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On The Cover



Quarterback Adrian Nelson passes classes and the ball expertly.

Photo by Amy Ramirez.

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Editor's Note

The Holidays Are Here!

The long stretch between the Labor Day holiday and Thanksgiving holiday has nearly been bridged with the very busy schedule of events and happenings in Navarro County during the fall months. Busier times are ahead as we enjoy the lights, colors, sounds and smells of area fall festivals and holiday events.

In this issue I share with you, dear readers, a story close to my heart. I am so honored, as an adjunct instructor at Navarro College, to have had student-athletes in my classes for the last eight years through this semester. Our story features football players who win on the gridiron while working hard to meet the high expectations of college academia. I am thrilled to be part of a college that stresses academics before sports, and I am very proud of my student-athletes! Go Bulldogs!



Virginia

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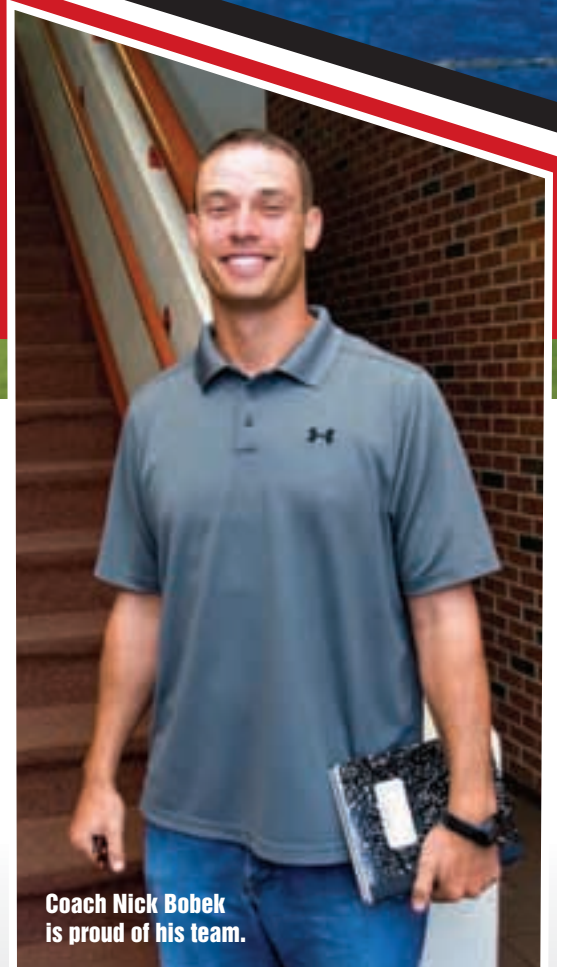
— By Virginia Riddle

Josh Anding, tight end for the Navarro College football team, started his football career in the eighth grade with the dream of one day playing for a Division I school and the National Football League. Josh's dream is not the exception. It is the rule. Ask just about any of the many Thursday or Friday night lights football players what the future holds for them, and they will express the same dream as

Josh. "Each of the guys has a goal, a dream — to play at the next level," defensive tackle, Calvin Barnett, stated.

"I tell recruits and players, if they work, I'll get you there," Coach Nick Bobeck said.

Many of the players Navarro College recruits had to call an audible on their dreams when the Division I schools that recruited them out of high school learned they had academic issues. Due to scores on the SAT or ACT exams



Coach Nick Bobek
is proud of his team.

they did not qualify scholastically for a position on a Division I team. Most of these players were Friday-night heroes in their hometowns. Most of them also lettered in several sports and competed successfully at the state level in high school. However, competition for positions on Division I teams is stiff since the schools must meet National Collegiate Athletic Association (NCAA) requirements for graduation with a meaningful degree. By joining a two-year football program with Navarro College, a member school of the National Junior College Athletic Association (NJCAA), these players may have detoured, but their dreams are still alive.

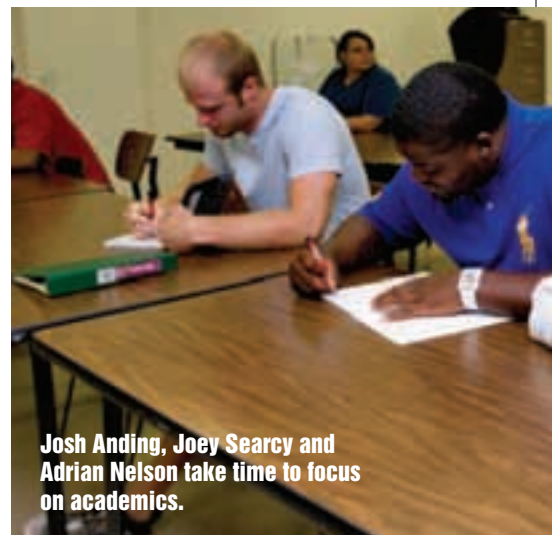
Other players may have had the dream come true right out of high school, only to find that playing football at a Division I school while making the grade in 12 or more semester hours of classes is more of a challenge than getting past a lineman from an opposing team. Navarro College's staff offers the individualized academic attention that can make all the difference in these transfer student-athletes' success.

The run toward the Division I goal begins with the recruitment process. "They've got to fit. We don't want anyone who doesn't conform to our program. The question is, 'Are they going to be the guy that fits in?'" Coach Bobeck stated.

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Josh Anding, Joey Searcy and Adrian Nelson take time to focus on academics.

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The fit Coach Bobeck is looking for applies not only to the recruit's physical abilities; it is defined as total mind, body and spirit fitness.

The most important change for many of the new recruits is the stress Navarro College places on scholastic achievement. Student-athletes are truly considered to be students first, athletes second. That policy begins with Dr. Richard Sanchez, Navarro College District president who said, "At Navarro College, the term student-athlete implies these young men and women come to the college to prepare themselves for a career. The athletic director, coaches and the academic advisor do all they can to ensure these student-athletes are provided every opportunity for academic success."

These players' summers on campus are not reserved solely for one-a-days or two-a-days in 110-degree heat. It is also a time for attending classes. Assistant Athletic Director and Women's Soccer Coach Debbie Bonner also serves as athletic academic advisor. She oversees players' placement testing, academic advising, grades, class attendance and tutoring sessions.

Students who show a need for academic remediation through placement testing receive instruction through the Navarro College PASS Department. "We have developed a close working relationship with our athletic department. All of our coaches have set high expectations for the players and stress the importance of achieving academic goals," PASS Director Lesa Martin said. "PASS instructors delight to see athletes on rosters, because they are focused, respectful and hardworking," she added. Athletes receive no special consideration from instructors. They must meet all the same requirements expected of other students.



Many of the athletes at Navarro College are first-in-the-family college attendees. For these and other students needing academic support, Navarro College offers the Bridge Program, an intensive college preparatory program offered each summer to enhance



Calvin Barnett is pursuing dreams at Navarro College.

academic success. "Our coaches strongly support the Bridge Program and help us fill it to capacity every year," Director Martin said.

Each day, during these football players' season, begins at 6:00 a.m. "We don't have much of a personal life. We study and play football. We have to make a lot of sacrifices," Adrian Nelson, quarterback, said.

"Our days are filled," Calvin said echoing the sentiment.

Athletes must carry a minimum of 12 hours each semester under NJCAA rules. "Some of these guys are enrolled in 18-plus semester hours and play the game at this level," Coach Bobeck said.

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This team started its 2011-12 season as preseason favorites in two polls and realized they had to stay humble in spite of being the reigning 2010-11 NJCAA National Champions. "We are a big target," Marquez Clark, wide receiver, said.

But they are a target together. "We have bonded with everyone and have become brothers," Adrian said.

Coach Bobeck added, "We have to meet on everything."

The team that plays together often gets punished together when an infraction of Navarro College rules occurs. Josh, Adrian, Calvin and Marquez, along with Joey Searcy, the team's defensive lineman who has committed to play at Baylor University for the 2012-13 season, remembered the 2,000 yards of constant running they had to perform last season after an infraction. "The guys trust us. They know we will not hurt them. We don't even hear a peep from them in the heat," Coach Bobeck said.

"We have our ups and downs," Marquez said.

Joey added, "But we have come together as a family with dedication to Navarro College."

The work pays off. The team also remembers the run to the championship. "Just seeing Coach B's face after we won!" Adrian laughed.

Josh has an excellent GPA. Joey is going to Baylor. Adrian; Marquez; and Calvin, a former Top 100 recruit, are being recruited heavily by Division I schools. "People don't realize that with the kids you can see in Corsicana, you will turn on the TV next year and see them play in Division I. There is a lot of talent that walks on this campus, with three 2010-11 national championship teams [football, cheerleading and baseball]," Coach Bobeck said.

Audible calls from the field can be successful. Calvin advised future players, "Don't get caught up with anything else but studies."

"Don't forget to dream," Joey recommended.

Marquez offered, "Don't let anyone tell you that you are not good enough. There is always a time, a place, to get better." Navarro College offers the time and place that helps these student-athletes become champions in the classroom, on the field and, most importantly, in life. **NOW**

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Fast Steppin'

Cloggers

— By Virginia Riddle

Outhouse, Brenda, Donkey and Whiplash are just a few of the many unusually named dance steps that the Corsicana Cloggers love to perform. Every Tuesday afternoon the Corsicana Senior Citizens Center reverberates with the double taps of the cloggers' shoes keeping time, in unison, to the varied musical strains and rhythms of bluegrass, country, rock, pop and hip-hop. Members, ranging in age from 7 to 84 years

old, are champions in statewide competitions. "I love the dancing, fellowship and fun," Ashley Goodnow, assistant teacher, said.

The Corsicana Cloggers have grown from a small group started in 2006 by Helen Griffiths, who after moving to Lake Richland Chambers discovered there was no group in the area. Today, members hail from Corsicana, Wortham, Kerens, Lake Richland Chambers, Retreat, Frost and as far away as Athens and Canton. New members are always welcome.

Although the clogging style that is



Corsicana
"The Cry of the C"

performed locally is rooted in centuries-old Irish, Celtic, English, Dutch and Scottish dances, the enthusiasm with which these dancers perform is very much “in the now.” The word *clogging* is from the Gaelic language and means “keeping time,” which the group does well in its precision, or as otherwise known, competitive clogging style. The group competes under the auspices of the Texas Clogging Council, which was formed in 1982. The council sponsors fun competitions and clinics, and since clogging in different styles is performed worldwide, participation is a way to meet people from all parts of the globe.

During events, there are opportunities to learn new steps and perform with hundreds of other cloggers in unison. Corsicana Cloggers won while competing against 29 other teams in Waco in 2009 dancing to “The Cry of the Celtic Cowboy” while costumed in cowboy hats and vests.

Clogging is exercise, but the only equipment an individual has to have is the shoes. Clogging shoes are leather and feature double taps on the toes that make the unique sound of metal on metal as well as metal on the flooring surface. However, the group does pay royalties for the use of copyrighted music and the



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specially written cue sheets that are the “language” of clogging. “They give you a clue as to what the next cue is,” Helen said. The members pay their own way since the group does not perform for money — only for food and fun.

The physical benefits of clogging far outweigh any expense. One hour of clogging burns about 400 calories or the equivalent of three hours of moderate walking. Strengthening muscles, maintaining balance and mentally exercising the mind by remembering the more than 40 routines the group has in its repertoire are just some of the benefits enjoyed by the older adult members.

Two adult members, Eddie and Linda Trompler, are unique since they are the only married couple in the group, and Eddie is the only male member. They joined when Linda decided she had to find something for the newly retired Eddie to do. “Most of the teachers are men, but there are hardly any men clogging,” Helen said. “He’s the rooster in the hen house,” Linda said laughingly.

Eddie kisses all the ladies in greeting. “I love it, but I know I have to be careful since I am outnumbered,” he said. “When you’re the only man, you can make mistakes clogging and still look good. Besides that, my wife cues me and keeps me in line; I have a good wife.” The couple performs a duet together to “The Cotton-eyed Joe.”

These experienced cloggers agreed that beginning clogging is not too complicated since there are only eight basic steps to learn, from which variations are then taken. Most instructors and cue sheet choreographers keep the dances fairly

*“I love to dance
and listen to the
music and the sound
of the taps.”*

simple. For instance, a new dance can be learned every hour at clinics. “It all happens up here,” Eddie said, while pointing to his brain. “But you build up so you don’t lose your breath.” During one-hour performances, you “dance to your limit only.”

Helen added, “Once you start it, you don’t want to stop. It’s a challenge.”

Pleasure comes in pleasing others, and the Corsicana Cloggers know how to entertain audiences. They perform at retirement homes, Corsicana’s Derrick Days, the Kerens Cotton Harvest Festival, Relay for Life functions, Juneteenth and, for the last six years, they have been invited to perform at the State Fair of Texas. “Folks in the retirement homes just love it!” Linda said. “They are smiling and clapping with us, tapping their feet and hugging us. You can have a bad day and start dancing and you feel better,” she added.

Elsie and Beauregard, the Borden Company cows, joined in the act with the Corsicana Cloggers at the state fair. “The people in the concession stands helped us out on ‘Rock Around the Clock,’” Linda remembered. “It doesn’t matter even if we make mistakes — people still get a kick out of it,” Eddie remarked.

Ashley and her mom, J.C. Goodnow,



Ashley Goodnow poses with Helen Griffiths.

joined the cloggers together after seeing a flyer announcing the classes. “We were looking for something different after my previous dance teacher quit teaching,” Ashley said. Experienced members of the senior adult class are able to help with the adult beginner class, and Ashley has taken on the duties of teacher for the junior kid’s class.

A recent homeschooled high school graduate, Ashley has taken her passion for clogging to new levels by not only teaching the kids but also writing about clogging. “I love to dance and listen to the music and the sound of the taps,” she said. “And I love to teach because it’s really fun. I like to share what I know, and the kids are very respectful.”

Ashley does an excellent job, as observed by Linda, “The kids are just like sponges soaking up everything,” Ashley says.

Teaching does bring on extra challenges, however. “Sometimes, I get tongue-tied,” Ashley said. Learning a song by herself so she can teach it is difficult since she cannot rely on group effort for help.

The Corsicana Cloggers have come from different communities, different backgrounds and are multigenerational, but they have become a family and team. “You’re not going to get it right at first. You just have to keep doing it and, at some point, you’ll get it,” Eddie advised. But Eddie, Linda, Ashley and Helen will be there encouraging newcomers into their family. **NOW**

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A House of Character

— By Virginia Riddle

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Jack and Lynn Brittan



Gnarly, scored and scraped bare to reveal its heart, a character log rises magnificently from floor to soaring ceilings and defines the strength gained from combining many different woods and rock into an architectural design that is a work of art. Hal Borland, an American novelist and naturalist, stated, "If you would know strength and patience, welcome the

company of trees.” Surrounded by the beauty of Lake Richland Chambers and lush landscaping, Jack and Lynn Brittan not only welcome the company of trees, they have transplanted their lives into Navarro County just as surely as their character log stands strong and proud after having been transplanted from its native forest. “I wanted to build something that looked like it belonged on a lake,” Jack stated.



Now married for 43 years, Jack and Lynn had lived a life of moving and traveling, due to Jack's position with the Burlington Northern and Santa Fe Railway (BNSF). St. Paul, Chicago, Houston, Seattle, Boise and Fort Worth were all cities of call for their family, which included two children who still live in Houston and Chicago. “We started dropping off kids as we transferred,” Lynn said laughingly about their children's choices. Jack's position enabled him to travel the world. Lynn's skills as a nurse proved useful no matter where they lived. Additionally, she has enjoyed sharing her French fluency, as well as her French family heritage, everywhere she has lived.

An advertisement in a 2005 Colleyville newspaper enticed the couple to look

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southward for a lakeside location on which to build their retirement dream home. They bought about three acres and began working with David Langford, of Langford Construction in Burleson, who designed and built Jack and Lynn's dream. There were lots of changes," Jack said. Creating great art while building a home demands the kind of patience that trees exude. On October 8, 2007, their son's wedding anniversary, the character tree welcomed the couple home.

Jack and Lynn greet visitors and family as they arrive via the front circular drive, since the alarm has already been sounded by two enthusiastic Airedales. Dixie Lee and Chase, named for Chase Bank where they found him wandering, are the couple's two rescued dogs. "Thank God, we didn't drive by Wachovia Bank," Jack laughed.

Beyond the etched-glass front door is a breathtaking view through the entryway, past the character log and



magnificent rock fireplace topped with a western mountain cedar mantel to the lake beyond. The ceiling's white pine log beams define the straight path. Visitors quickly discover that the awe-inspiring architecture acts as a backdrop for Jack and Lynn's extensive western art collection, beginning with a watercolor by Buck Taylor, who played Newly O'Brien on the TV series *Gunslinger*.



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Two oil paintings and a bronze sculpture purchased at the Pearce Museum, where Jack is a docent, compliment the watercolor.

Milled lumber mixed artfully with traditional logs creates the yellow pine tongue-in-groove patterns in the soaring living room ceiling, as well as the walls and ceilings in other rooms. Paintings, bronze sculptures, pottery, Indian baskets and maple floors surround the comfortable seating area, while Dixie Lee's toy box lies under the graceful and art-lined arched staircase that rises to the second story. "The dogs are so spoiled," Lynn said.

The heart of this art is the kitchen with its ash cabinets. The dining room table, around which friends gather for holidays, is highlighted by natural light from windows and skylights that are adjusted automatically for sun or shade. "A lot of our friends don't have kids here. We collect all of them. The table accommodates everyone," Lynn explained. A breakfast bar with tooled leather seating can handle any overflow of guests. Hung above the table are aerial photos of the property.



Conveniently, one guest bath opens to the living room while another opens to the kitchen. Jack's grandparents' desk, upon which he did his homework, occupies one of the two guest bedrooms.

Built-in cabinets, functional and beautiful, provide workspace in the office. Art in the room exemplifies Jack, the Marine, and his career with BNSF.

The restful colors on the master bedroom walls frame paintings of Spanish missions. "When the TV goes off, the dogs head for their beds," Jack

said pointing to the two doggie beds. The master bath features his-and-her closets with built-in dressers, an elevated shaving sink, marble enclosed shower and a whirlpool bath. The two-story ceiling allows for an "art shelf."

A TV room that is a loft to the living room opens onto a front balcony. "We can sit there and see water on both sides of the peninsula," Jack said. Another guest bedroom and half bath complete the second story.

Jack and Lynn enjoy their country atmosphere, while sitting in the rockers on the oversized porch that wraps the home. "It helps with the A/C," Jack stated. The patio features a rock fireplace and planters that overlook the boathouse, which offers seating and a sundeck. A bridge over an arroyo completes the tranquil setting, which is down lit from the trees at night. "I knew what the bridge would look like before I knew what the house would look like," Jack said.

The lake atmosphere attracts birds year-round, and Jack and Lynn enjoy watching the ducks that swim under the boat house. They are also amazed at the wing span of the owls that share the property with them. "The only thing I miss is being 15 minutes away from a major airport," Jack said. Lake life suits this couple with its less crowded, more open atmosphere. "Ours is the largest lake in the state," Jack said. And in Texas, that is saying a lot.

The quiet country life is nice, but Jack and Lynn are also active as volunteers with Meals on Wheels, Corsicana Newcomers Club, Relay for Life and the Lakers. Jack serves as president of their homeowners association, and the couple enjoys season tickets at the Warehouse and Palace Theatre. "Lynn thought she was going through mall withdrawal," Jack revealed.

However, like her character log, Lynn has adapted. "It's an adventure now to get the girls together for shopping. People are so nice here," Lynn said.

Traveling the globe is still part of Jack and Lynn's life, as well as visits to see their son's family, which now includes two grandchildren, and to their newly married daughter. Always though, friends, neighbors, dogs and the character log will stand ready to welcome them back. **NOW**

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God Is in the House

— By Randy Bigham

An inspiring education alternative is being explored by local families hoping to merge their faith with the education of their children. A unique organization geared to promoting the growing trend of home-based study is a popular clearinghouse for understanding more about this academic option. The Navarro Christian Homeschool Association (NCHA), founded in 1997, provides countywide information,

Kim Barrios and her children.



support and social activities for more than 50 students and their parents who have chosen a religious, home-based substitute for mainstream secular curriculum.

In today's economy, the cost effectiveness of homeschooling is seen by some as a viable option for obtaining a private education for their children. "Homeschooling is now an option

for people who otherwise wouldn't have considered it," explained NCHA member, Barbara McDowell, who has educated her children at home for the last 10 years.

"It brings the family closer together and allows us to instill in our kids the biblical values we think are important," agreed fellow member, Sharla Smith, a former private school teacher whose children have been taught at home for 12 years. "The experience also motivates kids to be independent, which prepares





them for college life and the workplace.”

NCHA Vice President Kim Barrios, whose kids have been homeschooled for six years, agreed that a God-centered learning environment was what prompted her and her husband to choose this education alternative. “My kids started in the public school system,” Kim acknowledged, “and I had no problem with the school they went to or with the teachers there, but we wanted to raise our kids with a Christian foundation and felt that homeschooling was the way to go.”

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In addition to the appeal of a faith-based curriculum, members are attracted to homeschooling for the opportunity it permits for parents to directly oversee their children's academic progress. "Being able to be a part of what our kids are learning every day is important," Barbara said. "Having control over what they're taught and over the environment they learn in is what makes it ideal for our family." Barbara feels she is able to challenge her son through their home program, where he receives reinforcement and can apply added emphasis to subjects of special interest.

NCHA members agreed that homeschooling's most enticing bait is the freedom the program brings to education. "You can make up your own schedule," Sharla pointed out. "If you want to take off a couple of days, you can make up the work later. You can start when you want. You finish when you want. If we decide to go on a trip, we can take class work with us."

Barbara concurred. "We go on a lot of sightseeing trips to learn about history," she explained. "We have been to many major sites on the East and West coasts. Letting the kids see where history took place is great, and with more time at our disposal than the two or three months of summer break, we are able to do those things."

A wide variety of formats and supplementary subjects are available to parents who teach their children at home, and families are permitted to obtain curriculum materials from outside sources or develop their own. Children can learn in the home of

another parent or take instruction from a tutor who visits to administer all or part of their courses.

According to the Homeschool Legal Defense Association, Texas law states "homeschools must be conducted in a bona fide manner, using a written curriculum consisting of reading, spelling, grammar, math and a course in good citizenship." School district officials have the right to make inquiries to determine that school-age children are enrolled in a private, parochial or homeschool.

The children themselves believe the best part of homeschooling is the sense of autonomy they gain from having a say in how their education is managed. Sharla's 18-year-old daughter, Dallas, a soon-to-be graduate, believes the program has afforded her greater self-assurance. "I know who I am, and I'm confident in that," Dallas said. "Being schooled at home makes you discipline

"Being able to be a part of what our kids are learning every day is important."

yourself. You learn to get up on your own, do your homework or tests and not have to rely on your parents to keep after you about everything." Every family sets the schedule for their own children.

When asked for their response to critics who contend that homeschooled children are hindered in their social development, NCHA members insist that hasn't been their experience. "I'd say come meet my kids!" laughed Kim, who added that her children are well-adjusted and maintain positive relationships with friends culled from church and NCHA activities.

Barbara chimed in that her kids are active in extracurricular activities, too. "They are in 4-H. They're on swim teams. They take piano lessons and participate in church outings," she said.

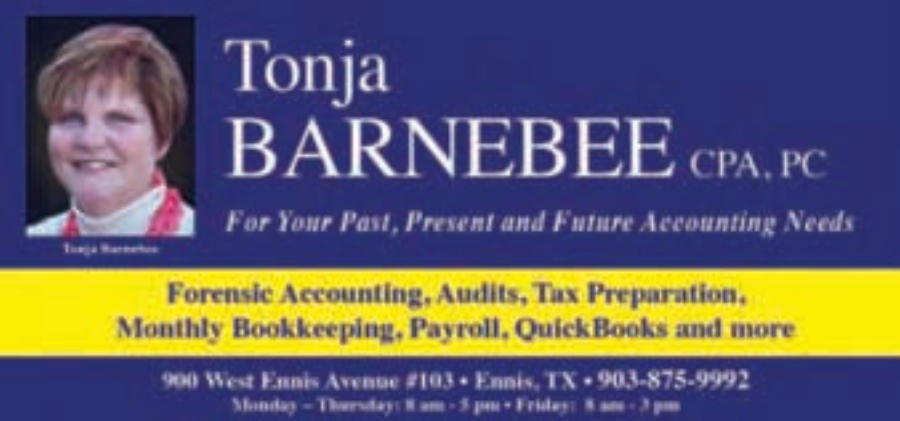
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well as Barbara's, are even involved in volunteering and charitable work, and serve rotations with the Red Cross and food pantry, among other community-oriented programs. Members feel that negative preconceptions about homeschooling are less and less prevalent. "People aren't as leery anymore," Kim said. "The stereotype of a socially isolated family, refusing to let their children out of the home, is a thing of the past."



Kim Williams poses with her daughter Rain.

NCHA families claim homeschooling helps their children handle peer pressure. “Our kids are not perfect, and neither are we. Kids will mess up. We all will,” Barbara said.

Character-building is as important to NCHA families as teaching science or history. “Integrity is an asset we hope our kids will learn,” Sharla said. “They are learning not to conform to group pressure when something is morally wrong. Standing up for what they believe is right is a major lesson.”

Parents are unanimous in crediting NCHA with providing a vital support system. “The families depend a great deal on each other,” Kim stressed. “If I hit a snag during a course, I can call up one of the other parents and get help and encouragement,” Sharla said. She’s similarly indebted to the group for giving her the tools to strengthen her kids’ minds and souls. “Every day is a lesson on how to live a good life.” **NOW**

For more information on the Navarro Christian Homeschool Association, call J. C. Goodnow at (903) 874-6904 or e-mail 7goodies@hughes.net.

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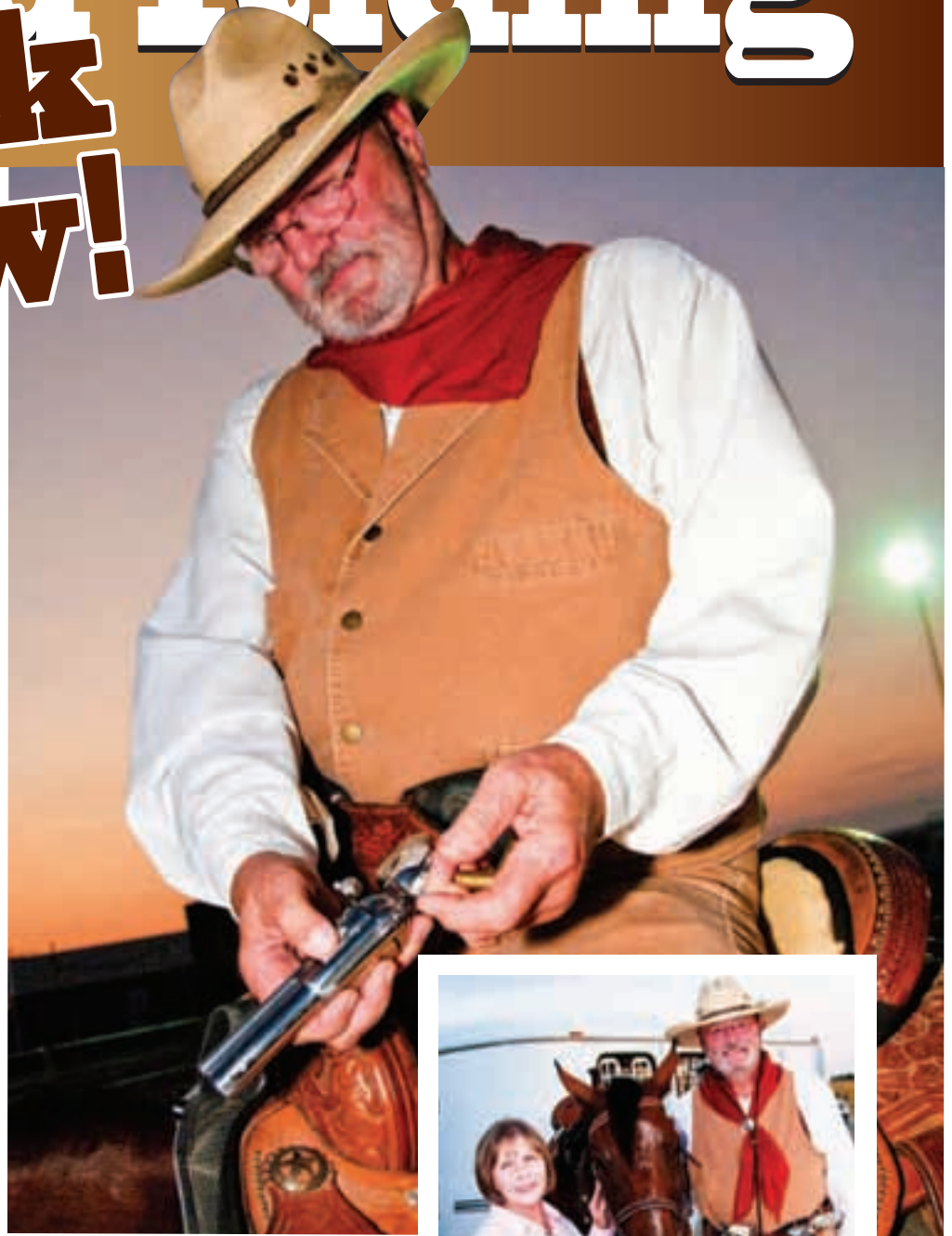
— By Virginia Riddle

Living their dream is what Ron and Peggy King are doing these days. Their dream began when Ron was watching a relatively new equine event on television a few years ago. That sport — cowboy mounted shooting — prompted this lifetime cowboy and hunter to add the event to his “bucket list” of things to accomplish within his lifetime. He now competes on a national level and has started a mounted shooting ministry at the Lone Star Cowboy Church of Navarro County. Most of the other items on his bucket list must wait. “There’s not time to do the others. This sport is very addictive. There is a shoot somewhere every weekend,” Ron said.

This “kinda-sorta” retired real estate investor and home builder hits the road to participate in shoots with Peggy, Shorty the dog and Thomas (or Tom) the horse in tow. He is currently ranked third in the nation, first in this region and is high-point performer in his local club, Texas Smokin’ Guns Club, in the Senior Level 1 Division. “I have been a game hunter most of my life and have always been in love with horses,” Ron said.

An RV capable of pulling Tom and his tack was almost mandatory equipment since Ron and Peggy spend many days on the road competing in different states, sometimes with back-to-back competitions.

Ron and Peggy’s enthusiasm for the event has spilled over into organizing the mounted shooting ministry for their church. “We put on a program last spring to get it [the ministry] started,” Ron said.



Peggy and Ron King are having fun with their mounted-shooting hobby.

The program included a demonstration from club members. With two years of winning runs to his credit, Ron said, "I can show folks what I know. I'm not a trainer, but we want to work with everyone and open the doors to the church." The ultimate goal is to introduce the sport to other churches that will start a team and combine the church teams into a club for competitions. "I think it can be developed," Ron stated.

This equine sport, like most, requires training and practice. About 80 percent of the training focuses on horsemanship,



"The No. 1 rule is: You must have fun!"

while 20 percent of the time is spent in shooting practice. Ron "looked at" this sport for more than a year prior to training with a professional trainer for six months.

While western clothing is required, riders can also dress in 19th century style western clothing, which Ron chooses to do. The weapons of choice are .45 caliber single-action revolvers which were popular during that period. The brass cartridges are called .45 caliber Long Colts and are loaded with black powder that will break balloons up to about 15 feet. Riders compete with two revolvers, each loaded with five rounds of cartridges. A pattern of barrels, gates and balloons on poles is set and riders must shoot as many balloons as they can while making their runs in this timed event. There are more than 50 patterns that can be set using not only the path but color

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of balloons to determine the pattern. The riders earn penalties for any missed balloon, dropping of a gun, not running the pattern correctly or, of course, falling off the horse. Accuracy is usually more important than speed. "You have to have the desire and ability to do four different things all at one time and be able to tune out everything — even the music. It's a real adrenaline rush! I am really satisfied when Tom and I communicate well," Ron said.

This is one of the fastest-growing equine sports in the world, but challenges abound. Not every horse is suited to this event due to the shooting element. Participants must acclimate their horses to the gun fire and balloon-popping noises. Horses are tied to trailers for a while to just watch and listen. Fees must be paid for each shoot. Tight-fitting holsters must be bought or custom made. Patterns must be memorized and





Misty Thompson practices her shooting skills.

reviewed, and then there are injuries with which to contend. Ron “took out” a panel while looking at a balloon and had the gate fall on him. “When I got up, I had a mouth full of dirt,” he remembered. He also was “banged up” a little. “I climbed up and shot again,” he added.

There are other riders who are ready to ride Tom. One such rider is Misty Thompson, a local Marine and former barrel racer. The Marine Corps taught her accurate marksmanship. Many people, however, are just curious. The first night about 15 people showed up at the church’s arena, but the numbers have grown since then. The church invites everyone. “Come out and hang with us. Someone will help [you] out,” Ron said.

That friendly invite extends to major events. “This is a family-oriented sport. There is a class for everyone,” Ron said. Preteens can shoot, and teenagers to



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senior adults can participate fully. "There are three different generations of families that shoot at some meets," Ron revealed.

Even when on the road, Ron and Peggy attend the cowboy church services held at each meet in which they are competing. These former members of larger, more traditional churches have found that they enjoy the cowboy church concept. "I saw an ad in the newspaper and decided I wanted to know what a cowboy church was," Ron said, as an explanation to how the couple started attending Lone Star Cowboy Church. "I get to sit on Thomas and listen to the



preacher," Ron said laughingly. "This ministry reaches out to the community. It's a special ministry that is unique," Charky Marquis, pastor of the Lone Star Cowboy Church, said. The church has a list of 10 rules that must be followed by every participant in mounted shooting. The No. 1 rule is: You must have fun! "That's the most important rule in my mind," Ron said.

Having a partner who supports you in the sport is also important, and Peggy does just that for Ron. "Without her, I couldn't do this," Ron said. Peggy is Ron's go-to person. "I video all his runs, plug the tapes into the computer, and he can critique himself immediately," she said. Peggy knows the patterns well and is always there and ready with a first-aid kit.

With grown children, five granddaughters and their mounted-shooting hobby, Ron and Peggy follow their own advice to others — have fun. Ron, smilingly, revealed the one other item on his bucket list that he has taken time to achieve and enjoy. "I bought a Corvette at age 60, and I'm having fun now!" **NOW**

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— By Virginia Riddle

The blended aroma of citrus juices, herbs, spices and mesquite charcoal draws diners who are looking for an alternative to Tex-Mex food and fried chicken into one of the newest restaurants in town — El Pollo Regio. The location is only one of a growing number of sister restaurants in a chain with locations from Austin to Oklahoma City. The restaurant, with its distinctive, brightly colored decor, was founded in 1995 when Juan Jorge Bazaldua began serving his uniquely marinated chicken out of a trailer equipped with a large charcoal grill.

The scintillating scents of the marinade attracted hungry customers so well that Juan often sold out of the freshly grilled chicken before noon. Needing more space, he opened a brick and mortar location in Austin. The recipe has its origins in

Monterrey, Mexico. “There is no other chicken in town like this. Everything is grilled, except for the chicken strips. You can see the grilled lines in the meat,” Maria Rendon, manager of the Corsicana restaurant, stated.

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Family sticks together in tough economic times, and the staff at El Pollo Regio offers discounts on pricing to its family of customers in a variety of



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Great customer service is paramount to Maria and her staff. Diners' requests and comments are appreciated. "You need to get the food prepared and served the way you want it, because you are paying for it," Maria stated. "We serve a lot of food with each order, exactly the way you want it, so you leave with a smile. I take comments from the customers very personally, so that the next time they come, we will have improved in every way," she added.

El Pollo Regio offers catering services and a drive-through express window for convenience with take-out orders. Outside seating is also available. "We handle big orders for weddings, quinceañeras, family reunions and birthdays," Maria stated. Diners can even decorate the restaurant for special events.

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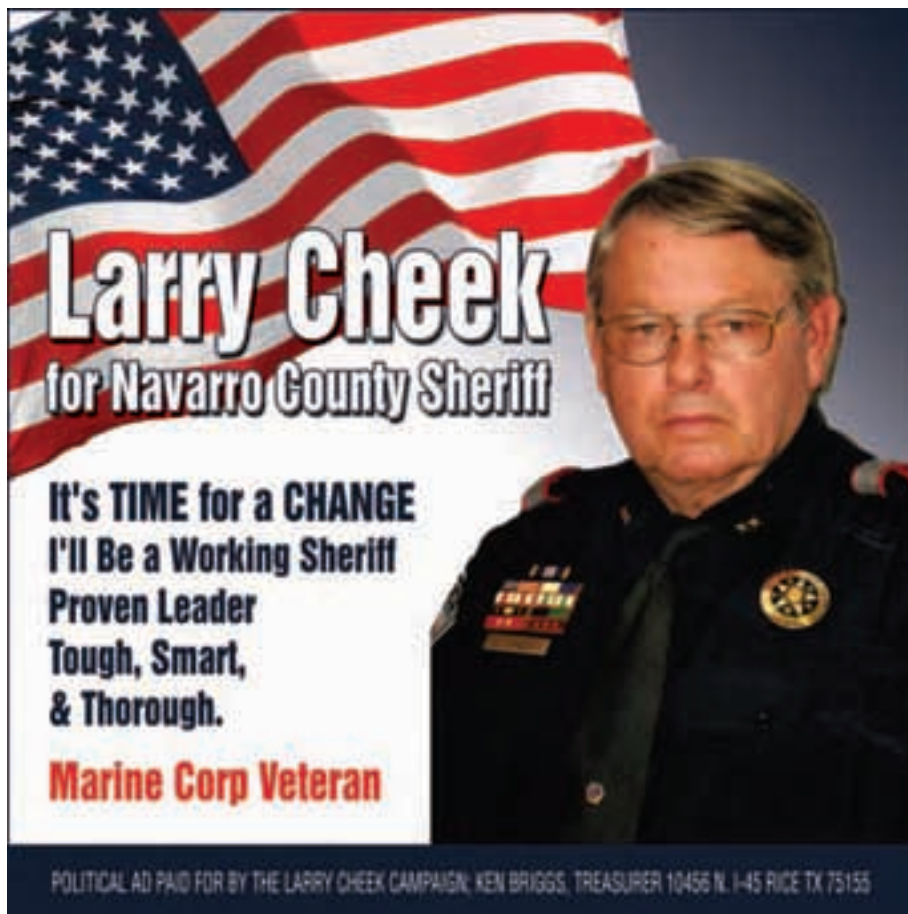
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Eat, Drink, Wash Hands and Be Merry!

Good habits help prevent foodborne illnesses

During the holidays, many celebratory gatherings involve food. For good cheer and good health, it's important to observe safe food handling and sanitation practices. Foodborne illnesses are a common, but preventable, health problem. Practicing good hygiene and knowing how certain illnesses are spread will help keep the holidays happy — and promote health year-round.

The bacteria, virus or toxin generally enters the body through the gastrointestinal tract by way of eating or drinking, or touching something and then putting the hands in the mouth. However, sometimes a foodborne illness develops due to a combination of factors: contamination of food or water, improper hygiene in a daycare center or a restaurant or improper food storage or preparation.

Symptoms

Common symptoms of a foodborne illness include: nausea, abdominal cramps, upset stomach, diarrhea and vomiting. Depending on the type of illness contracted, you may feel better in just a day or two, but some illnesses can take up to a week to run their course. Some people can become so ill that hospitalization is necessary.

Common foodborne illnesses

Illnesses have been eliminated over the years through improved food safety and sanitation, such as pasteurization of milk, safe canning of foods and disinfection of water supplies. Among the most common foodborne illnesses are:

- **Norovirus** (formerly called Norwalk agent) — also known as food poisoning or the stomach flu — is highly contagious and spread through contaminated food, water or by touching contaminated surfaces (i.e., doorknobs, faucets, kitchen counters).

- **Salmonella** is spread through raw food or feces. It occurs in high numbers in children under age 5, the elderly and people with compromised immunity. It is spread primarily through cross-

contamination between raw meats and prepared foods, as well as lack of proper hand-washing after handling a pet or going to the bathroom.

- **E. Coli** bacteria can spread through contaminated food, drinking water or swimming water (i.e., contact with urine or feces), undercooked meat, raw milk or dairy products and person-to-person contact (such as not washing hands after going to the bathroom).

- **Staph** (Staphylococcal food poisoning) is primarily caused by eating contaminated milk or cheese. Staph toxins are resistant to heat and cannot be destroyed by cooking. They are frequently spread by food workers carrying the bacteria and are present in foods prepared by hand that don't require cooking before serving: sliced meat, puddings, sandwiches and some pastries.

- **Shigella** bacteria typically spreads through person-to-person, hand-to-mouth contact, when basic hygiene and handwashing habits are inadequate. Food may also be contaminated by infected food handlers who do not wash their hands with soap after using the bathroom.

Fortunately, most foodborne illnesses can be prevented with good hygiene, proper food preparation and storage, and common sense. Frequent hand-washing is one of the best preventive measures to stay healthy. **NOW**

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

Sources:

Food Safety and Inspection Service, U.S. Department of Agriculture, www.fsis.usda.gov.
Centers for Disease Control and Prevention, www.cdc.gov.
WebMD, www.webmd.com.

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Set it and forget it? Not when it comes to insurance.

Many of us buy life insurance, put the policy in a safe place and never look at it again. Not a good idea. Why? Because life changes and as it does, so do your needs. It's a good idea to review your insurance and your financial goals annually. Changes in any of the following areas should trigger a review sooner:

- **Income** — Maybe you were recently promoted and you're now earning more money; perhaps you lost your job and along with it your employer-sponsored group term life insurance; or maybe you just got a new job after a period of unemployment. Any of these events bring with them changes that potentially affect you and your loved ones, so it's probably a good idea to review your life insurance.

- **Health changes, for better or worse** — Health is the primary factor that affects your life insurance rate, so any changes in your health should signal the need for a review. For instance, if you purchased term insurance and your health declined since you purchased it, you may want to check your conversion options. Converting your term life insurance into a permanent policy generally provides coverage for life, regardless of changes in health, including conditions that might otherwise make you uninsurable. On the other hand, if you quit smoking, lost weight or resolved other health-related issues since you purchased your policy, you may qualify for a

lower rate. Bottom line: Changes in health should trigger a review of your life insurance.

- **Family/martial status** — If your marital status changes as a result of marriage, divorce or the death of your spouse, you may want to consider a review of your life insurance. The birth or adoption of a child should also trigger an insurance review.

- **Beneficiaries** — Choosing your beneficiary and keeping that choice up to date is important. One of the advantages of life insurance is that proceeds payable to a named beneficiary pass outside of probate and typically are paid immediately. Naming your "estate" as beneficiary subjects the money to the probate process, which can be both lengthy and costly.

- **Term policy soon to expire** — Term life insurance policies are typically sold for specific periods of coverage, or terms. If you have young children or elderly parents who depend on you financially, your need for coverage may outlast your term of coverage. Converting to a permanent form of insurance is a way of extending your coverage, typically for life.

Life happens, and as it does, it's important to be sure that your life insurance is still appropriate. **NOW**

B. Kyle Ward is a Farmers Insurance agent based in Corsicana.

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November 3

Mary Peterson Child Care Center's Annual Free Thanksgiving Dinner: 6:30 p.m., Center's Cafeteria. Dine in or carry out. Call (903) 874-7091.

November 4

Celebrate Health With Diabetes: 9:00 a.m.-3:00 p.m., The Bain Center, Room 400 at Navarro College. Sponsored by Navarro Regional Hospital, Navarro College and the Texas AgriLife Extension Service. \$20 registration fee. (903) 654-3075.

November 5

The Corsicana Newcomer's Club Supper Club: 6:00 p.m., Harbor Inn, Lake Richland Chambers. Call Marge Oslick (903) 872-3508.

Black and White Event: 7:00 p.m., Cook Center. The Collins Catholic School PTC is sponsoring the Top Chef Competition. Enjoy great food and cast a ballot. Casino by Ante Up of Dallas and DJ music by Turn It Up. Dress it up, or dress it down, but the dress is black and white. \$50 tickets. Call Lilly at (214) 384-9707 or e-mail ptc@collinscatholicsschool.com.

November 10-13

The King and I: The Palace Theatre. For more information please call (903) 872-5411 or visit <http://www.warehouselivingarts.com>.

November 11

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert for lunch. Bring to follow. (903) 872-5411.

November 12

Navarro College Bulldog Pep Rally and SWJCFC Championship Football Game: 2:00 p.m., Tiger Stadium at Corsicana High School. Call ahead since rally time may change depending on game time. (903) 875-7543.

Shakers and Scrapers Car Club Cruise-in and Thanksgiving Food Drive: 2:00 p.m., Whataburger, 1709 W. 7th. Enjoy oldies music and a fun time of "hoesepower surrounded by steel." <http://www.shakersandscrapers.com>.

November 13

Jack Allbritton Fundraiser: 1:00 p.m., VFW on Hwy. 31. Barbecue luncheon, The Heat (live band), auction and raffle. Contact Jeanne Clemens at (903) 229-3433.

November 17

Navarro College PALS: 11:30-1:00 p.m., Cook Center. Ages 55 and over. Bring a covered dish or dessert; enjoy the fellowship of new friends. Call Misty Holloway at (903) 875-7448.

Big Bad Voodoo Daddy: 7:30 p.m., The Palace Theatre. Celebrate 90 years of theatre. Wear your best dress hat, spats or pearls to a dinner and concert. (903) 874-7792.

November 18

Corsicana Newcomer's Club: 11:00 a.m., Kinsloe House. Reservations required. Call Marge Oslick at (903) 872-3508.

December 3

19th Annual Jingle Bell Jog: Registration: 8:00 a.m. Race: 9:00 a.m., Corsicana YMCA. Visit with Santa and enjoy holiday music. (903) 872-2412.

VOICE Holiday Gala: 5:00-8:00 p.m., downtown Corsicana. Shop local merchants, sample gourmet holiday treats, tour classic Corsicana homes and enjoy the Christmas spirit. Limited tickets. Call Gina Dieterichs at (903) 872-0180.

Corsicana Christmas Parade: 6:00 p.m. For more information, contact Dennis Thornberg at (903) 872-2133.

Submissions are welcome and published at space allows. Send your event details to virginia.riddle@newmagazines.com.

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In The Kitchen With Gladys Espenson

— By Virginia Riddle

One of Tom Espenson's first gifts to his wife, Gladys, was a book, *Everything You Ever Wanted To Know About Nutrition But Were Afraid To Ask*. Already "an OK cook," Gladys began to focus on eating better. She is an organic gardener and cooks with whole grains and custom-milled, whole-wheat flour in a well-equipped kitchen. "I like to cook with Tom. Either he is helping me, or I'm helping him. We surprise ourselves! We can whip up a gourmet meal in 30 minutes," she laughed. Baking bread is a favorite activity. "We are always trying to make that perfect loaf," Gladys stated. The couple still enjoys desserts. "We just don't overindulge," Gladys said. **NOW**

Fresh Bread

Day 1

Bread Dough:

6 cups bread flour
1 1/2 cups whole wheat flour
1 1/2 Tbsp. yeast (or 2 pkgs.)
1 Tbsp. salt
3 3/4 cups warm water (about 100 F)
Cornmeal

Seed Topping Mix:

1 Tbsp. sunflower seeds
1 Tbsp. flax seeds
1 Tbsp. sesame seeds

1. Make bread dough by placing all ingredients, except cornmeal, into a large plastic container and stirring until

thoroughly blended.

2. Loosely cover container with lid. Leave on a countertop for 2 hours.
3. Move container into the refrigerator.

Day 2

1. Sprinkle a generous amount of flour onto countertop.
2. Sprinkle cookie tray (without insulation) with cornmeal.
3. Remove bread dough from refrigerator.
4. Cut off a piece about the size of a grapefruit and shape into a ball. There is no need to overshape or knead it.
5. Place ball onto cookie sheet and let it rest uncovered to double in size (60-80 minutes, depending on the ambient air temperature and humidity).
6. Brush top of ball with water. Combine seeds and sprinkle on top of ball.

7. Cut top of loaf with a sharp knife, and put loaf into the oven to let it expand for 30 minutes before baking.
8. Preheat oven to 450 F. Note: If a crispy crust is desired, place a pan with 2 cups hot water on the bottom rack of oven.
9. Bake 45-55 minutes on middle rack until bread reaches an internal temperature of 200 F.
10. Cool before cutting.

Zucchini Bread

Dough:

1 cup vegetable oil
2 cups sugar
3 eggs
2 tsp. vanilla extract
2 cups raw zucchini, grated
3 cups wheat flour
1 tsp. baking soda
1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 cup pecans or walnuts, toasted

Topping:

4 oz. cream cheese
2 Tbsp. butter, softened
3/4 cup powdered sugar
1/2 tsp. vanilla extract
1/2 cup toasted pecans or walnuts, roughly chopped

1. Make dough by adding oil and sugar to a mixer and mixing for 1 minute.
2. Add eggs, one at a time; beat for 30 seconds after each egg.
3. Add vanilla and zucchini.
4. In a separate bowl, mix next 6 dry ingredients. Blend in nuts. Add to oil and sugar mixture, 1/3 at a time, stirring on low until mixed.
5. Spray interior of Bundt pan with cooking spray and coat with flour.
6. Pour mixture into pan and bake at 350 F for 50-60 minutes. Lightly tent foil over top of bread, if it starts to get too dark.
7. Make topping by adding cream cheese and butter to a mixer and mixing until smooth.
8. Add powdered sugar and vanilla extract.
9. Stir nuts into cream cheese mixture and spread over top of cooled bread.

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