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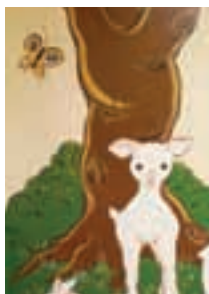
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On The Cover



A section of the mural
Dawne Stewart painted for
Northwood Baptist Church

Photo by Terri Ozymy.

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EDITOR'S NOTE

Dear Readers,

I always feel optimistic at the start of a new year. I feel like good things will surely be happening in the wide open days to come. Are college students having trouble finding jobs? Not the students at Navarro College. Read how the Career Center programs get students on the path to a career.

In a sports loving town, it is always good news when a team wins a first place trophy. The Puma soccer team did just that last year, and they are on the way to doing it again this year.

A town is always richer when it celebrates an artist like Dawne Stewart, who creates beauty we can all enjoy, and when good people like the Gordons make us welcome in their home. Let's celebrate the coming year with a feast from Indonesia prepared by Carmen Taimanao.

Happy New Year Everyone!

Joan Kilbourne

CorsicanaNOW Editor

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Have *a* Plan

— By Joan Kilbourne

The Career Center at Navarro College looks like the place to go if you need a job while you are enrolled on campus. However, if you spend even a few minutes talking with one of the advisors there, you will begin to see that the Career Center offers more than job listings — much more. If you meet Sina Ruiz, the director, you will discover that they offer a comprehensive program of support that reaches out to students from middle school through college.

Some children know from their earliest years that someday they will be a nurse, a fireman, a lawyer, an actor, a mechanic. Whatever their goal, they move through school taking courses that prepare them for the career they have chosen. Many other students, however, have only a vague idea that somewhere in their future they will finish school and get a job. They focus in high school on making friends and joining clubs and sports teams. They enter college at the urging of their parents and graduate wondering, *What now?* Unmotivated, unable to see purpose in their classes, these



Cristina Guardado, Danielle Pillans, Sina Ruiz and Lori Snodgrass work to help students keep moving toward their career goals.

are the students who are most likely to drop out of school. Even if they finish their studies, in today's job market this approach simply will not assure success.

An extensive study commissioned by the U. S. Department of Education (DOE) looked at the dropout problem and made some recommendations. Basically, they urged students to "have a plan and start early." They urged educators to help students identify their own life plan and help them to keep moving successfully toward the goal. They further recommended that educators develop a pipeline from grade school through high school to college and business. The Career Center staff works diligently to implement these recommendations. The staff recently made a presentation to 200 middle school students urging them to think about attending college. Sina said, "We tried to tell them they can have fun in college, where they can join a choir, be in a theater group, join clubs and enjoy sports. We want them to be thinking about college even before they enter high school."

Sina advised, "There are Internet programs to help students and their parents begin to plan for a career and get acquainted with the steps students need to take to prepare for the career they choose. Even middle school students and their parents need to answer such questions as: Where are the jobs? Where do I want to be in five years? What work do I like to do?" An online program called the Kuder Career Planning System (kuder.com) is designed to help students from elementary to college level to explore education and work opportunities. "We use the Kuder

Journey program, which is designed for college students, to help them focus and make realistic goals for themselves. There is another online program at Get a Life Texas (www.getalife.tx.gov) that helps students and parents look at life goals and do a reality check on the amount of income that will be needed for them to enjoy the lifestyles they have in mind. The site also includes information about which careers will produce the necessary income to support their choice.

The DOE study recommends that students be made aware of both an academic path through college and a technical preparation path leading to such technical careers as accounting, agriculture tech, legal assistant, paralegal, business and computer information technology, business administration, criminal justice, child development, multimedia technology and industrial maintenance. "We tell students that even in middle school such classes as keyboarding and other tech prep classes count for college credit," Sina said. "High school students heading for technical fields can take advantage of dual-credit classes, advanced placement and tech prep classes that count for college credit. When a student has a specific goal in mind, he or she will put more effort into doing well in the classes they need to reach the goal. Having a picture of their future gives a student a reason to stay in school and graduate."

Sina grew up in Corsicana. "I was always good with numbers," she said. "I got an AA degree in general studies, but I saw that I had nowhere to move up without more education. I earned a B.A.A.S. at Texas A&M University-Commerce here at Navarro

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College, and then I worked on an M.B.A. degree online while I was working full time with The First Generation Student Program. I became the director of adult education then, and I supervised the GED and ESL programs.”

Sina uses her own career success to encourage students. “All of the staff here are advisors,” she said. “Students may not know where to start when they think



about coming to college. We point the way. They can come chat with us, and we’ll help get them started. It’s daunting to deal with registration, financial aid and choosing classes. We change people’s lives. One of the advisors is deaf, and her ‘I did it, so can you’ inspires students who are anxious that they won’t be able to manage college life and college courses. We push them to go higher and tell them about all the support that is available. We have tutors available, and at night students can go online to access tutorials.”

“We tell students that even in middle school such classes as keyboarding and other tech prep classes count for college credit.”

As graduation time nears, students are encouraged to take advantage of classes on how to do online résumés, what to do at career fairs, how to dress and how to interview. “We have a fashion show with donated professional clothing from the faculty. We go to different Navarro College campuses to do workshops where students can practice these job seeking skills,” Sina said. There is a Career Expo we sponsor with the Chamber of Commerce where business owners and

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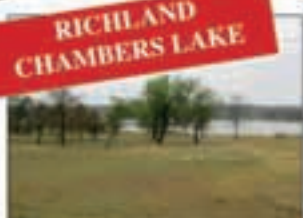
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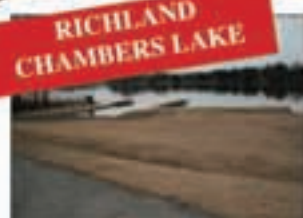
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industry representatives talk about what they are looking for in employees. "The Faculty Advisory Committee meets with employers to keep themselves aware of employer needs," Sina said. The instructors



"Students may not know where to start when they think about coming to college. We point the way."

know the students' capabilities, and they act as intermediaries. The Career Center staff tries to help the advisory committees, and we keep track of job openings in the industries represented in campus departments like oil and gas, welding and industrial maintenance.

"This is the most fun job in the world," Sina said enthusiastically. "I taught orientation before and loved it. I love teaching, and I think about getting additional hours so I can teach economy and finance classes. I know about being a director of a program and how the budget process works. Now I want to understand from the perspective of the faculty." Sina has a new plan. **NOW**

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Playing With Heart

— By Virginia Riddle

Sunday mornings in Corsicana during the fall and spring seasons of the year typically sport beautiful weather of which the Puma Soccer Team takes full advantage. Whether playing on the South 17th Street field or at Lake Halbert Park, the cheering of the supportive crowd for the quick, cat-like moves of the players fills these otherwise quiet mornings. Since 2003, Coach Bernabe Martinez has led this team of teenage and young adult men to win a Division II and then a Division I Championship. “Whether we

win or lose we are together, unified as a team,” Coach Martinez said.

Obviously, winning championships is not new to this team, and they proudly wear their navy, gold and white team colors. Team members include Hugo Avitia, Ruben Calvillo, Ricardo Falcon, Beto Jasso, Tomas Luevanos, Israel Martinez, Alex Mercado, Victor Ramos, Jorge Rico, Elpidio Rivas, Vicente Rojo, Salvador Sacio, Jose Luis Cantero, Jose Valles, Jonathan Avitia, Julio Romero, Oscar Garcia, Jay Manley, Carlos Becerra and Victor Uruguayo. Team members are also quick to mention Juventino Sanchez, who is currently the kicker for the Navarro College football team, as a key player and starting goalie two years ago. Jose Marin, who coaches soccer at Corsicana High School, acts as an

assistant coach for the Puma Soccer Team.

Center mid-fielder Ricardo Falcon reflected on Coach Martinez’s efforts, “He’s doing this for a good cause. He keeps the young people from drinking



and getting into trouble. He's making a big impact." The players agreed that the camaraderie, exercise and team cookouts have been very beneficial. Family members show their support by coming to every game during season play as well as special tournaments the team plays against the other two Division I Corsicana teams. They also travel to Athens, Hillsboro, Palestine and Tyler for competitions against the best teams of those cities. "We can be with our families," Ricardo said.

Winning takes practice, and this team practices twice a week for three hours each time. "That's why they don't have any stomach; they lose it; they run and run. They run all over the field," Coach Martínez said.

Lessons on and off the field have been learned. "All the losses we went through; we learned from all of them. We have finally beaten all the teams that beat us. We were ready for them," Ricardo remembered. "We all want to win. We put in the hard work," Ricardo said. "You really show your hard work when you win. Players get disappointed when they are pulled out of the game, but Coach Martínez tries to be fair with everyone."

Establishing a winning tradition takes time and effort. Recruiting for the team is strictly by word-of-mouth. The team has no Web site and no financial sponsors or fundraisers. Players and their families have to totally fund the travel, referees, equipment, uniforms and the association and tournament fees. When Coach Martínez, Ricardo and player Israel Martínez started adding the costs, they agreed to a figure of about \$500



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per player, per season. "Everyone is committed; you stay in the program," Israel said.

Israel knows first-hand that injuries can be the highest price to pay as a soccer player. Coach Martinez still agonizes over the day that Israel, who is also his son, sustained injuries to his leg that have required surgery and a lengthy rehabilitation period. "It was cold that day. I got hit from behind, and I knew that I was injured too bad to get up," Israel remembered.

Ricardo added, "Every time Israel gets hit hard, he gets up, but this time he stayed down. He was really hurt."

Israel, a former 2nd Team All-District soccer player for Corsicana High School, is spending his rehabilitation time attending classes at Navarro College in preparation to become a fireman. "It's hard to stay in a routine and stay in shape," Ricardo said of Israel's long rehabilitation period.

Ricardo, now 25 years old and an employee of Cargo Craft, started playing soccer in his home state of California when he was 8 years old and continued playing through his high school years. A trip to visit friends brought him to Corsicana several years ago. "I came for a couple of weeks and ended up staying. It was calm and peaceful. It was too noisy in Los Angeles," he recalled.

Coach Martinez said, "Ricardo is very versatile; he can play every position. He's very fast and strong and likes to recover lost balls." Even though Ricardo would

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like to play as a forward, he follows his coach's instruction since his position has to keep possession of the ball and pass it to the forwards who then score.

Coach Martinez's love of soccer began at his childhood home in Jalisco, Mexico, and just as the puma migrated northward to the United States, he carried that love of soccer to Corsicana in 1980. Now a



naturalized U.S. citizen, he is a manager of Corsicana Cleaners. Jim Acter, his employer said, "He's a gentleman. He always tries to do the right thing. I'm really glad to have him." Jim also pointed out that even with limited English speaking abilities at first, Coach Martinez learned the complex job of dry cleaning and passed his exams to gain citizenship. Together with his wife, Ofelia, Coach Martinez has reared his own soccer team since all six of his children; Angel, Griselda, Joselyn, Sandra, Israel and Presciliano have played the game for Corsicana teams. "Everyone plays at the high school," Israel explained.

Whether working with his own children or coaching the Pumas, Coach Martinez pointed out that to be successful the players have to stop drinking and staying out late at night. He has to be very hard-headed at times, while at other times he must show great patience. Ricardo noted that the players must know their positions well and play just their position only. "You can't run all over the place showing off," he commented.

Just like the puma, which can run as fast as 45 miles per hour and jump 30 feet in order to capture its prey, these team members must be in excellent shape both mentally and physically in order to capture the soccer ball over and over again. As Ricardo aptly pointed out, "You must be intelligent and have heart." These team members, led ably by their coaches, have established a winning tradition of players who play with heart. **NOW**

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AT HOME WITH Fred and Jane
Gordon

Through an Artist's Eyes

— By Virginia Riddle

Modern architecture and a location on a quiet cul-de-sac belie the magical world that lies within Fred and Jane Gordon's home. Jane, who grew up in Albuquerque, New Mexico, has not only collected art from southwestern-style artists from several different mediums, but she is also an artist with great



talent. With their three cats, Dora, Mindy and Clare, keeping their almost-closed, sleepy eyes on her, Jane uses her artist's eyes to

create jewelry, magnificent photographs, knitted and crocheted lap robes and “Eyes of God,” otherwise known in Spanish as Ojos de Dios, which are used as wall hangings and mobiles. “Jane is quite the artist,” Fred said proudly.

Natural light is an artist’s friend, and Jane glowed in light streaming from the vaulted ceiling inserts in her living room as she displayed the lap robe that she was making for a local nursing home client through the prayer shawl ministry at their church, Immaculate Conception Catholic Church. Jane has bought and received donations of yarn and masterfully weaves the colors together using every bit of the yarn to make her warm and comforting lap robes. A shut-in herself for a few months following surgery, Jane found that her skills in knitting and crocheting the robes kept her busy and sped up her recovery.

A fire stove in the living room gives Jane an opportunity to use her artist’s eyes to create an exhibit of an okra pod rattle and gourds in her collection of Indian baskets, rocks and petrified wood, which she describes as “a little piece of New Mexico.” Overseeing the display is a statue of St. Francis, the patron saint of ecology. Jane has artfully framed and hung several watercolor paintings by the late Vera Nolan, which feature the red rock of New Mexico. Two photos taken by Jane of the couple’s trip on the vintage steam engine of the Cumbres and Toltec Scenic Railroad complement and frame a snowy New Mexico scene painted by Barbara Jones. “There was so much snow that it caused slipping on the tracks,” Jane recalled of that October trip from years gone by.

Jane has created space in nearly every room of her home for at least one intricately woven Eye of God wall hanging or mobile made from her yarn that she crosses over two sticks. The Huichol Indians of northwestern Mexico are credited with originating the tradition of presenting the central eye, woven by a child’s father, to the child at birth.

Another “eye” is then added for every year of that child’s life until he or she reaches the age of 5. The four points of the eye’s design represent earth, fire, air and water, which combine to give the eye the power to see and understand the unknown and unknowable. Jane weaves *Ojos de Dios* designs that are very complex and beautiful, some with as many

pottery bowls and a horse-hair basket woven in the design of a labyrinth. A Zuni Indian Frog Woman vase signed with a frog design by the artist is an example of an animal fetish believed by the Zuni tribes to hold great powers, especially with the spirit world. Statues of a storyteller and “Van Goat,” so named by Jane because he had lost an ear, bring



as eight points, but they are not spiritual.

More treasures lie within the china cabinet that graces the dining room. “I’ve just collected this and that,” Jane explained very modestly. Her most prized possession is a Blackware pottery bowl made by Maria Montoya Martinez and her son, Popovi, who lived in the San Ildefonso Pueblo of New Mexico. The original “Maria bowl” is joined by other

humor into the collection. Viewing the precious pieces Jane remarked, “It is like taking a little journey.”

A framed Navajo weaving in the hallway shows the various native southwestern plants that are gathered by the Navajos for use in making their dyes for the sheep’s wool. A woven Navajo saddle blanket decorating a nearby sofa utilizes many of the colors. In their guest bedroom, Jane



pointed out two of her early paintings — a pastel on black paper cubist-style city scene and a watercolor scene of the Chama area of New Mexico. “My mother framed them and gave them to me after she found them,” Jane said.

Jane’s photographs of Canyon de Chelley in Arizona enhance the colors of

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a blanket that she knitted and crocheted. Jane also uses many of these same colors in the beautiful southwestern-themed necklaces that she enjoys making. One unfortunate experience with prickly pear cactus has kept Jane from using that plant in her art. “I dodge that bullet now,” she laughed.

The couple uses another bedroom as an office and headquarters for Fred’s ham radio hobby, as well as his reading nook.



"I'm just very boring; I read a lot," he said modestly. A consultant now, it was Fred's position with Exxon that brought the couple to Corsicana, in 1981. Prior to



that, they lived in Dallas, where they met and married 32 years ago. Jane, a respiratory therapist, worked for Parkland Hospital in Dallas, Navarro Regional Hospital, in Corsicana and did some agency work prior to retiring. Originally an art major during her college years in Albuquerque, a professor talked her into training for a "real job" rather than becoming another starving artist — a decision that she has not regretted. Finding activities to fill their retirement years has not been difficult for the Gordons. "Women, especially, are like fresh red meat when they retire. I've had to turn people down, and sometimes they get mad," Jane said regretfully. Jane, however, does enjoy performing with her church choir and "The Bad Habits" as Sister Mary Dyslexia. "I can't quite get together with everyone else on the

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choreography, and people laughed, so we made my clumsiness part of the act,” Jane laughed.

As the cats “go fishing” among the baskets, Cookie, their dog, wanders into the house. “She’s what you would call a gently used dog. We got her from the pound after her owner had died,” Jane remembered. “She’s had to adapt to our cats, but she’s done pretty well. She’s outnumbered!”

Since their family members are scattered to the winds, Fred and Jane

enjoy living in their adopted central Texas city of Corsicana. “We feel safe here,” Fred said. Jane added, “Cast your bread on the water,” to which Fred quickly responded with wry humor, “And it will sink.” But as the cats’ eyes, the many



Ojos de Dios weavings and Jane’s artist’s eyes watched him, Fred added, “Home is where you make it, and we have made this our home.” **NOW**

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A Voyager's Tale

— By Joan Kilbourne



The most inspiring teachers are people who have curiosity, a willingness to explore new experiences and a passion for sharing their discoveries with others. They live like voyagers who are

ready to face difficulties on their journey in their eagerness to see what lies around the bend. Like a courageous voyager, Susana Contoya was not afraid to move from place to place, from one career

to another. Like all inspiring teachers, she delights in sharing what she experienced along the way, thus motivating her students to embrace the adventures ahead of them.

Susana grew up in Guadalajara, Mexico, a city she described as being a “slower, more conservative and traditional place than Mexico City ... that offers everything from museums and galleries to colonial architecture” and is home for the second oldest university in Mexico. The university was located far from Susana’s home, but education was important to her mother, who encouraged her to study and learn. When Susana graduated from high school, she took a job at a bank. “I thought it was a great job,” she said. “We had uniforms and gym privileges. I thought I would stay there a long time, but my friend kept urging me to go further. She said I needed to go to the university. I had no car, and it was a long trip to the edge of the city.” Here was a new adventure beckoning, and Susana began another voyage.

Susana earned her B.A. degree in international commerce at the *Universidad de Guadalajara*, Mexico, and after graduation, she began to work for an importing company. She moved again to a new opportunity when a company that made electronic motherboards moved from Florida to Guadalajara. “At that time, Guadalajara was like a Mexican Silicon Valley,” Susana said. The job was demanding of her time and energy. “Deliveries came late at night, so I worked late, too,” Susana added. “You were never on your own. Someone was always demanding quick answers, and you had to have the right answer at the right time. There was no time for yourself, even for those who had children. It was very competitive there. We learned that we were not only in competition with China, but we were competing with ourselves in other divisions.”

A company business trip to Memphis, Tennessee, in 2003, opened the door to another adventure. Susana visited a FedEx distribution center to see what they do. “I was impressed how busy they were between midnight and 4:00 a.m. to meet deadlines,” Susana said. “So many planes, boxes, people!” She also visited an elementary school in Memphis. “There were no bilingual classes, and I saw children sitting in the back of the room not understanding.” Their struggle was the inspiration to make yet another turn in her journey. Susana wanted to become a teacher, so she enrolled in a teacher training program at the *Universidad de*

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Guadalajara that was taught in English by instructors from the University of Michigan. "I was working and studying and preparing for tests every weekend for 18 months," Susana said. "I did not exist for my husband, Oscar. We had only two or three weekends a year that I was free to be with him."

A job fair in Monterey was the launching place for a journey to the United States. Corsicana Independent School District was in Monterey recruiting bilingual teachers. Susana was hired to teach a prekindergarten class at Carroll Elementary School, so she and Oscar moved to Corsicana. She is presently teaching two first grade classes with her team teacher, Kristin Pickett.



"There were no bilingual classes, and I saw children sitting in the back of the room not understanding."

Susana and the children are learning together to use new technologies. "We use electronic blackboards in the classroom now," Susana said. "The kids get impatient when I am trying to do something, and they show me how. They love it that they can move the window with their hands. It is a new kind of hands-on learning. We also have Smart Pens," she said shaking her head with wonder, "and the kids just know how to use them."

"It is a different world now," Susana said thoughtfully. "Sometimes parents come to me and say their kids have too much homework, that they have no play time. I tell them that this is necessary to compete in today's world, in the poor job market. They see soap opera stories on TV, but this is not reality. They need to read newspapers, to look around and think about how the children will cope. Can they cook or knit or do something that will make them different from others trying for the same jobs?"



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With this question in mind, Susana noticed a small group of children working to build a project at the Home Depot store. "I went to the manager and told him I would bring my whole class the following Saturday. They didn't believe me, and they admitted that they were surprised when I arrived at 9:00 a.m. with about 30 students and parents ready to make a spice rack. I took the girls, too, to learn they could use tools like the boys. I want them to be proud of what they are and of their culture and learn wherever they go that people are the same. Some of our children think they are not worthy of good things happening to them," Susana said. "They have lower expectations of success. I want them to fly every day!"



Everyone knows that teachers work outside of class time. "I take tests home from Friday test day," Susana said, "and I have to get them corrected to hand back on Monday or children are disappointed. Besides that, I have to do preparations for class." Somehow, this energetic lady finds time to volunteer with other teachers at Carroll Elementary to be mentors to older students in the STAR program. "I am good with languages," Susana said. "I studied German when I worked with a company that planned to affiliate with a German company. Five years ago, I learned Italian in a class that taught not only the language, but the literature, geography, history, food and to know the culture, too." Susana also likes to dance. "I go once a week to do line dancing," she said. "It is my time to do something for me."

What is next for this voyager? "I am looking for Nintendo games: the good ones like reading and geography. The kids feel like they are playing video games, but they are learning letters and numbers. The games work like a little classroom. My wish list? I want five Nintendo game systems for my kids." Spoken like a dedicated teacher. **NOW**



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When A House Is Your Canvas

— By Joan Kilbourne



Pablo Picasso once said, “Every child is an artist. The problem is how to remain an artist once we grow up.” Dawne Stewart has successfully made the transition to adult artist. She became aware that she had special talent for art when she was only 5 years old. “I lived in Houston, and I was in kindergarten in a Catholic School when the second grade nun asked me to come to her classroom to show her students how to make clay

birds like the ones I made in my class. I’ll never forget that. I knew that was pretty important,” Dawne said. “All through school, I had art classes and a lot of support that gave me confidence. All kids need a way to express themselves in art or music. That kind of confidence building helps in all aspects of their education. I continued to enter art projects in contests and win awards in the community while I was in high school.”



It was an easy choice to enroll in commercial art courses at North Texas State University (now University of North Texas), because Dawne understood she would have to be practical and be able to support herself. After graduation, Dawne set up a business of her own creating wearable art. Hand-painted clothing was popular then, so she had customers, but the kiosk located in the West End Market Place required long hours on the job. But then she met Glenn Daniel and her art career took a big right turn. "I thought Daniel was his last name when I met him," Dawne said. "I found out later that in Corsicana you are called by two names." It was not long before his real last name, Stewart, became hers and they moved to Corsicana.

"It started with murals," Dawne said. "I did a mural on a Peter Rabbit theme in my son, Austin's, nursery. Some neighbors



saw the Peter Rabbit mural and wanted murals for their children's rooms. It was the first commissioned work I did outside my job. I did a mural for the United Methodist Church nursery, and soon after, I had commissions to do murals in the Northside Baptist Church and the First Baptist Church nursery and

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hallways. I used a Noah's Ark theme, and the kids love the animals in that story." Dawne reflected, "I liked using my God-given talent to give back something to the churches. The most challenging mural was one I did on the ceiling of a solarium in a home. I was 20 feet in the air lying on my back on a scaffold. My arms would tingle from working over my head, and I would have to stop. It took about a month to complete that one, but I liked how it turned out.

I usually begin a piece with a thumbnail sketch," Dawne said, "and I draw a big mural on a grid so that I can get the scale right when I translate the sketch to a full-sized drawing. I like to use the same acrylics artists use to paint on canvas because the colors blend better than acrylic wall paint. That means I may use 25 big tubes of paint on a large wall." While she has not painted a mural in several years, she is planning one for the long walls inside and outside of the Banquet Room at the Remington Event Center. "I may use a Tuscan theme on one wall and perhaps a Texas country music history theme on the other. Corsicana is known for its oil heritage, but the city can also be proud of the many country music singers and songwriters that came from here.

"There are not many ad agencies in Corsicana," Dawne said, "so when I moved here, I took a job in the flooring department of a hardware store." One thing led to another, and a career in interior design took shape. "The most exciting project I worked on was a

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remodeling job in Telluride, Colorado,” she said. “I got to design condo units working with the owners and contractor to decide about lighting and wood stain colors. I even got to fly to Arizona to pick out granite. It was a showplace, and the condos are appearing in magazine features now.” In language an artist would use to describe a harmonious scene in a painting on canvas, Dawne described the kind of artistic eye she uses to design a harmonious room setting. “I have done some china painting on sinks. Sometimes, people have a definite idea of what they want in the design, and other times they count on me to guide them to put together the home they want. I have to consider the flooring, the wall color, textures, fabric and patterns that create the right atmosphere in each room.”

Dawne creates another kind of mural with hand-painted tiles and backsplashes in the kitchens of people who want special designs to match a theme in the room. “Once I painted a big 16-foot by 24-inch piece of travertine that was framed in a stone edging and set in the wall behind a stove,” she said. “People choose fruit and vegetable designs or a wine theme or even a design that matches their china pattern to make their home unique. Their home is their sanctuary, and I like helping them to make it a comforting place to be.

“I love what I am doing,” Dawne said, “though it is sometimes hard to juggle the time I want to spend with my four children.” Raine is 5; Ian is 6; Skye is 15 and Austin is 17. “I started painting a canvas of Skye and Ian when Ian was 6 months old,” Dawne admitted. “He is 6 years old now, and it is almost finished.” She added, “It is also hard to end a job where I have worked closely with someone. I feel like I am losing a friend.

“Art is my passion, and I want my children to find their own passions.” Is there another artist in the family? “Well,” Dawne said, “Recently Raine (we call her Rainbow) took a new box of crayons and drew great big circles, as high as she could reach up the staircase wall and down the upstairs hall of my sister’s brand new house!” Could it be that Raine has started her art career with murals the way her mother did? Raine did her work on a volunteer basis, but there is still time for her mom to share with her what she knows about being a working artist. **NOW**

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— *By Joan Kilbourne*

Tonja Barnebee is a model for the kind of success women can achieve when they work hard to educate themselves and use their people skills to build a support system. Tonja grew up in Blooming Grove, where her father was the mayor. "I was always good with math," she said. "I married right out of high school, but by the time I was 30 I was divorced, and I saw a need for more education so I could support myself."

Tonja earned a degree in business at Dallas Baptist University and went on to work for a CPA (Certified Public Accountant) degree at The University of Texas at Dallas. "I was working from 4:00 p.m. to 11:00 p.m. and attending classes from 8:00 a.m. to 1:00 p.m.," she said. The final examination for the CPA

license was spread over two-and-a-half days. "We took the exam without any computer or calculator," Tonja said. "Only a pencil was allowed. Mom was my babysitter all that time."

The need for additional education is ongoing. Tonja regularly attends two-day classes in ethics and business and individual taxes. In 2008, she attended classes in San Diego to study forensic accounting. "It's a kind of audit," she explained. "I investigate suspected accounting problems."

For 15 years, Tonja built up a business in Corsicana. She does audits for schools and nonprofit organizations all over the state. "Clients feel comfortable calling just to ask questions or get help with QuickBooks," Tonja said. Many clients use this computer-

based program to record their financial records. When it is time for a quarterly or annual report, they can record the data on a thumb drive and bring it to Tonja, who downloads the information into her computer for review. "It is a big improvement over the days when people brought a shoe box full of receipts, although some still bring in Walmart bags full of paper," Tonja said.

This kind of cheerful service brought in an increasing number of clients until it looked like a good idea to open a second office in Ennis. Tonja credits her staff

"Clients feel comfortable calling just to ask questions or get help with QuickBooks."

for this success. Sharing an office with Gary Hayden was "a lucky fit," she said. "Coming up here [to Ennis] made the work fresh again. It was a new adventure to start an office here."

Tonja's husband, Tim, took some accounting classes in college and, Tonja said, "He did not like them very much. He studied marketing, and he worked in sales for a uniform company traveling over five states. When he retired he wanted to cook, so he took a week-long French cooking class. He had to buy a tart pan and learn how to cook lamb and duck. It's great," Tonja said. "He's a good cook." She must have used some selling skills of her own because Tim also uses his accounting background to work sometimes with Tonja in her office.

"We don't have any kind of spring break," Tonja said. "Tax reports are a specialty, and you need a tax person to help like you need a plumber for plumbing. When tax season is over we close the office and take a trip on a cruise or to a house in Santa Fe. We love cruises. It would be fun to own your own cruise ship." With Tonja's drive, there is a good chance you can go cruising on the good ship *Tonja* some day. **NOW**

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Winter Adventure

Ahh ... January! Time to grab the skis and head for the slopes! This is a great time to go skiing, and if you are looking for a winter adventure, Red River, New Mexico, just might be the place for you.

The town has two ski areas — the Red River Ski Area and Enchanted Forest Cross Country Ski & Snowshoe Area. The Red River Ski Area has 57 trails, a 1,600-foot vertical drop and is known for its skiing and snowboarding. The Enchanted Forest is New Mexico's largest full-service cross country ski area, with over 30 km of XC (cross country) trails, 18 km of snowshoe trails and 5 km of trails that are pet-friendly.

But Red River is not only about some of the best skiing, snowboarding, cross country skiing and snowshoeing in New Mexico. While checking out the beautiful scenery, you will find a variety of fun-filled activities for every age group. Children enjoy tubing at the ski area. Adventurists enjoy heading out for an evening snowmobile tour at the Red River Ski Area. There are 17 different restaurants from which to choose.

Main Street provides shoppers with great boutiques and fantastic shopping all located in one convenient place, and Red River has five live music venues offering a wide variety of entertainment.

After years of hard work and determination, the historic Red River Community House has finally been winterized so it can offer free family fun all year long. While the Community House has always been known for its extensive list of summer activities for families, winter guests can now expect guided snowshoe tours, line dancing, square dancing, CHILL programs for teens and young

adults and weekly international student fellowships.

Red River is the only ski area in New Mexico that has weekly fireworks and torchlight parades. This fantastic display of lights has become a "must see" for visitors throughout the winter season. Every Saturday, a group of gutsy skiers and snowboarders gathers at the base of the Platinum Chair to entertain the crowd with a rail jam starting at 5:30 p.m. Stick around until 7:00



While the Community House has always been known for its extensive list of summer activities for families, winter guests can now expect guided snowshoe tours, line dancing, square dancing, CHILL programs for teens and young adults and weekly international student fellowships.

p.m. for the torchlight parade and fireworks display. This incredible

show is best viewed from the deck of the Lift House Bar & Grill, where live music traditionally starts around 6:00 p.m.

Throughout the month of January, Red River offers bargain days where

you can enjoy uncrowded slopes and discounted multiple day lift tickets. The discount is valid on lift ticket purchases of three days or more. January also brings College Days specials. Students with a valid ID will receive \$35 lift tickets and \$15 rentals. College rival races, live

music and group lodging discounts are available as well. For more information, visit www.RedRiver.org or e-mail info@redriver.org.

Photos by Jeff Caven, courtesy of the Town of Red River.





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Santa drops by to see Grant and Lacey Randle.



Colby Randle celebrates her birthday with a smile.



Justin Ward and Cody Berry are ready to serve at 2 Doors Down.



Joyce Thedford and Kevin Thedford stop for a minute while at Dean Thedford Supply.



Lori Ray, Ashlynd Ray and Donna Thomas pose at the Children's Shop.



Rachel Dawson at An Open Book.



Michael Kaster happily takes in some dry cleaning at Curington Cleaners.



Jessie Hodges and Gary Pillans take a break at B&G Auto Parts to pose for a picture.



Evelyn Doring is hard at work as the CHS school receptionist.



Kathy Lewis and Marie Autry prepare to take an order.



Choosing a Primary Care Provider

— By Navarro Regional Hospital

When it comes to maintaining good health, it takes a village — a multidisciplinary team of experts — to provide comprehensive health care. It's not unusual for your preventive care regime to include regular visits to more than one doctor: a family physician, an obstetrician or gynecologist, and any specialist involved in treating chronic conditions: an allergist, dermatologist, orthopedist or cardiologist, for example.

However, it's important to have one team leader quarterbacking your health care, so to speak. This person is your primary care physician, and he or she serves as the main gatekeeper for your care. Choosing a primary care physician may be the most important step in caring for your health.

What is a primary care physician?

Your primary care physician (PCP) is the doctor you typically see for an annual physical — your main health care provider for non-emergency care. Your PCP performs routine tests that are needed at various stages throughout your life to monitor your health and diagnose and treat medical problems. If needed, your PCP can refer you to a specialist if a serious illness requiring special management is necessary. A PCP serves as the chief facilitator for other physicians involved in your care, making sure that all the components — from treatments to prescribed medications — work together effectively, for your good health.

A PCP will provide preventive care, based on their knowledge of your unique health history, heredity and other factors. He or she will also provide you with health education, so that you can make informed decisions about your lifestyle, nutrition and physical activity. The advantage of having a PCP over using a walk-in clinic or urgent care center for routine health maintenance is continuity — an ongoing relationship with a single medical professional who has in-depth knowledge about you and your health history, family background, past injuries or illnesses, allergies and risk factors for certain diseases.

Choosing the right doctor for you

You and your PCP will be together for a long time, so making the right choice is important. You may ask family and friends for recommendations, check with other health providers you may know or consult with your local hospital for a physician referral.

As you begin your search for a primary care provider, consider the following tips from the National Institutes of Health:

- Does the physician participate in your insurance plan (also known as an “in-network provider”)? If not, the amount of your co-payment for seeing the physician may be higher.
- Is the physician accepting new patients?
- Is the practice located in an area that is close to your home or work location? Are the office hours convenient for your schedule?
- Does the physician use a conservative or aggressive approach to medical treatment? Does he or she ask about the patient's preferences regarding specific types of medical treatments?
- Is the physician easy to reach by phone? Does he or she use (and encourage patient contact) via e-mail? Are office staff members friendly and helpful? **NOW**

Sources:

National Institutes of Health <http://www.nlm.nih.gov/www.nlm.nih.gov>.

Agency for Healthcare Quality and Research <http://www.abrq.gov/www.abrq.gov>.

WebMD <http://www.webmd.com/www.webmd.com>.

American Medical Association <http://www.ama-assn.org/www.ama-assn.org>.

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.



A New Start in January

— *By Nancy Fenton*

Tired of the same old gardens? Try your hand at different looking beds. They are called theme gardens and can be as large or small as you want, but they all need planning.

This month, let's talk about an herb garden. Some herbs do well in North Texas and others do not. Do your homework to find out which ones do well in our heat. The growing medium is very important, and most herbs need lots of well-drained soil. Sand or our alkaline clay with copious additions of compost and expanded shale will make a reasonable foundation for an herb bed. Planting as soon as the soil warms up in a very sunny area is preferable, but later is acceptable.

As for specific herbs that will winter over, fennel is a good one. It is used in fish dishes. Lavender is used to flavor cookies, and due to its pleasant smell, it is also used to freshen drawers.

Myrtle is used in meat dishes or as a substitute for bay. Curly parsley may be used as a substitute for parsley. Rosemary is great on chicken or in seasoned butter. Thyme is used to intensify any flavor or as salt. All these are cold hardy and can survive our cold spells without damage.

French tarragon, sweet marjoram, Mexican mint marigold and rose geranium are all great tasting as well as great looking. With a littler cover and care, they will survive the year. If you are short on space, you can try containers. Just remember to repot often!

Remember that the herbs may be small when you get them, but they will be much larger when grown with full sun. It will help to plan accordingly. All theme gardens will have several common characteristics: They will all need the right soil, sun and water for the plants you are planting. Mature size should also be taken into account. Next month, we will talk about rose gardens for North Central Texas. **NOW**

Nancy Fenton is a Master Gardener.

Health Care Reform Basics for 2011: Employer-sponsored Group Medical Plans — By Gary Hayden

The following summary gives you the basics of what you should know for 2011 regarding the Patient Protection and Affordable Care Act (PPACA) and Employer-sponsored Group Medical Plans. Some of these changes went into effect in 2010; more updates and changes are on the table for the next several years. Further updates on PPACA are available at www.healthcare.gov. For specific information regarding employee benefits under your employer-sponsored group medical plan, contact your insurance agent or carrier.

• Your Dependents

If your employer-sponsored group medical plan includes dependent coverage, dependents up to age 26 are eligible for coverage — provided they meet the usual eligibility requirements.

A dependent whose coverage or benefits ended because they reached a prior age limit, must be given written notice that coverage is available and informed of their 30-day enrollment or re-enrollment opportunity.

• Preexisting Conditions

Children under age 19 cannot be denied coverage because of a preexisting condition. (Prohibition of preexisting condition exclusions for adults, as applied to medical plans, takes effect in 2014.)

• Lifetime and Annual Limits

Effective on or after September 23, 2010, there will be no lifetime or annual dollar limits on “essential services.” However, other non-dollar limits on essential benefits, such as the number of allowable visits, may apply.

“Grandfathered Plans” may not receive this benefit until the next scheduled renewal date. Check with your insurance carrier for specific details.

• Mental Health Coverage

Beginning July 1, 2010, mental health and substance abuse treatment

claims will be covered at the same benefit level as medical claims. Certain types of mental health and substance abuse treatment may require prenotification and authorization.

• Flexible Spending Accounts (FSAs)

Effective January 1, 2011, you will no longer be able to use your health care flexible spending account (FSA) to pay for over-the-counter (OTC) medications without a prescription from your doctor. While insulin continues to be a covered medication, the final definition of other OTC medications, subject to this new law, has yet to be fully defined by the U.S. Department of Health and Human Resources.

• Health Savings Accounts (HSAs)

Effective January 1, 2011, you will no longer be able to use your health care flexible spending account (HSA) dollars to pay for OTC medications without a prescription from your doctor. You will be able to use HSA dollars for prescription medicines, including insulin, if those are eligible expenses under your employer-sponsored group medical plan. Check with your insurance carrier for specific pharmacy benefits. If you have prescriptions for OTC medicines and pay for them with your HSA dollars, you must keep copies of your prescription and receipts for the purchase with your tax records.

Beginning January 1, 2011, if your HSA is used to pay for items or services that are not qualified medical expenses, the IRS penalty will increase from 10 percent to 20 percent of the HSA dollars used. **NOW**

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Calendar

JANUARY 2011

January 1 — 31

Art Exhibition Featuring Phyllis Pallanich at the Kinsloe House, 618 W. 3rd Avenue.

January 7— 8

The Sound of Music, a musical production: 6:00 p.m., Corsicana High School auditorium. Tickets are now on sale for \$5 for students, \$10 for adults and \$15 for special limited seating. Tickets may be purchased in the main office at Corsicana High School, the CISD Administration Building (601 N. 13th St.) and at the Navarro Council of the Arts (112 W. 6th St.).

January 21

Martin Luther King Jr. ceremony: 7:00 p.m., First United Methodist Church, 320 N. 15th St. For more information, call Dairy Johnson at (903) 654-0498.

Emhouse Community Center

membership potluck supper: 6:00 p.m. New members are welcome.

Barry Crime Watch meeting: 7:00 p.m., Barry Methodist Church. The speaker will be James Lagomarsino. Light refreshments will be served.

January 26

Hat Brand Rodeo: 7:30 p.m., Navarro County Exposition Center, 4021 W. State Highway 22. Admission: \$6. For more information, call Lynn at (903) 874-7980 or Jody at (903) 362-3901.

January 28 and 29

The Seventh Annual Western Artists of America Show and Sale opens at the Pearce Civil War & Western Art Museum, 3100 W. Collin St. Come experience the best of the American West; 223 works of art by 41 of the country's top Western artists will be on display for six weeks. General

admission applies during the run of the show through May 12. Art patrons and art lovers from across the country will be coming to Corsicana for the gala opening festivities, and will require an event ticket. Everyone will be able to take part in a lecture by master artists, attend the artists' autograph party, and watch a Quick Draw Portrait Competition. Registered participants will attend the opening show and sale on Friday night where all 223 works of art, both two and three-dimensional, will be available for sale. Then the opening events will come to a close on Saturday evening with the Western Artists of America Awards Dinner hosted by Bob Boze Bell of *True West Magazine*. If you would like to attend the festivities, call Holly Wait at (903) 875-7438 to purchase your ticket. For more information visit www.pearcecollections.us or call (903) 875-7438.

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In The Kitchen With *Carmen Taimanao*

— By Adam Walker

Carmen Songao Taimanao, born on the island of Rota and reared on Saipan, in the Commonwealth of the Northern Marianas, loves sharing her native cuisine, which uses spices from Japan and the Philippines and other countries. “When I first came to the States to attend university in Maryville, Missouri, I stayed in the dorm,” Carmen recalled. “The cafeteria was closed on weekends so we had to cook our own food. As I cooked my chicken, I was surrounded by about 15 students. I thought they were angry because of the aroma of onions, garlic and spices, but they were curious because they had never smelled chicken cooking like that. They all asked if they could eat. We had a good time, and I became their cook every other weekend.” **NOW**

CHAMORRO RED RICE

Chamorro red rice is a must at any party or special occasion.

- 4 slices of bacon
- 1/2 cup of onions
- 3 cloves of garlic
- 2 pkgs. of achote powder (available at Ole or Asian groceries)
- 5 cups of water
- 5 cups of Calrose rice
- Salt, to taste
- Black pepper, to taste

1. Cut the bacon in pieces. Chop onions and garlic and sauté with bacon until bacon is crisp. (Be sure not to burn the garlic.)
2. Add achote powder and stir constantly, until all powder is dissolved.
3. Add water and bring to a boil.
4. Rinse your rice and add into the boiling water.
5. Add salt and pepper to taste.
6. Boil for 20 minutes, then put on low for another 20 minutes. If you are using a rice cooker, you do not need to check the rice. If not, wait until it boils then cover and lower heat. Check every 10 minutes until rice is done.

PICKLED PAPAYA

- 1 big green papaya (not ripe inside)

- 16 oz. vinegar
- 4 to 5 small, red peppers
- 1 Tbsp. sugar

1. Cut the papaya into thin slices.
2. Combine all ingredients and serve.

CHICKEN KELAGUEN

This recipe is another must at a party.

- Black pepper, to taste
- Salt, to taste
- 3 lbs. boneless chicken breasts
- 1 small onion, finely chopped
- 1 coconut, grated
- 4 red hot peppers, chopped
- Juice of 4 lemons or more to taste

1. Add salt and black pepper to chicken.
2. Grill or bake the chicken.
3. Let the chicken cool and then dice.
4. Add onion, coconut and peppers.
5. Squeeze the lemons into a cup. Remove the seeds and then pour the juice over the chicken. Serve.

FRIED BANANAS (BONELOS AGA)

- 2 lbs. ripe bananas
- 4 Tbsp. sugar
- 1 cup flour
- 1 pint oil

1. Peel and mash bananas.
2. Add remaining ingredients and mix well.
3. Heat oil and drop banana mixture by the spoonful into oil.
4. Turn until both sides are brown.
5. Remove from oil.
6. Drain on paper towels.
7. Serve warm.

COCONUT CANDY

- 2 cups sugar
- 1/2 cup water
- 2 tsp. corn syrup
- 1 1/2 cups freshly grated coconut
- 1 tsp. lemon or lime juice

1. Boil sugar, water and corn syrup until it spins like thread.
2. Slowly stir in coconut until it boils and becomes very thick.
3. Add lemon or lime juice.
4. Continue stirring until the mixture is very creamy.
5. Remove from heat and drop by spoonfuls onto wax paper, or wait until mixture is only warm and form into ping pong ball sized pieces.

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MATTHEW BRANCH, M.D.

DR. MATTHEW BRANCH completed his medical school and general surgery internship at The University of Texas Health Science Center at Houston. He then graduated from one of the most prestigious ear, nose and throat residencies in the country, the University of Pittsburgh.

He specializes in ear, nose and throat with head and neck surgeries for adult and pediatric patients. This includes: ears and hearing, sinus and allergy, throat and mouth, face and neck, as well as sleep disorders in adults.

Dr. Branch is originally from Burleson, Texas, so once he completed his specialty training, he and his family moved to Corsicana to recapture the small-town community he had known all of his life. Additionally, Dr. Branch is Board Certified by the American Board of Otolaryngology. He is an active member of the American Academy of Otolaryngology-Head and Neck Surgery, the American Medical Association and the Texas Medical Association.

He started seeing patients every Friday morning in his office at the ERM Medical Office Building on the ERM campus on July 2, 2010. He is now accepting new patients.

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