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prepares to compete  
in the Mrs. Texas  
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A Family's Legacy  
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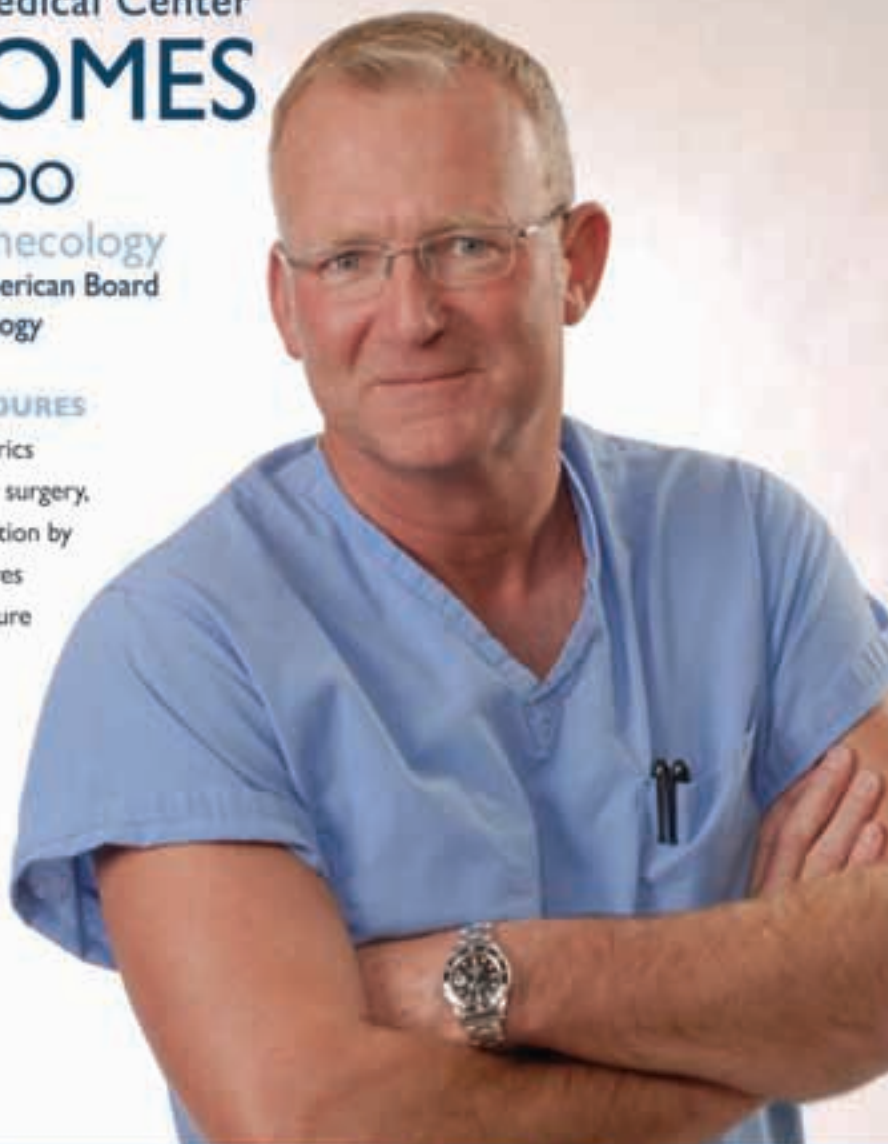
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Rhonda Davis' smile lights up The Palace Theatre.

*Photo by Opaque Visuals.*

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## Editor's Note

*Happy New Year, Corsicana!*

On New Year's Day, I installed filler pages for the new year into my date book. I have all of the coming days upon which to write new entries of things to do and places to go. What new adventures lie ahead? What new people do I get to meet in the coming days?

Next, I revisited the memories that I transfer over from year-to-year. Dates of friends and family members' birthdays and anniversaries followed me onto my new pages. Finally, the previous year's daily accountings were stored and became part of my family's history.

Yes, I could use my cell phone's calendar application for this duty, but I like the feeling that I am writing my 2012 Book of Life. January is only the first chapter. May you, dear readers, join me in filling our coming 2012 days with vim, vigor, adventures and new friendships!



## Virginia

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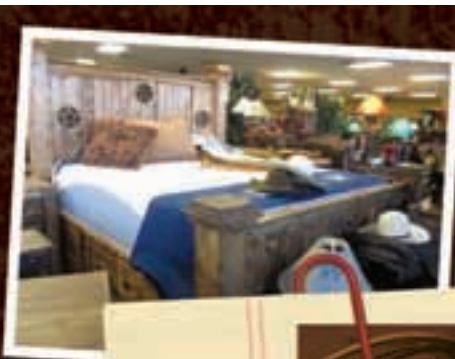


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# A Champion's ROADMAP

— By Rick Herron

*It was legendary showman P.T. Barnum who produced the first recorded American pageant, after testing the waters with dog, baby and bird beauty contests back in 1854. Although it was soon closed down by public protest, Barnum's original idea — create a forum for candidates to compete against others as the “best and brightest” in different categories — lives on today. From TV's infamous Toddlers & Tiaras to the Miss America and Miss Universe competitions, pageants appear to be flourishing.*



When the call went out in 2011 to Navarro County married women between the ages of 21 and 56 to compete for the title of Mrs. Navarro County, Rhonda Davis was skeptical about her chances. The winner, besides representing the county at various functions throughout the year, would also be given the opportunity to compete for the Mrs. Texas and Mrs. America pageants. Rhonda entered the contest, where she competed in interviews, fitness wear and an evening gown competition. To her surprise and astonishment, she won. To hear her story, however, it comes as no surprise.

The beginning was right out of a fairy tale. Born and reared in Corsicana, Rhonda graduated from Corsicana High School in 1987, married her high school sweetheart in 1992 and was perfectly content to stay put. “My dad persuaded me to start doing volunteer work at the State Home, where he was working at the time,” she remembered. “We would bring kids home to let them see what it was like to be with a family unit. Then I joined the Corsicana Emergency Corp (CEC) in 1992 and started helping out with the police reserve to assist stranded motorists.”

Finding her niche and discovering a real penchant for getting involved, Rhonda expanded her volunteering by becoming a member of the board of the Corbet Oak Valley Fire Department, an activity she's performed for nearly eight years. “The lady who did the bookkeeping retired, and I tell everyone I was ‘railroaded’ into taking over,” she laughed. “So I quickly railroaded someone else into doing that, and I took over as treasurer, which I've been doing for three years now.”





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The sadness and frustration in her voice is evident as she explains that there is still no real test for the early detection of ovarian cancer. "It is called 'the cancer that whispers' because the early symptoms are so similar to those of other less serious conditions," she said.





According to recent statistics, cancer incidence and mortality rates have been in a decline since 1991, much of which can be attributed to federal funding for research that has filtered down to the community level. Despite this progress, however, cancer continues to kill more than 570,000 Americans every year, according to the National Cancer Institute.

Rhonda visibly brightens as she recounts how her path led her to her most recent project, becoming a competitor for the Mrs. Texas competition, scheduled for January 19-21, 2012, at the Palace Theatre. "My niece had seen it mentioned in the paper and thought I should do it, and a friend also thought it would be a good idea," Rhonda said. In keeping with her motto to seize every moment, she went ahead and filled out the application in August. Now her focus is on all the preparations that go into competing in a pageant, a daunting task by itself.

"I've gotten some local sponsors to help with the expenses, and they've been so very supportive. Merle Norman will be doing my makeup and Collin Street Bakery, Two Doors Down Coffee House, Edward M. Polk Associates, Inc., and Goco Trucking have all donated toward helping me get ready for the pageant," she said.

Next on her list of things to do is finding the right dress. "I will take my best friend with me to pick out a dress, because she will be perfectly honest with me!"

According to Tracy Crist, executive director of the Mrs. Texas competition, the pageant is very happy to call Corsicana's own Palace Theatre home,

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something they've done since 2010. "We chose the Palace Theatre as our new home in 2010 because we were looking for a more intimate historic theater, having previously been in the Dallas area. We wanted to bring the pageant to a smaller community that would really support the program and the ladies," Tracy explained. "We were searching on the Internet and came across the Palace. Boy, did we hit the jackpot! It's a hidden gem of a theater, and the whole community has rolled out the red carpet for us!"

Tracy added that the Mrs. Texas competition has been blessed by local sponsors Two Doors Down Coffee House, Cotton Patch Café, Holiday Inn Express and Napoli's Restaurant. "We hope to be a part of the Corsicana community for many years to come," she added.

As for Rhonda, she admitted she's excited about the upcoming pageant. "It will be great meeting the other ladies — hearing their stories, and I plan to take every opportunity to keep promoting my belief in marriage and volunteerism," she said. Until then, Rhonda said, she plans to "practice, practice, practice."

"Having cancer and surviving it changes your outlook permanently," she reflected. "You really don't sweat the small stuff. You live each day for the moment and try not to waste a single second. I consider myself very lucky — lucky to be here and lucky to have my husband and my family." **NOW**



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# A Family's LEGACY

— By Virginia Riddle

## At Home With Diane Lang

*Most people don't buy a home while having lunch with a distant relative, but that's exactly what Diane Lang did in 2001. The timing was right. She and her late husband, Walter, were ready to downsize from the large Greek Revival home in which they had*

*resided in Kerens. The nearby home that was being offered was just the right size and held many fond family memories. "My relative asked, 'You want the house?' and I said, 'Yes,'" Diane remembered. The key was handed to Diane right then and there!*

Diane knows her family history well. Her Stockton family roots began to grow in Kerens when the family came from California in the 1800s. Family members were to become farmers, merchants, bankers and funeral home directors over the years. Education was always important to the family. "All made solid citizens," Diane said.

The story of Diane's home began with her ancestor, Rosa Cuthbertson Stockton. Rosa's husband had died leaving her their farm east of Kerens and five children to rear, the oldest of whom was 14 at that time. Rosa was a successful farmer and mother, and in 1909, her son, Tom, built





Diane's home for his mother so she could live in town. Ownership of the home has remained in the family.

Prior to Diane and Walter's purchase of the home, Diane's Aunt Irene had owned it. She updated the home by remodeling the kitchen and converting two porches into bathrooms and closets. The home was decorated with antiques, many of which were family heirlooms. "My mother used to say, 'Irene loves her antiques like I love Diane,'" Diane remembered. "I had just loved this house my whole life." Memories of family times in the home bring a smile to Diane's face. "My memories go back to when I was 4 to 5 years old when we came for Sunday dinners, and Uncle Tom played the banjo."

Diane's home has always been open to family. Her daughter, Pamela, lives with her, and her grandson, Wally, and his bride, Deann, occupy the guest cottage just a step away from the back porch. Pets are also family. "If you want to define us — besides books — it's dogs," Diane said. Dogs, Hunter, Sasha and Viktor, join cats, Speckles and Hercules, in rounding out the household. Speckles was the Kerens "assistant librarian cat" with mousing duties, until Diane needed Speckles to help nurse her through a bout of cancer. "It was a nice career change for Speckles," Diane said. "Sasha stayed right by my feet during my cancer treatments. We have a special bond," Diane revealed.

The home is shaped like a plus sign with a central room from which four 13 x 26 rectangles of other rooms flow. The central room functions well as an office hub and work area of the home. Plaques and honors adorn the wall. "That's our bragging wall," Diane said proudly.



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The parlor can also function as a guest bedroom with its daybed. A love seat, inherited from Diane's mother, a christening table and a hand-carved coffee table supported by elephant head legs are just some of Diane's family treasures.

The family usually gathers in either the den/TV room or the dining/family rooms. The den is home to built-in bookcases that hold Diane's many books. A painting of the home hangs on the wall. Dinners are served on a table built by Diane's grandfather for his wife. African artifacts grace the mantel. Comfortable seating invites friends and family to sit and visit awhile.

The kitchen holds one of the most unusual surprises, the Cock-and-Bull lamp. Created by Walter's Uncle Babe who lived in the household for 10 years, it is just one of his many lamps found in several rooms. Other lamp themes are Stop-and-Go, Old-fashioned Telephone, Swinging Gate and Pistol and Teacup. "He was a handsome man with a thread of whimsy that ran through him," Diane explained.

Pamela keeps her treasures in a cabinet that N. A. Keen built for his wife. Needlepoint seats created by



Diane and her mother and stained glass window inserts reflect Pamela's tastes. "I like pretty things," she said. Pamela's bedroom suite was once owned by Walter's grandparents.

Diane's bedroom hosts another collection of books and sketches by Wally. Quilts, afghans, rugs and a

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rocking chair lend a cozy ambience. Her philosophy of life is noted in the sayings on the walls. "Dream It-Believe It-Live It" and "You plant seeds — they grow their own way." Surrounded by books, Diane stated, "I read constantly. I don't have to work that hard to have fun."

Two large porches that overlook the corner lot in Diane's quiet Kerens neighborhood invite cool breezes and long visits. Diane enjoys working in her yard and appreciates her neighborhood. "I've taught every one of my neighbors, with only one exception," she said. The



overhanging trees shade the gardens, which are surrounded with a wrought iron fence.

Before his passing, Walter and Diane reared a lot of children as foster parents. "We toured the country by camping with the kids. We always had a dog with us," Diane said. The couple studied in England and cruised occasionally. "None of the children have followed my blueprint for them, but I am very proud of them," Diane said.

Educational and career choices took Diane and Walter away from Kerens for many years. Having taught every grade from kindergarten through college, Diane returned home to teach in Kerens for 22 more years. She has volunteered many hours to the garden club, Kerens Ex-Students Association, Friends of the Library, the Kerens ISD Board of



Trustees and the literary club. Diane has played a role with the Cotton Harvest Festival every year; this year she recruited other volunteers.

"I've taught nearly everyone, and they were always so accustomed to saying, 'Yes, ma'am, Mrs. Lang' that they can't say no," Diane said laughingly. She has loved volunteering at Corsicana's Warehouse Living Arts Center. She says of her experience, "The Warehouse is so much fun whether you are on stage or making a costume." For all of her many hours of service to the community,



Diane was chosen as the Citizen of the Year by the Kerens Area Chamber of Commerce in 2007.

As a native of Kerens, Diane has enjoyed welcoming and working with newly arrived "lake people." "I have so



appreciated the volunteer help from lake folks. Everybody in small towns has to do everything. You need everyone's talents," she said. "We have a great community. Everyone gets involved and has fun. I love it in Kerens." **NOW**

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# SPRINTING toward SUCCESS

— By Rick Herron

*Over the last four years, a little-known group of young African-American athletes — all with proven athletic promise — have come together in the Team Supreme Youth Track Club to quietly, but consistently, reach previously unheard of goals. Guided by a dedicated team of coaches, the nonprofit organization created by Terry Douglas and Cedric Jessie Sr. in 2007, was*

*envisioned to provide a positive outlet for Corsicana and Navarro County children by creating a superior track team — something Terry proudly admitted has been gratifyingly successful.*

“I had been coaching a Boys & Girls Club from 2004 to 2006 that had several members looking forward to competing in the 2007 Amateur Athletic Union (AAU) and USA Track and Field competitions,” Terry remembered. “Then the club stopped its track program, so we



**“If you’ve got the gift to run, then use your legs to pay the tuition.”**





decided to form the Team Supreme Club so the kids could continue running.”

Club membership has continued to steadily grow, with 70 children on the roster in 2011, a number that Terry carefully monitors. “We haven’t grown as much as we would have if we had open registration, but we try very hard to make sure we have kids on board who are focused and dedicated,” Terry said.

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himself and lets the person know what Team Supreme stands for. "It's important to grab their attention, especially when they're young, and show them all the opportunities that are out there that can be theirs with hard work. We stay in touch with the kids to make sure they stay involved in something," Terry said.



"It's all a process of what I call focusing on the exit program. I show them how to use their gift to pay for their education, or as I say, 'If you've got the gift to run, then use your legs to pay the tuition.'"

Besides Terry, three other coaches share club mentoring and training responsibilities — Lester Leonard, Jerry Hall and Kenisha Daniels. "I've spent 13 years working with youth and started out by coaching Corsicana PeeWee football," Terry said. "Then, over the years, by building one program off another, the Team Supreme Youth Track Club was born."

Terry's work screen printing T-shirts gives him the necessary time to interact with the youth, which he readily admitted is his true calling. "My mother pushed me when I was real young to get involved with sports," he admitted. "Both my parents made it a point to be at every practice, so I knew they were 100 percent behind me."

The club, however, provides much more than a place for the kids to get together. "The art of running track is something we make sure every kid learns. It has a great deal to do with balance, not just speed. It's much more about who can maintain strength and balance for the



longest consistent period of time,” Terry explained. In addition to balance, the kids quickly learn the mantra: Arms at 90 degrees; toes and knees up!

It must be working, as 16 kids from the club went to the Junior Olympics last summer in New Orleans, Louisiana. Sponsored by the AAU, the Junior

Olympics welcomes kids, ages 5 to 18, from across the nation to compete in a variety of sports. In 2012, it will be held in Houston during the first week of August.

The 2012 season holds promise of more accomplishments, as well. “We will start in January with two indoor track meets, the first one at Texas A&M University, where high school athletes from all over


the country will meet,” Terry stated. “The following weekend, the University of Houston will host the Carl Lewis Indoor Invitational.”

Terry’s four-year history with Team Supreme began with a few runners whom he said are still active members. “Alexus Daniels first came out for the Boys & Girls Club back in 2005, when she was in fifth grade. I remember her drive and vision, even at that age, was phenomenal. She beat every girl from the ninth grade



on down!” he enthused. “That same summer, she went to state and finished fourth overall in the 400-meter dash, and she’s been winning ever since.”

After qualifying at district and regionals, Alexus, now 17, will be going



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after wins in the long jump and triple jump. "If she qualifies in the top two, she will meet her competitors in Austin at The University of Texas in May 2012," Terry added.

Robert Adkinson and Kishawn Kelly are two more club members Terry is proud of. "I've worked with Robert since he was 14. In eighth grade, he ran a 10.51 in a 100-meter dash," he said. "I knew then that he was pretty special — a hard worker, dedicated and focused. He won back-to-back state titles in the 100-meter dash, and I'll tell you, it's hard to win at every track meet!"

"Kishawn is in seventh grade now and is a very well-rounded young man who has parents that give him great support. He's responsible, has a great work ethic and is really good on the track and in football," Terry said. "He can really throw the ball. Size, speed, talent — he has it all."

Robert does not hesitate to give credit where he feels it is due. "Team Supreme Youth Track has been a big factor in my life. It has made me become a better person on and off the track and has had a very positive effect on my life," he confessed. "As for Coach Douglas, he's the best coach I've ever worked with. He's always motivating me and is, I believe, one of the biggest reasons for my success."

The club currently practices at Corsicana High School and was previously using the Rice High School track. "Rice gave us a solid foundation to grow and develop as a team," Terry said. "We'll always be grateful to them."

Terry admitted that travel expenses, especially renting vans and buying gasoline, consume a lot of the club's donated funds, so the team really appreciates its sponsors. "We always need help with raising money for travel expenses, but we really need to find our own van, so we can stop spending money on rentals," he added.

When Terry looks back at his work with Team Supreme Youth Track, he is philosophical. "I think it's important to help others, to be fair to the next man. I can't see myself ever not doing anything that doesn't involve our youth because the children are our future. Once you put yourself out for them, they will do the same for the next generation." **NOW**



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# Great Walls of Drane

— By Virginia Riddle



*In 1927 Corsicana proudly unveiled its new high school. With molded light fixture casings, brass lights, carved moldings, decorative tiled scenes, skylights and Palladian windows the building was something to behold. Eighty-four years later, during the summer of 2011, a transformation began appearing on the building's solid plaster walls through which so many students had passed. Staff and their friends and family members took on the task of painting 26 wall murals.*

*"I can't emphasize enough that this was a true group effort," Sharon Robinson, social studies teacher, said.*

Many natives of Corsicana remember attending school in what is now Drane Intermediate School, while they were in high school. In 1960, the building became Drane Junior High School. In 1994, the building housed the fifth-sixth grade center and received its current name. Today, it is the school for all sixth-grade Corsicana Independent School District (CISD) students who come together for the first time from four elementary schools. "I wanted to make Drane a place kids would want to come to. I wanted to make this campus different," Principal Adan Casas stated. "We could







have looked into hiring someone, but I wanted to get our hands dirty and grow as educators. The process was valuable."

After having attended a leadership seminar, Mr. Casas knew that change was needed. Much of the hall walls had been carpeted in previous years. "I brought up the mural idea. Someone else ran with it, and then Mrs. Lewis got involved. The idea just took off. I had really wanted just one mural per floor," Mr. Casas said. But the staff had other ideas.

A theme of portraying continents,



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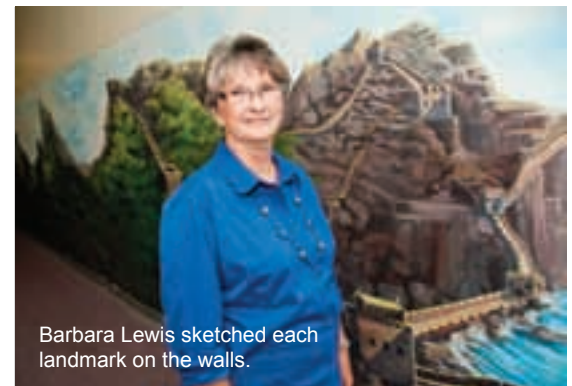
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Barbara Lewis sketched each landmark on the walls.

flags and significant landmarks was decided upon by staff members. The staff team leaders for each floor (A-C) drew for their two continents. Research began in earnest. Undaunted, the staff chose landmarks that would challenge the skills of even the most gifted artists.

Summer arrived, and the task was at hand. "Within a 24-hour period the idea had taken off; the research had been done. I couldn't help but wonder, *What's going to happen when summer comes around and the work begins?* But my staff didn't let me down," Mr. Casas said. Each floor was assigned a two-week period in which to complete the murals for their continents. The walls were ready thanks to Mr. Casas and Rashell Heien, school secretary, who scraped and did prep work. "The teachers were free labor paid only with drinks, chips and pizza," Mr. Casas revealed. Last year's PTO helped out and also commissioned the painting of murals in the cafeteria. Additional funding came from the principal's activity fund, and paint was donated by Gilfillan Hardware and Paint, McKee True Value Hardware and Lumber and CISD. "Mr. Casas was constantly running to the store for whatever we needed, and each day the group went out to eat," Sharon remembered.

The team from A Floor (the basement) drew Australia and North America. The Sydney Opera House, Ayers Rock, koala bears and kangaroos represent Australia while the Statue of Liberty graces a support column and the Alamo stands proudly. New York City's night skyline and Mexico's Chichén Itzá pyramid complete the North American selections.

The team from B Floor (the main floor) provided a stroll through Europe with scenes of a Parisian sidewalk café, the Eiffel Tower, London Bridge,



Stonehenge, a Spanish matador and the Neuschwanstein Castle. South America was shown through the Amazon River, Sugarloaf Mountain, Easter Island and a 3-D serpent wrapped around a support column. The hallway is decorated with papier-mâché vines that are draped from the high ceiling to complete the effect.

The team from C Floor (the top floor) chose to take students and visitors to the continents of Africa and Asia. Scenes of tigers, giraffes, zebras and elephants in their native savannah habitats combine with the Great Pyramid of Giza and the moonlit Sphinx to complete a tour of Africa. Asia is represented by the Great Wall of China, the Taj Mahal and Japan's Mount Fuji.

Painting began with Barbara Lewis, a school secretary and artist, sketching each landmark on the wall. Teachers painted



the background or underlying color. Working from pictures obtained during their Internet research, teachers would start the detail work under Barbara's patient tutelage. "I didn't know how to paint at all, but I'm quite proud of Ayers Rock down by my room," Sharon said. "It was fun getting out of my comfort zone. We all laughed at each other's mistakes and ourselves," she added.

Most of the teachers had never had art lessons, but they quickly learned they were up to the task and that mistakes could be painted over. "I could feel the confidence growing every day," Mr. Casas said. "The staff was very proud. You could see the pride in the work and the effort that they were making." And it wasn't just the teachers making an effort. Teachers' families and volunteers were



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on hand to help. Cristina and David Parker, Stephanie Alden, Alyssa Vasquez, Wendy Lewis, James Duvall, Katie Haffner and Makenzie Jordan were instrumental in getting the murals ready for viewing the first day of school. The serpent's 3-D head wouldn't have been possible without the help of James, a retired taxidermist, who created the head out of a dryer vent hose. "The volunteers just kept coming back each week to help," Mr. Casas remembered.



Even Barbara was challenged since she normally does not do landscapes or flowing water. "I ended up loving it," she said. She was there almost all summer. Painting was physically and mentally challenging to everyone, but they returned daily to paint. The Great Wall of China was the most demanding mural. Barbara spent two weeks on it and is still adding small touches.

Mr. Casas and the staff invite the public to view the murals during school hours. Guests must first enter the main doors and show photo identification at the office. A guided tour will be provided. The kids have taken great care of the murals with a look-but-don't-touch attitude. Ideas are flowing as language arts, art and social studies teachers are pulling together curriculum that uses the murals instructionally.

Are future projects planned? Indeed, yes. English as a Second Language teacher, Larry Hailey, said, "We want to get some more of the carpet off the walls so we can paint more murals." Visitors and students will continue to pass by the school's cornerstone with the 1927 date but will enter the great walls of Drane that glow with a new life given to them by so many willing and able hands. **NOW**

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Diana Castillo and the staff of Shall We Dance Studio believe in making it fun to get fit.



## Movin' to the Beat

*Dancers make good on their New Year's resolutions to live a healthier lifestyle while having fun.*

— By Virginia Riddle

The black lights and melodic music set a mood that has dancers of all ages and stages of fitness coming to Diana Castillo's Shall We Dance Studio to work out, have fun and gain the confidence that dance can give to a person. Diana has made her dream of opening a studio come true and is delighting in the changes that come to her dancers. "This studio is about what we can do for people. I know what it feels like at 200 pounds to be working out," Diana said.

Surprisingly, Diana has never had formal training in dance, but she knows how important having a fun way to work out is to keeping fit. After having had four children — Adelaide, Alfonso, Estevan and Vicente — and taking off from her house cleaning business to take care of her mother during an illness, Diana had

gained weight and was developing medical problems from a lack of physical fitness. Zumba was the answer. It was fun and could be done by anyone. She became a certified Zumba instructor and began teaching classes in different venues. "Sometimes, I was doing Zumba eight times a day in different places," Diana said.

Her own studio became a reality with the help of her family: husband, Alfonso, a Dallas fireman; their children; and her cousins, Ronnie and Grace Pereida. The space was cleaned and painted and mirrors and lights were hung. "We treasure family. My mom and dad taught us that. My husband supports me in everything I do, and my grandfather was my big inspiration. He became a U.S. citizen and taught me to be proud of being a good citizen," Diana reflected.



## Business **NOW**

Armed with a business background, her high school drill team experience and tons of enthusiasm, Diana started with what she knew and has hired experts in other dance fields so she can now offer

**“There is a huge misconception. Zumba does not have to be fast. I want people to come in here and conquer Zumba, nice, easy and safely.”**

lessons in many different dance styles. “Zumba changed my life because you don’t have to be formally trained,” she said. Sherri Stearman, director of dance, who has a degree in dance and 13 years’ experience in teaching dance in Dallas, works with other teachers to bring a full offering of classes to adults and children. Children can take classes in Zumatonic, classical ballet, modern, jazz, ballet folkloric, creative movement and hip-hop. Adults can take country-western, swing, belly dancing and Zumba. Ballroom, tap and Christian-based yoga are offered to all ages.

The other instructors are Marsha Douglas; Elizabeth Moses; Chanda Willis; and Laura Olvera, who also serves as an English/Spanish translator. “These women are remarkable. I am grateful for each of them,” Diana said.

Excuses for not working out are eliminated by Diana. “There is a huge misconception. Zumba does not have to be fast. I want people to come in here and conquer Zumba, nice, easy and safely,” she said. Multidance class packages are available, and moms can work out while their children dance. Birthday party packages are available. “We stay booked with birthday parties for both boys and girls,” Diana revealed.

Dance gives a body its strength, a mind its confidence and the spirit its reason to soar. By helping others get in better shape, Diana is realizing her own dream. “If you have a dream, you can make it happen,” she said. **NOW**



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Navarro College basketball team members cheer on their teammates.



Pearl, Paul and Cindy pose at a Business After Hours event at the Kinsloe House.



Corsicana Emergency Corps employee, James Sykes, makes his rounds near the Visitor's Center.



Alice and Raymond Davidson "go nuts" at Green Tree Pecan Co., Inc.



Andy Sanford refills a delivery truck at Nelson Propane.

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*Dakota Morgan and Kenneth Brown spend the afternoon bowling at K&S Bowling Center.*



*Nicholas Hawk and Emily Hines enjoy the sidewalk seating at Two Doors Down.*



*Bobby Perry from the band Cryin' Shame tests his newly repaired guitar.*



*Tiger Stadium staff members Kendrick Evans, Tim Smith and Michael Body pose for a photo.*



*Navarro College students Kierra Turner, Travette Ferguson, Alicia Vaughn, Richè Greene and Alysia Casarez enjoy dinner at the Kenneth Walker Dining Hall.*



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## Lights, Camera ... Swallow

— By Dr. Shahzad Syed

Capsule endoscopy is a procedure that uses a tiny, wireless camera to take pictures of your digestive tract. A capsule endoscopy camera sits inside a vitamin-sized capsule that you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder you wear on a belt around your waist.

Capsule endoscopy helps doctors see inside your small intestine — an area that isn't easily reached with more-traditional endoscopy procedures. Traditional endoscopy involves passing a long, flexible tube equipped with a video camera down your throat or through your rectum. Capsule endoscopy is usually initiated in your doctor's office.

Situations in which your doctor might recommend a capsule endoscopy procedure include:

- **Gastrointestinal bleeding**

Capsule endoscopy may help your doctor find the cause of gastrointestinal bleeding if other tests and procedures haven't been conclusive.

- **Crohn's disease**

Capsule endoscopy may reveal areas of inflammation in the small intestine that can help your doctor diagnose inflammatory bowel diseases, such as Crohn's disease.

- **Cancer**

Capsule endoscopy may show tumors in the small intestine or other parts of the digestive tract.

- **Celiac disease**

Capsule endoscopy is sometimes used in diagnosing and monitoring celiac disease.

- **Polyps**

People who have inherited syndromes that can cause polyps in the small intestine may occasionally undergo capsule endoscopy to screen for polyps.

- **Follow-up testing after X-rays or other imaging tests**

If results of an X-ray or other imaging test were unusual or unclear, your doctor may recommend a capsule endoscopy as a follow-up test. For more information on this procedure, check with your primary care physician. **NOW**

*This information is for educational purposes only. Please consult with your primary care physician to see if this procedure is right for you.*

Dr. Shahzad Syed, Gastroenterologist  
Navarro Regional Hospital

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# Starting Over in a New Year

— By *Nancy Fenton*

A new year can bring a new start even if your gardens are well-used. Soil is a big key. Just like other things, it gets worn out. Rejuvenation may be as easy as turning the top six to eight inches over and allowing a “breath of fresh air” to penetrate it or as elaborate as replacing tainted soils. Anywhere in between can help most plants take on a new life. My favorite technique is adding compost, either mushroom or regular. You can buy it in sacks or by the truck load or make your own. The key is to watch out for heat! Heat means it is still composting and may take your plants with it if it is dug into the root zone! The compost I make in the backyard is great for additional organic matter, but still a bit short on nitrogen. So, I add some molasses to it before I put it on to help get the nitrogen up. Our soils in North Central Texas will come up nitrogen-deficient nine times out of 10, so it's a good guess if I don't have a recent soil test to fall back on.

About the only time soil must be replaced is when there has been a chemical spill or when disease, such as the “dreaded cotton root rot,” is evident. If necessary, the top eight inches of soil can be replaced, and lots of organic matter added. This should be the very last attempt before going to containers

sunk in the ground. Working with the containers might be easier anyway, and use a good covering of mulch for the places between the containers.

Checking your tools can be a part of starting a New Year. Solid handles and sharp blades are a real must. Old handles can be lightly sanded and oiled if they are made of wood or replaced if necessary. My husband always puts a wood screw through the tool end to the new handle to keep the working end from slipping as the wood swells and shrinks. Sharpening just takes a whetstone and some time. Did you realize even shovels and hoes need sharpening? The cleaner they are kept, the sharper they will stay, but starting a new year with sharp ones is important. You never know which one you will need until you need it!

Be thinking about all those new plants you want to try in 2012. I will provide more information on new plants as the year progresses. Call the Master Gardeners at (972) 825-7175 for Texas A&M-recommended varieties. **NOW**

*Nancy Fenton is a Master Gardener.*

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## Just the Facts Please: About 529 College Savings Plans

— By B. Kyle Ward

Designed to offer a convenient, tax-advantaged way to prepare and pay for college, 529 college savings plans can be very confusing. With more than 100 plan options available across the country, many parents and families don't know where to start — and when they do, they can be quickly overwhelmed with conflicting information.

Here are some common 529 myths along with the facts:

- **Plans are only for wealthy investors** — Not true; most plans have much lower required minimum contribution amounts than many other investments.<sup>1</sup>
- **You can't change 529 plans once you invest in one** — You can; the account owner can move funds from one 529 plan to another once within a 12-month period for the same beneficiary.<sup>1</sup>
- **You can't have more than one 529 plan per student beneficiary** — You can; only one account owner can be named

per account, so family members often choose to open their own account for the same beneficiary.<sup>1</sup>

- **You can only have one contributor per plan** — You may have more; generally, anyone can make a contribution to an account for any beneficiary.<sup>1</sup>

- **Plans only offer conservative investment options** — Not true; most offer a range of options from conservative to aggressive.<sup>1</sup>

- **You can't use the money for anything but college** — You can; but taxes and penalties may apply.<sup>1</sup>

For more information, visit [www.CollegeSavings.org](http://www.CollegeSavings.org). **NOW**

Source:

1. <http://www.collegesavings.org/commonQuestions.aspx#question8>.

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



# Calendar

## JANUARY 2012

### January 1

New Year's Day Beaton Street Bash Car Show: 1:00-4:00 p.m. Sponsored by Cars of Navarro County. Roy's Café will provide free black-eyed peas and coffee. Show will feature late model performance cars, hot rods, muscle cars, 4x4s, trucks, bikes, cars and project vehicles. Car show benefits the Navarro County Food Pantry. For more information, call (214) 418-5775.

### January 6-7

Texas Circuit Finals Rodeo: Extraco Events Center, 4601 Bosque Blvd., Waco. For more information, call (254) 776-1660.

### January 7

Trails to Trout Kids' Fishing Event: 8:30 a.m.-4:00 p.m., Tyler Nature Center, 11810 FM 848, Tyler. Approximately 2,000 rainbow trout will be stocked into a half-acre pond so children can learn how to fish. Equipment is provided or bring your own. Fish cleaning and cooking demonstrations will be provided. For more information, call (903) 566-1615.

Chuck Norris hosts *Answering the Call*: 10:00 a.m., ShowBiz Cinema, 108 Broadhead Road, Waxahachie. Documentary movie features troops in Iraq with whom Mr. Norris visited. Q&A session with Mr. Norris follows the screening. \$25 per person, \$15 for active military. Group pricing is available. Proceeds benefit KickStart Kids. For more information, call (469) 517-0394 or e-mail [rchase@waxahachiechamber.com](mailto:rchase@waxahachiechamber.com).

### January 7-March 10

"Secret of the Cardboard Rocket" at 1:00 p.m., "More Than Meets the Eye" at 2:00 p.m., "Hubble Vision": at 3:00 p.m. on **Saturdays**, Cook Center Planetarium. For more information, call 1-800-988-5317 or (903) 874-1211.

### January 13

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. Bingo to follow. For more information, call (903) 872-5411.

### January 16

Martin Luther King Day Parade: Downtown Waxahachie. For more information, call (469) 337-7414.

### January 18

Shakers and Scrapers: 6:30 p.m., VG's, 301 E. 3rd. For more information, call (903) 872-7949.

Navarro College vs. Bossier Parish Community College basketball game: 7:00 p.m. Wolens Special Events Center. For more information, call 1-800-NAVARRO.

### January 19-21

Mrs. Texas Pageant: Doors open: 4:30 p.m. Competition: 5:30 p.m. at The Palace Theatre. Support Mrs. Navarro County, Rhonda Davis. For more information, visit [www.mrstexas.net](http://www.mrstexas.net).

### January 20

Pioneer Literary Club meeting: 4:00 p.m., Kerens Library. For more information, call (903) 396-2665.

### January 25

Navarro College vs. Lee College basketball game: 7:00 p.m., Wolens Special Events Center. For more information, call 1-800-NAVARRO.

### January 26

The Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. For more information, contact Marge Oslick at (903) 872-3508.

Navarro College PAL (People for Active Living) Luncheon: 11:30 a.m.-1:00 p.m., Cook Center. All persons age 55 plus are invited to attend. Bring a covered dish or dessert. Drinks are provided. Meet new friends and fellowship together. For more information, contact Misty Holloway at (903) 875-7448.

Pink Pumps and Pearls: 5:00 p.m., The Cook Center. Sponsored by Healthy Woman, Navarro Regional Hospital. For more information, call (903) 654-6800.

### January 27

*Field of Dreams, The Movie*: 7:30 p.m., The Palace Theatre. For more information, call (903) 874-7792.

### January 28

Winter Walk: Town Park, 500 N. Main Street, Mansfield. Run, walk, jog or bike the trail with free activities and snacks offered. For more information, call (817) 804-5785 or e-mail [theresa.cohagen@mansfield-tx.gov](mailto:theresa.cohagen@mansfield-tx.gov).

Team Captain University: 10:00 a.m., The Cook Center. Relay for Life of Navarro County is proud to announce its Team Captains University. Come learn all there is to know about raising money for your community. For more information or to register, please e-mail us at [RelayNavarroCounty@yahoo.com](mailto:RelayNavarroCounty@yahoo.com).

### January 27-February 4

*The Last Romance*: Warehouse Living Arts Center. For more information, visit [www.warehouselivingartscenter.com](http://www.warehouselivingartscenter.com) or call (903) 872-5421.

### Month of February

*Till Beth Do Us Part* is playing at Ennis Public Theatre, North Ennis Business Park, 2705-C N. Kaufman Street. Call (972) 878-7529 for more information on specific dates and show times.

### February 2

The Corsicana and Navarro County Chamber of Commerce's 94th Annual Banquet and Awards Ceremony: 6:00 p.m., the new I.O.O.F. Event Center. For more information, contact Semonna Battenfield at [chamber@corsicana.org](mailto:chamber@corsicana.org) or (903) 874-4731.

### February 4

Camp of the Rising Sun Mardi Gras Party and Silent Auction: 6:00 p.m., Corsicana Country Club. For more information, contact Rhonda Sherman at [campoftherisingsun06@yahoo.com](mailto:campoftherisingsun06@yahoo.com) or (903) 802-2902.

### February 18

Biscuit Brothers Live! 10:00 a.m., The Palace Theatre. For more information, call (903) 874-7792.

### February 25

Best of Broadway: 7:30 p.m., The Palace Theatre. This show features some of the most glorious music ever written — from classical to Broadway — performed by some of Broadway's brightest stars. The critically acclaimed concert combines current blockbuster hits with classic songs, all interwoven with a fascinating and entertaining narrative thread. Our talented performers have performed everywhere from Carnegie Hall to the White House and have starred in such blockbuster shows as *Les Miserables*, *Wicked*, *Evita* and *Phantom of the Opera*.

### Tuesdays and Thursdays

The Volunteer Income Tax Assistance (VITA) site: **Tuesdays** 2:00-5:00 p.m., **Thursdays** 2:00-7:00 p.m. Corsicana YMCA. For more information, call George Burrell at (903) 879-2091 or Stuart Schoppert at (903) 874-8276, ext. 3900.

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





## In The Kitchen With Shea Edmonds

— *By Virginia Riddle*

Reared by a tough, perfectionist Marine dad who loved to cook, Shea Edmonds, a school counselor and former home economics teacher, enjoys cooking for a crowd. "My grandma had seven kids and a slew of grandkids. Whatever we wanted to eat, we got. I don't know how she did it," Shea said.

Children Stratton, Spencer, Stuart and Saylor keep both Shea and her husband, Scott, busy cooking. "Being a career woman, it's hard to find time. We use a Crock-Pot a lot, so when we get home at day's end, the meal is ready," Shea revealed. "My kids love it when we set the table, light the candles and have a big dinner." **NOW**

### Chicken Asparagus Soup

- 1 whole chicken
- 4 potatoes, chopped
- 1 onion, chopped
- 1 15-oz. can asparagus
- 1 pt. half-and-half
- 1 15-oz. Cheez Whiz Jalapeño Tex Mex Cheese Spread
- 1 8-oz. Cheez Whiz Jalapeño Tex Mex Cheese Spread

1. Cook chicken and debone. Save the broth.
2. Cook potatoes and onion in broth.
3. Add chopped chicken and remaining ingredients.
4. Simmer slowly until tender.

### Yum Yum Chicken

- 6-8 chicken breasts
- 1 10 3/4-oz. can cream of celery soup

- 1 10 3/4-oz. can cream of chicken soup
- 1 cup sour cream
- 1 pkg. Pepperidge Farm Corn Bread Stuffing Mix
- 1 cup margarine, melted
- 1 cup chicken broth

1. Boil chicken until tender. Cool and then cut into bite-size pieces.
2. Coat a 9 x 11-inch casserole dish with PAM Cooking Spray. Arrange chicken bits to cover the bottom of casserole dish.
3. Mix soups and sour cream. Pour mixture over chicken bits; top with stuffing mix.
4. Mix margarine and chicken broth. Pour over all ingredients, and bake at 350 F for 1 hour.

### Fried Okra Salad

- 6-8 slices bacon, cooked and crumbled
- 2 12-oz. pkgs. frozen breaded okra, fried

- 1 1/2 cups green onion, chopped
- 1 1/2 green peppers, chopped
- 1/2 cup sugar
- 1/2 cup vinegar
- 1/4 cup vegetable oil

1. Combine bacon, okra, onion and green pepper in a large bowl.
2. Mix sugar, vinegar and oil, blending well. Pour mixture over vegetables, and toss gently to coat.

### Pulled Pork Sandwiches

- 1 3-lb. pork roast
- Root beer
- Barbeque sauce, to taste
- 1 pkg. of 8 hamburger buns

1. Put pork roast in a Crock-Pot.
2. Pour root beer over roast, until totally covered.
3. Cook on low for 8 hours; pour off root beer.
4. Stir in barbeque sauce, and serve on buns.

### Three Layer Pie

#### First layer

- 1/2 cup flour
- 1 1/2 sticks margarine, cut into fourths
- 1 1/2 cups pecans, finely chopped (divided use)

#### Second layer

- 1 cup powdered sugar
- 1 8-oz. pkg. cream cheese
- 12-oz. Cool Whip (divided use)

#### Third layer

- 1 3.4-oz. pkg. instant chocolate pudding mix
- 1 3.4-oz. pkg. instant vanilla pudding mix
- 3 cups milk

1. Mix first layer ingredients using 1 cup of pecans.
2. Spread onto bottom of a 9 x 13-inch baking dish; bake at 350 F for 15 minutes.
3. Cream together second layer ingredients, using 1/2 cup Cool Whip. Spread onto crust.
4. Beat third layer ingredients together, until thickened. Spread onto second layer.
5. Top with remaining Cool Whip; sprinkle with remaining 1/2 cup pecans.
6. Refrigerate before serving.