directly from the parishioners, including one parishioner who owns a T-shirt company which is helping."

The FallFest is the largest fundraiser of the year for St.



FallFest requires a large group of volunteers. Some of those involved are pictured here.

Bernard's. "Spectating is 100 percent free," Wade said. There is a charge for food and to enter contests. "The Fun-Run is the first event of the day." The day will include horseshoe and washer tournaments, children's games, a silent auction and a raffle drawing. "It is a great event that we're really proud of." **NOW**

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Softball

Sensation

— By F.L. Brewer



The eagerly anticipated time when passionate Texans focus on the ups and downs of their favorite football teams has finally arrived, but there are other fall and winter competitive sports. Softball is the most popular participant sport in the world and for Sidney Kirk, the new season began in September.

Some people run from a challenge, while others run toward it. Sidney has already made a place for herself by taking the challenge and confronting it until she mastered it. In last season's softball game between the Texas Dynamite and the Wortham Bulldogs, Sidney pitched a no hitter. This year, she started school in the eighth grade at Collins Middle School and a new season of sports soon followed. Some feel she is a softball phenomenon, while she and her parents

feel she is still a work in progress.

What does it mean to be a "phenom?" Certainly, in sports it means to be a player of remarkable and extraordinary talent; a prodigy, born with the right stuff to pitch balls to win. However, Sidney's abilities have developed over eight years and came from a combination of natural athletic ability and the hard work of persevering through years of training that included investing her spare time to excel in her sport.

Sidney began playing soccer and tee ball (Bumble Bees) when she was 5 years old. She continued to play soccer and tee ball together for a few years, but then, at 10, she began to focus on softball. When the pitching spot came open on the Texas Dynamites Team, she asked for the position, but needed help.

Her parents began taking her to Hubbard on Sunday afternoons for private lessons with Coach Reggie Graves. "At first, I felt like I couldn't pitch," Sidney explained. "I played soccer and I was used to kicking with my left foot. Pitching is leading off the opposite foot so it confused me. It took me a little while to work it out." She recalled Coach Graves' words as he encouraged her. "If it was easy," she remembered him saying, "everyone could pitch."

Almost immediately, Sidney noted that the pitcher is always under stress. "There is no break for the pitcher," she said, "because the game can turn on a good or bad pitch." Asked about her most difficult moment, she replied, "The hardest thing about pitching is the pressure on the mound."

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In the beginning, Corsicana girls' softball was not affiliated. More recently, the entire group of teams changed over to the Pony League, which has opened up new arenas of competition in different geographical areas. Sidney has also played on the All Star Team and for the Limestone Heats, a handpicked team. Sidney continues to take lessons under the direction of Coach Graves every Sunday. She is now both a pool and a bracket pitcher, who pitches in practice and in games. She currently pitches between 50-53 miles per hour and has acquired a number of pitching techniques. When she is not pitching, she plays first or third base. "I know,



I've improved a lot over the last year," she said. "I've learned to work through games and I've gained confidence."

Sidney is the daughter of Sam and Leslie Kirk and elder sister of Skylar (10) who plays catcher on her own softball team. Her parents are committed to each daughter's athletic program and have made the necessary provisions to help the girls in their chosen sports.

"There are benefits to playing sports," Leslie said, explaining their support of athletics. "Things like learning teamwork, knowing how to work together. You learn you're not only responsible for your own actions, but you're also responsible to your teammates because your actions affect the other players." Sidney understands her

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Sports NOW

obligations to her teammates. If she misses practice or pitching lessons, it impacts the team. "You have to have confidence in the players around you and develop mental toughness." Leslie further expressed her daughter's commitment to the team. "Last season, she took a line drive to her body but continued until she made sure the opposing player was tagged out at first base."

The Lady Tigers All Star Team had a promising first season. After defeating a series of teams to win the North Texas regional and sectional tournaments in their Pony Division, Corsicana's Lady

"You have to have confidence in the players around you and develop mental toughness."

Tigers, under the leadership of Coach Coby White and Larry Bell, made their way to Harlingen, Texas, at the end of July to play in the national competition. The Tigers lost the championship but were ranked in the top five of 15 teams entered in the nationals.

In a game where a positive attitude is a must, Sidney handles failure by encouraging herself. "I'm going to make it better. I shake it off and go on," she stated. "I don't let it affect my next game. Everyone has to work together because there is no 'I' in TEAM."

There have been many positive influences in Sidney's life, among them a variety of coaches. Along with Coach Graves, there is White and Bell, Darren Yates, Mark Smith, Coach Reynolds, Mr. Madison, Scott Janeska and her father, Sam. Sidney also expressed her gratitude for the support she receives from the youth group at Northside Baptist Church and her teammates. Her advice to others? "Play hard no matter what position you play." **NOW**

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Just Like a Bumblebee

— By Sandra Skoda

Innovative Therapies, co-owned by Betsy Stroder, certified occupational therapy assistant (COTA) and Cindy Liska, registered occupational therapist (OTR), is the only out-patient rehabilitation facility in the immediate area and has a client roster made up almost entirely of children from age 0-18. A small number of adults come in for the occupational therapy needed to return to life as normal. "It's the only facility of this type within a 50-mile radius," Betsy said. "Cindy and I saw a need. We opened the facility because of that need and because we were, and still are, passionate about the job at hand."

Betsy worked for home health agencies for many years prior to opening her own business. She listened as parents

told her how far they had to drive to get the therapy their children needed. The miles driven three times each week soon exhausted the entire family, especially the children. "We offer occupational, physical and speech therapies. We have a motor-planning gym, a sensory room, several smaller rooms for individualized therapy sessions and a visiting therapy dog named Cain."

The facility also offers a full-size kitchen where basic life skills are taught, learned and mastered. The goal is for the child to grow up to be functional and productive in life. "We take the holistic approach," Betsy explained. "We look at the whole child. For example, we ask questions like, 'Why can't they write their name?' 'Why can't they repeat a simple sentence?' or 'Why do they move differently than their peers?'" The professional staff looks into the core of the child, using a variety of techniques, before deciding on which therapies will help the child. "We address all of the senses of the body, how they work together, the child's physical and mental abilities as well as other concerns parents might have."

The staff to which Betsy and Cindy give such high praise includes: Physical Therapist Robin Harkins; Speech Language Pathologist Jada Rose and part-time Speech Therapy Assistant Angela Beasley; COTAs: Martha Phillips,

Vicky Moore, Natalie Torres and Rhonda Tidwell; part-time OTR Jeanette Krajca; Business Manager Anna Collier; two office receptionists, Heather Wilcoxon and Michelle Stroder; part-time technicians who are instrumental in getting things set up; and a Spanish interpreter. "The staff comes with years of valuable experience," Betsy said. "God is the CEO of the company, and He has richly blessed

"Bumblebees are not aerodynamically designed to fly, but they do."

the business with staff, as well as committed parents, who all want the same thing for the children — a successful, meaningful life."

Cindy has almost completed training in sensory integration and praxis testing. "This training will allow more extensive testing for integration of all of the senses and motor planning," Betsy said. "Cindy will be able to delve in and see exactly where these children are. It will help us understand and treat sensory, motor and behavioral issues. As the underlying issues are discovered, we are then able to treat the whole child, not just the hyperactivity and/or low attention span." What Innovative Therapies is doing is working, as evidenced by the success Betsy and Cindy have seen since the company's inception in March 2008. Children are showing success in school, at home and in the community. They are much like the bumblebee that serves as the company logo. "Bumblebees are not aerodynamically designed to fly, but they do," Cindy said. "The perception is that these children are at a disadvantage for success, but they truly are not. One day, they will all fly."

To find out more about the offerings at Innovative Therapies, located at 3728 S. Highway 287 in Corsicana, please call (903) 874-6315. **NOW**



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It is like discovering treasure to walk around the beautiful Sanchez Library on the Navarro College campus. As you enter, there is space and light above you and the solid, marble floors and stairway under your feet. There are comfortable chairs to curl up in to read by the long windows and broad, wooden tables with chairs where you can gather with friends. The wooden bookcases invite you to explore the world in print books, magazines and videos. There are CDs with music you have not yet heard and movies that have become classics. There are also paintings on the walls in great, gold frames like you might see in an art museum.

When you have looked through beautifully printed art books or located a history book about the Romans or World War II, you may settle with your fellow artists or history buffs in one of the enclosed rooms where you can read and write and discuss together. If you have a special interest you want to research, you should look for Tim Kevil, head librarian,

who will guide you into your project. You can borrow a wireless laptop from the library so you can sit in your favorite spot and write your notes with your research materials around you. The library is truly a treasure house that welcomes you, tells you to take a comfortable chair and stay as long as you like.

The campus library has occupied several locations since the founding of the college. The Richard M. Sanchez Library is the first building on campus to be dedicated to library use. President Sanchez led the effort to create a state-of-the-art facility to serve his rapidly growing student body and the community. The library houses a collection of 50,000 print books, and the collection of 40,000 electronic books continues to grow. Tim Kevil, a librarian since 1998, was part of the design team that requested a warm, welcoming space with lots of natural light. They wanted a place that felt comfortable to students who wanted to be with others in open spaces and some cozy spots for those who wanted quiet to work alone. The designers asked for conference rooms for student clubs and faculty meetings, carrels with plug-ins for laptop computers and a classroom that is used to show students how to use library resources.

Tim earned his bachelor's degree in English literature at the University of Texas at Arlington. "Since I was a child, I dreamed of going to London and Paris," he recalled. Not content to visit tourist sites on a recent trip, Tim sought out places he had read about in English novels and poetry. "You notice more and enjoy more what you find when you travel if you know something about the place you are in," he advised. At University of North Texas he earned a master's degree in English, and then taught in South Carolina for a year. Later, an opportunity to work in library science seemed to be a good fit. "I use my background in literature to help students find the materials they need to do research projects," Tim said.

Education **NOW**

Because the campus enjoys the fastest-growing enrollment in the country, state funding is increasing so that the library can continue its usual book acquisition and increase its investment in electronic books, magazine subscriptions and media. Thanks to the Navarro College Foundation, laptops are available for use while in the library; a convenience found on very few campuses in the country. The college connection to major research databases and to electronic books and periodicals is important to the growing number of students who enroll in online classes. This technology also serves the other Navarro College campuses in Waxahachie, Midlothian and Mexia. Tim said, "People worry that electronic books will make print books obsolete, and they do not want to give up the pleasure of sitting with a book they can hold in their hands. I believe that electronics do not replace print books, they simply offer more choices."

Tim is eager for people in Corsicana to feel welcome to use the library facilities. Anyone who has a library card from the Corsicana Public Library can borrow books, CDs or videos from the Sanchez Library just as students with college ID cards can borrow books from the public library. This is the kind of community connection Tim and the college want to promote.

Tim hopes students will learn to think of the library as a place to hang out — a place where there is a quiet space to study, where there are places to work with other students on a project and where there is help available from the librarians. He hopes students and Corsicana neighbors will explore the library treasures in history, art, music, books of fiction and children's books. He plans a story hour for children and families so they can learn to travel to new worlds in books. There are CD recordings of Mozart and Miles Davis and dozens of others. There are books about Greek mythology and about Hobbits and Harry Potter. The Sanchez Library holds adventures of all kinds for everyone. **NOW**

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Laura Chapman took just a moment to look up and smile while taking calls for Bluebonnet Answering Service.

Around Town

As summer comes to an end, the Corsicana area comes alive. Residents can be found enjoying outdoor activities, shopping for the upcoming holidays, grabbing a bite to eat, or improving their athletic talents.



Tony and Lope Butler enjoyed a tour of Pioneer Village in Corsicana.



Now Magazines Linda Muffett takes a moment to find the perfect Halloween mask.



The Bruins night shift took a quick break to pose for the camera and taste a little ice cream.



Summer Palace regulars, Helen and Hillary Zhong with their cousin Qun Xao.



Teresa Jenkins enjoys displaying the new Christmas items at T & Co!



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The local chapter of AWWA ladies gathered around the table full of items about to be auctioned off to raise money to help send women to college.



Corsicana Tumbling Academy's group of youth cheerleaders are confident that they are #1!



Denny's manager Mabel, welcomes customers on their first official day of business.



Frances Strawn and Marjorie Gamble tour the Cowboy's Stadium with the Senior Circle group.



Maria A. Teal demonstrates her expertise at Don Jose's, where she makes fresh tortillas daily.



Navarro College students prepare to test their skills in the Navarro Intramural Sports bowling league.



Corsicana Cowgirls and girlfriends Jenny and Lucy went on a recent girls trip to the Guadalupe River.



Navarro Regional Hospital volunteers attend the TAAV State Convention in San Antonio.



Lance Watkins was recently welcomed as the new president of Prosperity Bank.

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Danny Hudson

Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH SHARRON GREEN McDONALD

Sharron was blessed to have not only her mother showing her the ropes in the kitchen; she also had both grandmothers who shared their wealth of knowledge. “Both grandmothers lived only two miles away from me, and I was an only grandchild. Neither used recipes,” she reminisced. “They both lived on the farm, so I learned to cook using fresh vegetables and fruits and to fry chicken and steak and to make cream gravy. It was my mother who taught me how to cook ‘by the book.’”

Cooking, reading, antiques and traveling are Sharron's main interests. She enjoys all forms of cooking and loves trying out new recipes. “Traveling has sparked my interest in regional foods,” she said. “I always look for a cookbook as a souvenir.” **NOV**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

PRALINES

- 1 1/2 cups sugar
- 3/4 cup brown sugar, firmly packed
- 1/2 cup half-and-half
- 1/4 cup plus 2 Tbsp. butter
- 2 cups pecan halves

It is important to cook candy in a heavy saucepan. Also, if it is a humid day, candy may have a more sugary texture. Combine all ingredients in a 2-quart, heavy saucepan. Cook over low heat, stirring gently, until sugar dissolves. Cover and cook over medium heat 2-3 minutes. Uncover and cook to soft-ball stage (235 F), stirring constantly. Remove saucepan from heat; beat mixture with wooden spoon just until mixture begins to thicken. Working rapidly, drop candy mixture by tablespoonfuls onto greased wax paper. Let stand until candy is firm. Yield: 1 1/2 dozen.

CORN AND CRAB SOUP

- 1/4 cup butter
- 1 1/2 cups onion, finely chopped
- 2 Tbsp. all-purpose flour
- 8 cups fresh corn kernels (1 ear of corn yields 1 cup of kernels)
- 1 1/2 quarts heavy cream (or substitute half-and-half)
- salt and white pepper, to taste
- 1 lb. lump crabmeat, picked over to remove cartilage
- 2 Tbsp. fresh parsley, chopped

Melt butter in large, heavy saucepan and sauté onion until clear. Whisk in flour; add corn kernels, cooking for 5 minutes. Stir in cream; season with salt and pepper. Cook over medium heat until corn is tender, about 20 minutes, stirring occasionally. Add crabmeat and parsley. Cook an additional 5 minutes. Serves 8.

BACON-WRAPPED SCALLOPS

- 1/3 cup olive oil
- 4 lbs. sea scallops, rinsed and drained (about 48 small-medium or 24 medium-large)
- 1 lb. bacon
- wooden picks
- 1/4 tsp. salt
- 1/4 tsp. pepper
- vegetable spray for grill
- MARINADE:**
- 3 Tbsp. fresh lime juice
- 2 Tbsp. fresh cilantro, chopped
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- dash hot sauce

In small mixing bowl, combine marinade ingredients. Whisk in olive oil in a slow, steady stream. Place scallops in a zip-top



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plastic freezer bag; add marinade mixture. Cover, seal and chill for 30 minutes, turning once. Drain scallops; discard marinade. Cut bacon in half. (I have found that I have to adjust the length to fit the scallops.) Microwave bacon, covered with paper towels, in 4 batches on high 3-4 minutes or until slightly brown, being careful not to shrink bacon too much. Wrap one piece around scallop across the flat side, not around the edges. Secure with wooden pick. Sprinkle with remaining salt and pepper. Thread scallops on shish kabob skewers. Coat cold cooking grate with vegetable spray and heat to medium (350-400 F). Place scallops on grate and grill covered 3-4 minutes on each side. Cook until scallops are done (depends on their size). Makes 12 appetizer servings or 6 entree servings.

SEAFOOD GUMBO

1 lb. okra, sliced
 1/4 cup plus 2 Tbsp. butter
 1/4 cup all-purpose flour
 1 bunch green onions, sliced
 1/2 cup celery, chopped
 2 cloves garlic, minced
 2 16-oz. cans diced tomatoes, undrained
 1 bay leaf
 1 Tbsp. parsley, chopped
 1 tsp. dried thyme
 1 1/2 tsp. salt
 1/4 to 1/2 tsp. red pepper
 2 quarts water
 1 lb. medium shrimp, peeled and deveined
 1/2 lb. fresh crab meat
 1/2 lb. Andouille sausage, cooked and thinly sliced
 hot cooked rice
 gumbo file powder (optional)

Sauté okra in 2 Tbsp. butter in large skillet until okra is lightly browned; set aside. In iron skillet, combine 1/4 cup butter and flour, cook over medium heat, stirring constantly until roux is the color of chocolate (20-25 minutes). Stir in green onions, celery and garlic; cook until vegetables are tender. Combine roux, sautéed okra, tomatoes, bay leaf, parsley, thyme, salt, red pepper and water in large Dutch oven. Bring to a boil; reduce heat and simmer uncovered 2 hours, stirring occasionally. Add shrimp, crabmeat and sausage; cook an additional 10 minutes. Remove bay leaf and serve over rice. Add gumbo file powder if desired. Yield: 2 1/2 quarts.



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Meatloaf w/ Tomato Sauce	7.95	Roast Beef	7.95
Fried Catfish	7.95	Fried Chicken (2 pcs White or Dark)	7.95

Choice of 2 Vegetables	Green Beans	Mashed Potatoes	Cole Slaw
	Black-eyed Peas	Fried Okra	Potato Salad
	Corn on the Cob	Macaroni & Cheese	Lettuce Salad
	Steamed Cabbage	Baked Potato	
Dessert of the Day	Banana Pudding or Cobbler		

Tuesday

Chicken Spaghetti	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Chopped Steak w/ mushroom sauce	7.95	Roast Beef	7.95
Fried Catfish	7.95	Fried Filet of Codfish	7.95
Fried Chicken (2 pcs white or dark)	7.95		

Choice of 2 Vegetables	Green Beans w/ New Potatoes	Mashed Potatoes
	Cole Slaw	Pinto Beans
	Potato Salad	Lyonnais Carrots
	Lettuce Salad	Broc. & Rice Casserole
Dessert of the Day	Banana Pudding or Buttermilk Pie	

Wednesday

Meatloaf w/ Tomato Sauce	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Filet of Codfish	7.95	Fried Chicken	7.95

Choice of 2 Vegetables	Green Beans	Fried Okra	Cole Slaw
	Navy Beans	Macaroni & Cheese	Potato Salad
	Mashed Potatoes	Baked Potato	Lettuce Salad
Dessert of the Day	Banana Pudding or Bread Pudding		

Thursday

Chicken & Dumplings	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Filet of Codfish	7.95	Fried Chicken	7.95

Choice of 2 Vegetables	Green Beans	Fried Okra	Cole Slaw
	Butter Beans	Macaroni & Cheese	Potato Salad
	Mixed Greens	Baked Potato	Lettuce Salad
Dessert of the Day	Banana Pudding or Cobbler		

Friday

Grilled Chicken Breast over Rice with Vegetables	7.95	Chicken Fried Steak	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Chicken (2 pcs white or dark)	7.95		
Fried Filet of Codfish	7.95		

Choice of 2 Vegetables	Green Beans	Mashed Potatoes	Cole Slaw
	Baked Beans	Fried Squash	Potato Salad
	Sweet Corn	Macaroni & Cheese	Lettuce Salad
Dessert of the Day	Banana Pudding or Bread Pudding		

Saturday

Smothered Hamburger Steak	7.95	Chicken Fried Steak	7.95
Fried Catfish	7.95	Roast Beef	7.95
Turkey & Dressing	7.95	Fried Filet of Codfish	7.95
Fried Chicken (2 pcs white or dark)	7.95		

Choice of 2 Vegetables	House Vegetables — Ask server	Mashed Potatoes
	Green Beans	Macaroni & Cheese
	Cole Slaw	Lettuce Salad
Dessert of the Day	Banana Pudding or Cobbler	

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Photo: Richelle and Kacy preparing for new Roy's Back Porch

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& a gallon of tea**

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Disability Income Insurance: Key Policy Features

— Provided by
Gary Hayden

Prospective insurance buyers are often confused about disability income insurance because the features and benefits vary widely from one policy to another. Essentially, there are a few key elements that could make a big difference when you make your choice. If you are in the market for disability income insurance, here are some of the things you should consider:

Definition of “Total Disability.” Does the policy define total disability as a condition during which you cannot perform the duties of your “own occupation” or “any occupation”? A policy that refers to your “own occupation” generally pays benefits if you cannot return to work in your own field, or if you return to work in a lower paying job or a job in another occupation. A policy that refers to “any occupation” generally would pay benefits only if you were unable to perform any job: your own job, a lower paying job, or a job in a new occupation.

Duration of Benefits. Even if you have to choose a smaller benefit amount to keep the premiums affordable, look for coverage that protects you until age 65. Note: There are policies available that offer benefits only for a limited period, such as a maximum of two or five years, and the nature of your occupation may affect the duration of coverage.

Amount of Coverage. Most plans set a limit on the percentage of income you can insure — usually 50 percent to 60 percent of your total gross earnings. If you have an employer-provided plan that offers only

limited group coverage, you may consider buying supplemental disability income coverage from an outside source.

Elimination Period. The waiting or “elimination” period is the amount of time you must wait before disability benefits can start. Remember, shorter waiting periods involve higher premiums and vice versa. In addition, the waiting period is determined when a policy is issued, not when disability commences.

Taxation of Benefits. Benefits may be tax free if you pay the premiums using after-tax dollars. Benefits under most employer-provided plans are taxable because they are usually paid with pre-tax dollars. (Please note that it may be wise to verify this with your tax professional.)

Partial or “Residual” Coverage. After a serious disability, many people are able to return to work only on a part-time basis. Partial or “residual” benefits allow you to receive partial disability benefits, as well as your part-time income, until you fully recover. Without this feature, your benefits may stop as soon as you return to work.

Portable Coverage. Policies that allow you to carry your coverage from one job to another have an obvious advantage. Coverage from a professional association could be one such example of portable coverage that is not tied to your place of employment, not to mention any individual disability income policy that you might buy on your own.

Of course, prior to shopping for a policy



that best suits you, it is important to determine the right amount of coverage you need in light of what coverage you may or may not already have. Therefore, make it a point to review your insurance coverage and needs on a regular basis in order to ensure you are adequately protected. **NOW**

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An illustration of a carved jack-o'-lantern with a smiling face, next to a young child wearing a black hat and a red patterned shirt, also smiling.

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A cartoon illustration of a yellow chickadee bird with a red hat and red boots, standing on its feet.

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Five Steps to Colon Health: Part 2

An easy formula to promote prevention, awareness of common cancer

— By Dr. Shahzad Syed

This article is the second part of a two part series pinpointing the five simple steps you can follow to help protect yourself from colon cancer. Here are the last three steps:

3. Know the symptoms.

Be vigilant about scheduled screenings, and if you have certain symptoms, see your doctor sooner. Symptoms may include: persistent stomach discomfort; a change in bowel habits (diarrhea, constipation, or a change in stool consistency); abdominal pain accompanying a bowel movement; dark stools; weakness or fatigue; unexplained weight loss; anemia or blood in the stool.

Symptoms vary, and certain foods or medications can also mimic these symptoms. It's best to err on the safe side and check with your doctor about changes.

4. Practice prevention.

A balanced diet, regular exercise and smart lifestyle choices will keep your risk level in check. A diet rich in fruits, vegetables and whole grains provides the nutrients and antioxidants that fight disease. Low-fat dairy products

and limited consumption of red meat keep your saturated fat intake low.

Getting your vitamins and minerals through a daily supplement helps, but food-based vitamins are more effective and more easily absorbed by the body. Regular exercise — at least 30 minutes most days of the week — helps build your body's defenses. Finally, quitting smoking and limiting alcohol consumption help, too.

5. Know your options.

Talk with your doctor about the best way to manage your risk. If you have an above-average risk for colon cancer or an initial test reveals polyps, you and your doctor can decide the course of action that works best for you. **NOW**

Dr. Shahzad Syed
Navarro Regional Hospital

Sources:

The Mayo Clinic. www.mayoclinic.com/health/colon-cancer/.

The National Institutes of Health. www.nih.gov.

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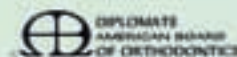
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Plan Now for More Time Next Summer

— By Nancy Fenton

October is finally here and with it cooler weather, we hope. It is a great time to reevaluate your yard and garden. If you find each year bringing more and more yard challenges, maybe it is time to think about moving toward a low-maintenance landscape.

Such a project begins with reducing the size of your grass areas. Start with areas that are tough to maintain anyway, such as areas under heavy shade trees, pet runs and high-traffic areas. Go for easy-care beds with native perennials and lots of mulch. Wood ferns are great under trees, as are inland sea oats, and they do not require extra water after the first year.



Mass planting of bulbs that will naturalize like jonquils and daffodils, will give you a lot of color early in the spring before the trees leaf out. Daylilies will start blooming later in the summer, continue to bloom through the fall and come back stronger year after year. Irises are hardy, easy and tough, just right for low-maintenance beds. Turk's caps and lantanas are two hardy natives that grow almost in spite of our efforts and provide lots of color during the hot days of summer.

Plan to mulch heavily and sit back with nice cold lemonade to enjoy your renovated landscape. You will have less mowing, trimming and edging plus more time to enjoy if you plan now and get started while it is cool. Plants and flowers planted now will have a head start next spring and bloom while you watch.

Do not forget about the Master Gardeners' Great Iris Giveaway, Saturday, October 3 to be held at the Farmers Market in Waxahachie. **NOW**

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Nathan Says ...*

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October 2009

Community Calendar

October 1-3

Annual Quilt Show, sponsored by the Navajo Council of the Arts: Warehouse Gallery, 119 W. 6th Ave. (903) 872-5411.

October 1, 8 and 15

Childbirth Preparation Class – New Family Package: 6:00 p.m., Navajo Regional Hospital. Recommended in the fifth and seventh months of pregnancy.

October 10

Annual Hangar Dance: 6:30 p.m., Corsicana Municipal Airport. Dinner and dancing. Corsicana Swing Orchestra will provide music. The festivities will follow the memorial dedication ceremonies at the airport. Veterans who trained at this airport during WWII are coming from all over the country for the event. Tickets can be purchased at the door for \$25 or by calling Sarah in advance at (903) 654-4847.

October 13

Taste of Home show at Corsicana High School, with Jamie Dunn as the hostess. Corsicana's annual cooking contest for cash prizes will be part of the event. There will be door prizes and gift bags for attendees. www.tastehomeschools.com.

October 17, 24

Annual Christmas in Action home repair/renovation program. Teams of volunteers will perform repair work on homes that are designated as "Christmas in Action" projects. To volunteer as an individual or team, call Alvis Reeves at (903) 875-8727 or Loran Seely at (903) 875-4290. Team leaders will choose among the approved projects to begin work on the 17th.

October 17

Fifth Annual Kerens Cotton Harvest Festival, benefiting Kerens library: 8:00-10:00 p.m. Food, arts and crafts booths, children's activities, live entertainment, quilt show, raffles, horseshoes, antique tractor show, chili cook-off, Dutch oven bake-off, mule wagon rides, cotton gin tours, old timers activities, Saturday night street dance and more.

October 23-25

Midlothian Arts Council Painted Art Show at the Midlothian Conference Center. For entry and event information, call (972) 723-7919 or visit www.midlothiancenter.com.

October 24

Vicki Lawrence performances: 5:00 and 8:00 p.m.,

Palace Theater, 112 W. 6th Ave. For ticket information, call (903) 874-7782.

October 27

Monster Mash Bash: Cook Center at Navajo College, 3100 W. Collin St. Chamber of Commerce member reception and fundraiser. Non-members welcome. (903) 874-4731.

October 30

Downtown "Trick or Treat:" 3:00-5:00 p.m., downtown Beaton Street stores.

October 31

Ellis County SPCA 7th annual Bow Wow Hustle: 9:00 a.m.-noon, Ennis Bluebonnet Park. Door prizes and doggie costume prizes. For information, call (972) 935-0756.

November 2

Last day to sign up for the 3rd Annual Robert E. Mertz Lion's Club Tennis Tournament. Event dates: November 7 and 8. For registration information, e-mail ron_motley@sbeglobal.net.

Visit our online calendar at www.nowmagazines.com.

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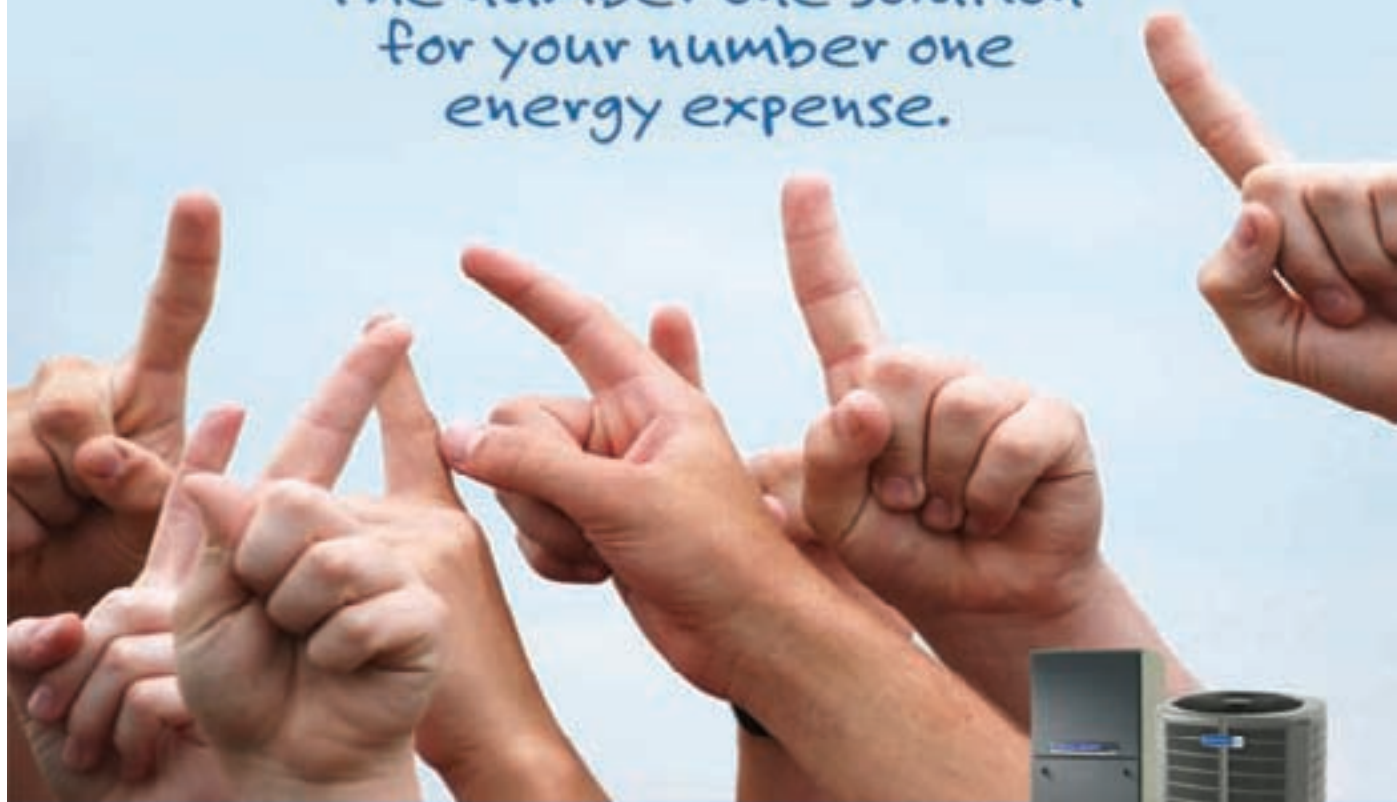


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