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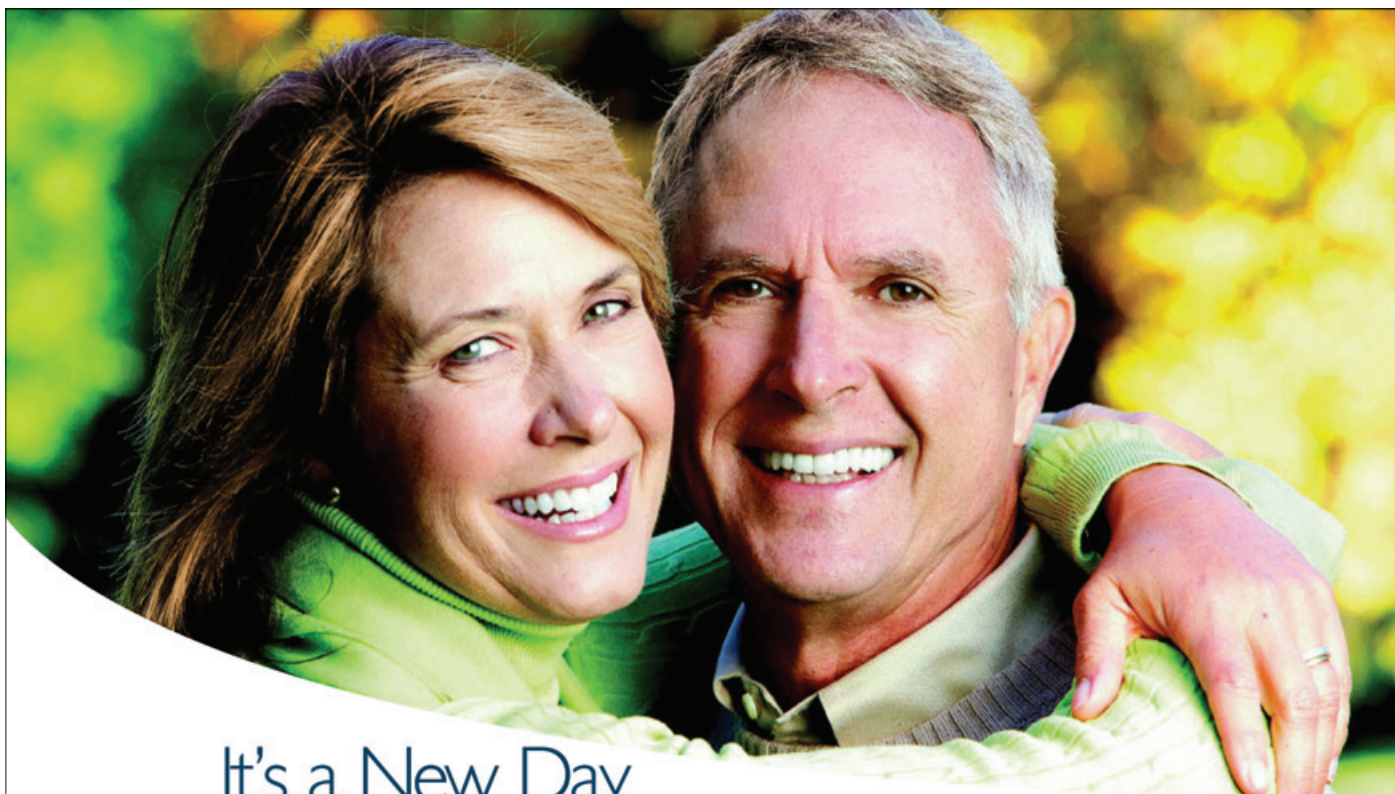
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ON THE COVER



Laughter and love fill Sam and Cindy Humphries' New Year.

Photo by Kevin Painter.

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Editor's Note

Happy New Year, Corsicana!

New Year's resolutions made — check. Thank you notes written and mailed — check. Christmas decorations taken down and stored with care — check. I don't know about you, but my cup runneth over with so many items still remaining on my to-do lists.

However, I have resolved to sip some hot tea and eat my oatmeal while celebrating January as the Hot Tea Month and Oatmeal Month. Also, I'll catch up on a good read in honor of Book Blitz Month and try to finish some of my stitchery projects, because it is also Hobby Month. I will take time to watch history in the making on Inauguration Day and reflect on all the changes Dr. Martin Luther King, Jr. brought to our society. And I hope all of us resolve to help our neighbors and enjoy life in Corsicana during this New Year.

Virginia

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Setting a **FRESH COURSE**

— By Virginia Riddle

For most people, a diploma from a dental school would be the highlight of their academic career. For Dr. Gloria Garcia her diploma in dentistry, from the Universidad Nacional Autónoma de México, was only the beginning of a lifelong journey of learning and career changes. Her list of what she has not done in her lifetime is far shorter than what she has done, and she is not finished yet. "I am very impatient. I want to do everything now," Gloria said.

Even more remarkably, Gloria was born with a heart defect that might have kept most people from accomplishing their dreams. Natives of Mexico, Gloria's family worked hard along with Gloria to save money so she could have corrective heart surgery at 23 years of age. Occasionally, her heart needs to be tweaked, and a recent stroke briefly sidelined her. But now, she is sporting a broad smile and enthusiastically getting back to her work and volunteerism in Navarro County.

As a young dental partner, her practice was located in the popular Zona Rosa district of Mexico City. Gloria was doing well. She owned properties and taught radiology and anatomy on the university level. However, upon meeting her future husband, Nicolas Garcia, a young U.S. Navy pilot, Gloria's life took its first big turn. In 1976, Gloria came to Corsicana with Nicolas for the first time to meet his family. In 1977, Gloria left her dental practice, and the couple married in Nicolas' family's home in Corsicana. By 1980, the couple had purchased the home in Corsicana in which they still reside and occasionally lived during Nicolas' Navy career. "I came here and decided I was going to serve my new country," Gloria remembered. She took the GED, secured her driver's license and studied English for a year at

No matter which course she sets for her life, as always, Gloria's smile and passion for living will bring success to her in 2013.



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Navarro College while working at nursing homes. "It was all work and study," Gloria said.

As it turned out, Gloria was not to remain in Corsicana. The Navy's recruiting slogan: "Join the Navy and see the world" is exactly what Nicolas and Gloria did. Nicolas, a member of the Navy's elite Blue Angels, was stationed overseas, as well as in the U.S. During their stays in foreign countries, Gloria learned Italian and Portuguese while the couple's sons, Kenneth and Nicholas learned French. From Spain to California to Texas to Maryland to Virginia to Florida (twice) and Mexico, Gloria stayed busy rearing her sons, going to school and working.

"Everywhere we went, I went to school," Gloria recalled. While stationed in Beeville, Texas, she attended Bee County College (now Coastal Bend College). She earned a bachelor's degree in dental hygiene from Old Dominion University in Virginia. Along life's way, Gloria had careers as a dental hygienist, school bus driver, teacher's aide and snack bar hostess.

As a Navy wife, she often was the sole parent to Kenneth and Nicholas. "Raising them was not easy. I was a very tough mom. They called me General Mom," Gloria said laughingly. The discipline paid off. Nicolas and Gloria proudly display USAF Captain Kenneth Garcia's squadron's name on a throw in their home. Kenneth, a graduate of the U.S. Air Force Academy, is a pilot. Nicholas, a graduate of The University of Texas at Austin, is an architect in Colorado.



"My kids had to read at home. I worked with the schools. Education is the key to everything," Gloria said.

After the family settled permanently in Corsicana, Gloria didn't stop learning and working. At one time, she owned and operated the Sandoval Gift Shop in Corsicana, where she fulfilled her passion for creating floral arrangements. Twenty years after her first stint as a university professor, she started teaching Spanish at Navarro College. She retired from that position four years ago, and she has been a dental hygienist in nearby Fairfield, Texas. Presently, Gloria is a senior energy consultant with Ambit Energy. She is also an English-Spanish translator. "She is always doing something and is always on the phone," Nicolas observed.

Gloria is also paying more attention to her health and using her education to research better ways of eating and exercising. "I eat organic foods — no pesticides — and always eat fruit first thing in the morning," she said. "I was eating a lot of junk food, but now I am eating much better." Gloria has cut out stressful activities. With a recent clearance from her doctor, she is resuming exercising and is back to finding the joy in helping many community organizations as a volunteer.

Gloria's face is a familiar one around Corsicana. She has worked for her adopted community and country through the Lion's Club, Family Service Association, the Boys & Girls Club of Navarro County, IMPACT, the Corsicana and Navarro County Chamber of Commerce and the League of Latin

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American Citizens (LULAC). She has been on the board of directors and served as an officer of many of these organizations. One of Gloria's proudest moments was when LULAC brought folklorico dancing and mariachi music to Corsicana while she was president of the organization. She attends church at Corsicana's First Baptist Church.

Gloria has become a mentor by helping Francis Estrada, a 2010 Corsicana High School graduate, through the STAR program at Navarro College. Gloria knows the value of mentoring and gives credit to others who have helped her succeed during her many life changes. She cites former mayor, Buster Brown, Dr. Richard Sanchez, Emmaline Gonzalez and Thelma Holand as her mentors. "I put people who are good around me. They don't pull me down," she said.

With her New Year's resolutions made — to slow down and take care of herself a little more — Gloria is setting still another new course in her life. She's not stopping everything — just adding a little more enjoyment into her life. "I used to sew and paint. I want to do that again," she revealed. The couple owns a second home in Merida, Mexico, where they enjoy get-togethers with friends and neighbors. And Gloria just might get Nicolas, who has been on many naval vessels, on a first-time pleasure cruise. "I want to travel more, even start RVing again," she said. No matter which course she sets for her life, as always, Gloria's smile and passion for living will bring success to her in 2013. **NOW**



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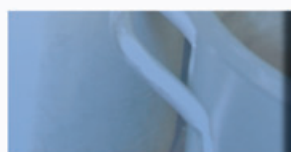
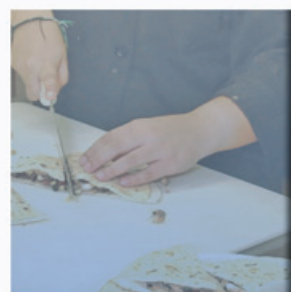
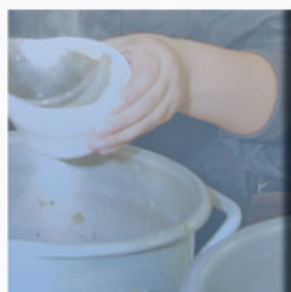
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SOMETHING NEW, SOMETHING DIFFERENT

— By Rick Herron



In this fast paced world, trends come and go practically overnight. Careers become blazing hot in popularity then fizzle out when changes in technology point them toward oblivion. Tastes change about as fast as the weather does in Texas. When it comes to the enjoyment of food, however, people learn early in life what they like and what to avoid. Those preferences do not change much, if at all, with the ensuing years.

The culinary team at Corsicana High School (CHS) led by instructor Michael Mitchell is acutely aware of the ongoing popularity of food. They also understand the importance of delicious and beautifully arranged presentations. This is all evidenced by the numerous awards they've won for designing and preparing succulent meals. There are 30 students in the beginners Culinary Arts I class and six in the advanced Culinary Arts II class. "Our group in the Culinary Arts II class has won several times this year," Michael said. "Two of our team members went to the Dallas Regional Invitational earlier this year where they won first place in the starter category at the culinary competition and placed second in the dessert category at the same competition."

The team is gearing up for the next round of competitions in February 2013, when four members of Culinary Arts II will represent Corsicana High School at the event. "We'll be competing at the Texas ProStart Invitational Regional Competition in Hurst, Humble and State Finals in Waco. Our team members will be Beatrice Castillo, Jade Ellison, Joey Estrada and Pamela Clay," Michael said.

Team members in the ProStart Invitational competitions will be judged in several specific areas, including knife and cutting skills, entree preparation, dessert preparation, menu pricing, presentation and appetizers. While winning at the competitions is a desirable goal, the high scores earned by the team will open the door to several long-term

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career benefits. "They will get certificates if they win a category, not to mention excellent peer recognition," Michael said, adding the team will be competing against approximately 40 other high school culinary teams.

Michael began instructing the culinary classes at CHS when Tiffany Morgan left to pursue a career in counseling at Mildred High School. "Tiffany did a lot to set up the program we currently enjoy today. I'm so grateful to her for helping to make my transition to this position much easier," he confessed. "Both Tiffany and the kids in Culinary Arts I and II have been helpful beyond description."

Michael's background and interest in cooking began in his childhood. "My earliest memory of cooking was helping my mom make banana pudding. I still remember her telling me to keep stirring

Michael makes sure his students get certified in areas that make a positive difference to prospective employers.

and not to let the pudding stick to the bottom of the pan," Mike explained. "I really love interacting with the students and guiding them through all the skill sets they need to be successful in the culinary arts. The passion they have for learning is one of the main things that drives me forward and continually brings out new things I didn't know I could do."

Watching his dad make syrup out of sugar and water marked the beginning of his continuing interest in the creative, artistic part of cooking. The lessons he teaches his students in culinary

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classes play a large part in helping them develop in other areas, such as planning, organization and basic math skills. An important learning tool the school provides to culinary students is the ability to learn firsthand from local resources. "We've had Collin Street Bakery out to work with our students, as well as reps from Navarro General Hospital, Chili's and The Other Place," Michael said. "These experienced mentors come in and talk to our students about the business side of cooking and impart invaluable, on-the-job knowledge."

In addition to bringing years of cooking and management expertise to his classroom, Michael's sense of humor has made a big difference in how his students react to his teaching. Teresa Clay, a senior in his Culinary Arts II class, remembers his first day on the job. "He came into the class, got down on the floor and did some pushups, pretending to be a drill sergeant. It cracked us all up," she laughed.

"I did that so I could take a discreet look under all of the counters and work areas to make sure they were clean," Michael confessed with a grin. Teresa also reminded him of the time he accidentally burned a pan of corn bread during class. "I made that an excellent example to the students of the importance of using a timer when cooking," he said with a straight face.

Michael makes sure his students get certified in areas that make a positive difference to prospective employers. One example is having the students get



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their food handler permit from ServSafe Texas, an organization accredited by the Department of State Health Services. "Employers look at that very closely. If my student has the ServSafe Texas permit, that puts them ahead in the hiring process," Michael stated.

The CHS culinary classroom is housed in a large, spotless facility on the east side of the school. The room is complete with a variety of culinary equipment ranging from stoves, food preparation areas, refrigerators and stainless steel sinks. "Chili's donated a pizza oven to us, which we are so grateful to be able to use, and we also have a convection oven and separate grill area," he added. Hanging overhead are two wide screen monitors. They are connected to a state-of-the-art computer system. At the touch of a button, Michael can display detailed close-up photos of beautifully prepared appetizers, entrees and desserts created by the class. These stunning photos of vegetables and fruits are all resplendent in different yet attractive arrays of color and form.

Housed in a tastefully decorated room next to the classroom is The Bistro. This mock restaurant invites teachers to enjoy the privilege of eating delicious, multi-course lunches prepared by a different culinary student each month. A recent menu included tantalizing selections, such as Chicken Satay Skewer with Chimichurri Sauce, Grilled Pork Tenderloin with Mustard-Dill Sauce, Pineapple Glazed Meatballs and Sheppard's Pie.

With a visible enthusiasm and infectious sense of humor, it is apparent that Michael makes learning the ins and outs of the culinary arts a lot of fun for his students. "Teaching them new and different things that can be done in a kitchen is the best part of all." **NOW**

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What Life Really Means

— By Randy Bigham

**At Home With
Sam and Cindy
Humphries**



Nobody needs to explain to one Corsicana couple what it means to love life. They savor the joy of living every moment, because they know how precious being alive really is. An accident that nearly ended their time on this earth has given new meaning to their daily existence through a fresh appreciation of the world and the people around them.

"It's hard to imagine that such a terrible thing can lead you to a better place," said Cindy Humphries who, with her husband Sam, is active in the First United Methodist Church and the House of Refuge, a local charity. But that's what happened to this lucky pair who survived a serious car wreck six years ago.

Sam, a retired CISD math teacher, and Cindy, a former legal secretary,

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have a deeper faith today, and are more involved in the community because of the near-tragedy. "It made us realize what's most important in life," said Cindy, whose injuries in the crash necessitated numerous surgeries. "If you don't have your health, you don't have much."

Sam, who was also severely hurt, agreed. "You see your life differently when you come so near to losing it."

No one meeting the easygoing couple, that delights in friends and family in the

comfort of their attractive home, would think they once faced death. The lovely 2,500-square-foot, four bedroom brick house that sits on a quiet residential street near downtown Corsicana is an oasis of cheer and charm. For instance, tucked into a curio cabinet near the breakfast nook are examples of Cindy's prized collection of ceramic, porcelain and brass bells and lighthouse figurines. Some are antique, others modern, but all are reminders of the many happy vacations

and day trips she and Sam have shared over the years. In the den, a big aquarium hosts exotic fish, and the living area is virtually a home theatre with a wide, flat-screen TV, a concession stand and vintage movie posters on the wall. Here, Sam and Cindy entertain friends and family, an opportunity they relish because it almost didn't happen.

Indeed, the duo is amazed at the good fortune that spared them on December 8, 2006. That night their car, loaded

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Bangadangs

No doubt Mildred athletics have been the hottest and best thing in town this year, but Bangadangs Hair and Salon is a close second. Bangadangs, which opened in late August 2012 and is adjacent to Mildred ISD, is the brainchild of Bryan and Tina Fagan. The Fagans relocated to Eureka, Texas, in 2004 when they chose this particular area and a modest lakeside home as their permanent residence. Both Bryan and Tina have full-time jobs. Bryan is a sales person for 4Star Hose and Supply and Tina works in the corporate law department for a telecommunications company based in Virginia, but they desired to do something more, something different, and wanted to make an investment that would benefit both them and the community. "We've chosen to invest right here where we live," Tina said.

When Interior by Designs moved its location downtown, the Fagans started brainstorming on what type of business would make sense and be appealing to everyone. Tina was acutely aware of the Navarro College Cosmetology Program and its successes. When the two ideas collided the result was a complete renovation of the interior of the building to create a full-service, family-friendly salon competitively priced and convenient for the residents of Mildred, Eureka, Navarro, the Richland Chambers lake communities and even Kerens.

Bangadangs offers all services including: haircuts, color, spa pedicures, manicures, facials, waxing and massage therapy. The atmosphere accommodates men, women and children.

Bangadangs is a Texas limited liability company that doesn't subcontract. It currently has four full-time employees:

Karla Calame-Sandlin was born and raised in Mexia, Texas. She has been a licensed cosmetology instructor for Navarro College since 2008 and in the industry for almost 10 years. In addition to specializing in haircuts, styles and color, she is an expert in acrylic, sculptured and Gelish nails.

Sheree Williams, daughter of James and Judy Williams, is a graduate of the Navarro College Cosmetology Program. Her family has been in the Navarro community for over 70 years. Sheree's parents are the pastors of Trinity Assembly in Corsicana, and she is the niece of Hiram and Kim Pair of Mildred. She has been a part of Bangadangs from the very beginning.

Jamie Hagerman is originally from Houston and lived in Rice while attending Navarro College Cosmetology Program, where she graduated this past September. She is fondly referred to as "The Perfectionist!"

Macy Duke was born and raised in Kerens, Texas. She is the daughter of Josh and Shauna Duke also from Kerens. Macy enjoys exploring unique color placement. She was awarded Most Creative Cut in the August 2012 Navarro College Cosmetology Student Makeover and Fashion Show.

Abby Solis provides massage therapy services (by appointment only). She has over 10 years' experience in massage therapy, and graduated from Neuro Muscular Concepts Massage School in San Antonio, Texas.

With the space to employ as many as 12 cosmetologists, the Fagans' plan is to grow the business year after year. Bangadangs carries four primary lines of hair care products including: Sexy Hair, Redken, Aquage and Biomega. "Our goal is to serve the client — to meet their needs with a welcoming and pleasant environment and provide services they can rely on," Tina said.

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with gifts for a Christmas gathering in Corpus Christi, collided head-on with an 18-wheeler on a highway near Victoria. It took two hours for first responders to extricate Sam and Cindy from their crushed vehicle. "I had many broken bones," Cindy recalled, "including a broken right femur and a burst vertebrae." Sam, who suffered a decompression fracture to the back, was released from the hospital the next day. Two months passed before he recovered fully, but for Cindy the road to healing was much longer.

Now completely mended, Cindy sees the trauma she endured and the challenge she faced in recovery as life-changing. "Your outlook completely alters," she said. "You realize at once what matters, and it isn't material things." Wheelchair-bound for four months, Cindy struggled with pain, but her resolve was unwavering.

"Prayer got me through," she said, "plus having a positive attitude. I kept telling myself, 'I am going to get out of this wheelchair. I'm going to walk again.'" Although she had many down moments, Cindy fought off depression through sheer will to overcome her limitations.

For Sam, his wife's recovery is a blessing for which he continues to be grateful. "It has made me not only appreciate life more, it's made me appreciate Cindy so much more," he admitted. "I can't imagine what my life would have been like if I had lost her." That sentiment is shared by the couple's four children, Judson, Michelle, Vicki and Jake, their seven grandkids and the numerous friends and neighbors who cheered Cindy on during her rehabilitation.

"They were all there for me," she said. "They have seen me go from a wheelchair to a walker to a cane, and now they see me power walking!" Sam and Cindy are especially thankful for the outpouring of concern for them from the neighborhood they have lived in since 1997.

Six years after the wreck that nearly took their lives, the Humphries are both in fine form. Indeed, no residue lurks of the horror they went through as they ring in the New Year with loved ones. There are only smiles and laughter — and gratitude for the second chance that this

fortunate couple has embraced by giving back to others. Sam and Cindy are active in committee work for the First United Methodist Church and in raising money for the House of Refuge. The latter is especially close to their hearts.

When she and Sam aren't involved with church and charity work, they relish their leisure time. Whether traveling or fitness training or just kicking back in the beautiful sun room of their spacious home, the couple makes the most of their time together. They also enjoy the company of their grandchildren, whom they look after while their son, Jake, and daughter-in-law, Nikki, are at work or college.

Cindy has always loved decorating, and since her recovery she has happily delved into the hobby again. She especially enjoys making her home a haven of style during the holidays. To the elegant mantel in the living room Cindy loves to add her seasonal touch, from clusters of holly at Christmas to cascading fall foliage and pumpkins at Thanksgiving. "She really has a knack for designing, and it always looks great, whatever she puts together," Sam said.

The main living room is both warm and bright, with comfortable and ample leather seating, the den and music room are equally inviting, and the kitchen and breakfast nook are thoroughly modern. "We did a lot of renovating after we moved in," Sam confessed. "We knocked down some walls to give the front of the house a more open floor plan, and we added the sun room and back patio."

The glass enclosed sun room may be the most alluring part of the house, with its tropical ambience and harmoniously arranged rattan furniture. Sam and Cindy often recline there on lazy afternoons, and their pets — six cats and a dog — also enjoy this airy, cottagey corner of the house.

Wherever the Humphries relax, they do so with genuine thankfulness for the time they spend together. The accident that might have taken them from one another is not a pleasant memory, but they agree that it was the turning point in their lives. "We became closer to each other and to God," Cindy pointed out. "We were spared to make a difference somehow, I think, to give of ourselves, and that's what we're trying to do." **NOW**



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“We want to make the city look good to attract more business.”

— By Virginia Riddle

Visitors to last October's Kerens Cotton Harvest Festival enjoyed events in a venue, which holds both wonderful memories and yet boasts of a beauty and a spirit of community that has been reignited in this former railroad town. With a location in the heart of Kerens, the Garden Park is an inviting place for gatherings, thanks to the efforts of the Kerens Beautification Committee, which is comprised of both native and recently arrived city and area residents. The members combined their individual talents and resources for the common good of the community. “You have to hope when you start on something, others will join in,” said Jeffrey Saunders, committee ex officio member and Kerens mayor.

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Jeffrey Saunders, Pamela Carroll, Diane Billingsley and Roy Ivey proudly do their part to make Kerens an attractive place.



Members are appointed to the Kerens Beautification Committee which was created by a city ordinance in the mid-'90s. Originally, the committee's role was code enforcement, but the city has hired an officer for that duty, so the committee took on new goals.

"We want to make the city look good to attract more business," said Ann Fessenden, another dual committee and city council member. "Our focus is the downtown first — then the highways," Jeffrey said. "You only get one chance to make a good first impression."

Jeffrey, who grew up in Kerens, remembered when the park once served as the parking lot for the hardware store's tractor inventory. In 1984,



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the Kerens Garden Club created the Garden Park on the site, and it quickly became the gathering place for Kerens kids and families. A Kerens Garden Club Welcomes You! sign stands as a reminder that this garden is a place of hometown hospitality. "The garden club ladies who had the initial vision would be so pleased," Ann remarked.

Visitors agree with Ann. The park's perimeter is defined by gardens with walkways and a handicapped ramp entering from both streets for which the park is the corner hub. Large pecan and other trees, planted by the ladies and bearing dedication memory plaques, spread their canopies over picnic tables and benches. Flanked by decorative plantings, a new bandstand is a venue for entertainment. Beyond the bandstand, metal art forms a bridge spanning a created dry creek. Once across, visitors arrive at the bricked patio and seating area. Overlooking this tranquil area is The Lady



"If you can see it, you can build it."

of the Garden statue. The trees sparkle with decorative lighting while the stage is wired for musical groups' special needs. Decorative metal fencing defines the various outdoor rooms of the park.

History is not forgotten in this park. The Kerens High School vocational/ agriculture department created a welded miniature likeness of the ill-fated space shuttle, *Columbia*. The accompanying plaque is dated February 1, 2003 with the inscription, "In honor of the hundreds of local citizens who worked so selflessly to help NASA and other agencies in the recovery process."

Many area citizens have caught the committee's current vision as defined by Pamela Carroll, committee vice president and a professional landscaper. Posters were displayed in the bank. "If you can



see it, you can build it," she related. "It's amazing the talent that is in this town."

For the most part, the population in town is older and lives on fixed incomes. As residents saw the progress of the park project that began in February 2012, many came bringing sandwiches or drinks to volunteers as they worked. With a limited budget of about \$300 a month collected from the \$.50 monthly fee on every Kerens water bill, most of the supplies and work have been donated. "People just started volunteering. It's really hard to define who hasn't worked on the park," Jeffrey said.

The bridge design and welding was performed by Diane Billingsley, a more recent transplant to the city. She is the owner of a local Kerens welding business, as well as a committee member. Darlene Holloway, committee secretary, writes grants that will fund future projects. Roy Ivey, president of the committee and a Kerens police sergeant, coordinates work and is the go-to man for many of the supplies.

Committee meetings are held at the city offices the last Thursday of each month. They are typically brainstorming sessions. Someone usually knows someone else who can do whatever the group needs done to create the next phase of the vision. Ann knew a photographer who could help with



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posters. Roy knew where to get pavers and mulch. City crews have worked the project along with members from the Kerens Garden Club, the Kerens Lions Club and Navarro County prison inmates. Navarro County businesses have helped with reduced prices or donations. Lambert Landscape Company in Dallas donated shrubs. "We take everything," Pam said.

Obstacles have occurred all along the way, especially from Texas' weather. "The Lady of the Garden rode around in my truck for two days because it was too wet to lay her concrete foundation," Pam remembered. As with all construction, money and time have been challenges. One of Darlene's grants was just awarded through the Navarro Community Foundation, which will fund the next phase the group is now ready to tackle: decorative, but functional downtown street lights.

The group has already started moving toward that project by arranging for the downtown utilities to be buried. They still have more plans for the park. The Kerens Ex-Students Association has committed to adding a Veterans' War Memorial. Pam envisions the park expanding to a complete arboretum someday. "I always ask for forgiveness, not permission," she explained laughingly.

"The secret to the success of all of this is finding the right people," Jeffrey revealed. "We've got our focal point. Now we are ready to move out into the rest of the city," he added. Just as several of the committee members are relatively new to the area, the committee wants to continue attracting new residents and businesses to Kerens. Members want to create a city where Kerens High School graduates will return to live and rear their families. "I like for people to be proud of where they live," Ann said.

This committee and the residents of the city, whether natives, transplants or nearby "lakers" at Lake Richland Chambers, can be proud of the progress made and future plans to beautify Kerens. Everyone has worked together and accomplished a common goal with their many collective talents, and the joy is sweet. "We have the first piece of the puzzle completed," Jeffrey said. The groundwork is laid to grow a beautiful city that will live into the future. **NOW**

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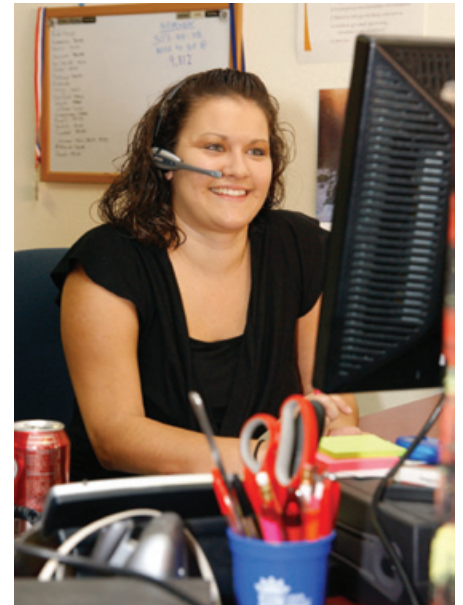


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— By Virginia Riddle

Personally Responsible In Delivery of Excellence or P.R.I.D.E. guides the Sun Loan staff in their pursuit of fast and friendly customer service. Chelsie Wickliffe, manager, and her assistant, Riesha Shed, lead their team by being examples of the reliable service they strive to offer to their Navarro County area customers. Besides specializing in small traditional loans of \$150-\$1,298, Sun Loan Company and Tax Service's local office offers tax preparation and advice and business services. In business in Corsicana since 1993, Sun Loan Company has offices in nine states and is headquartered in San Antonio, Texas. "I love to see customers. Many are like family," Riesha said.

Chelsie and Riesha find joy in helping customers meet

their short-term financial needs with loan terms of four-12 months in length. Approval for a loan can be granted in as little as 30 minutes in most cases. Along with the loan, the staff also provides each customer with the value-added benefit of financial counseling by educating the customer on how to budget each month. Another benefit of the counseling is found in helping the customer build credit or by helping restore good credit to a customer. The company offers starter loans to customers who have no credit thereby, helping them establish credit.

When customers are ready to file their federal income tax documents, Chelsie and Riesha can help in tax preparation. Then e-filing is available through Sun Loan Company. Both

staff members are trained to answer those difficult federal tax questions throughout the year.

Other business services are offered daily as well. If residents of Navarro County need a notary public, fax machine or copying, Sun Loan Company is the place to go for free service with a smile. The company also offers drawings of \$25-\$50 for referrals made. Referrals may be made whether the referent is a customer or not. Payment is made in the form of a check. Additionally, the office has a job board containing postings of current jobs of all types that are available to area residents.

Sun Loan Company has an ongoing training program in which both Chelsie and Riesha participate. Training is delivered through online branch training and hands-on training in other office locations. "There's always more to learn," Chelsie said of the ever changing business. Traveling for training is one of the joys of employment with the company.

The company is active in state and national organizations and contributes to many worthy causes in the Corsicana area. Memberships include the American Financial Services Association, National Installment Lenders Association and the Texas Consumer Finance Association. The local office participates in Corsicana Main Street activities and has drawings each month benefitting different local groups. Sponsorships of different area teams from Pee Wee to the Navarro College softball team help active community sports programs. "We love to help out the community," Chelsie stated.

Riesha, a native of Fairfield, Texas, graduated from Corsicana High School. She enjoys living in Corsicana since there are so many wonderful activities for her son and two step-children to do year-round. Chelsie, who is a native of Palestine, Texas, lives in nearby Ennis with her husband. Both staff members find joy each day by helping their fellow Navarro County area residents with loans, tax service and free business services. **NOW**

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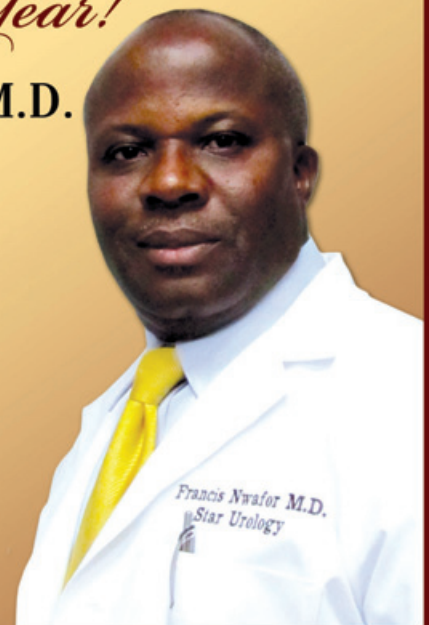
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Anna Pat Alpert and Dr. Anna Kantor, Delta Kappa Tau members, present Christmas stockings to Navarro College international students and their mentor, Carole Davenport.



Bobbie White entertains Senior Circle members and guests with her humor at the Winter Wonderland dinner and expo.



Bankston and Brittany McMath are ready to race with their son, Tucker, at the Corsicana YMCA's Jingle Bell Jog.



Karen Morris, president of Corsicana Rotary Club, and fellow Rotarians dish out smiles and chili at the group's Chili Fest.



Brian, Ron and Vickie Wing install lights for the Festival of Lights in Community Park.



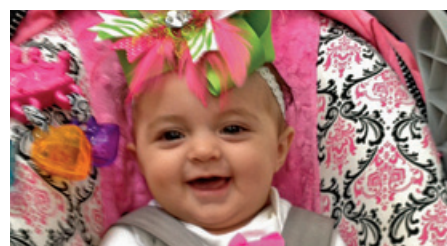
Golfers enjoy wonderful December weather.



Lanie Gillen is bowling to win on a fun-filled Saturday.



The lighting of the Christmas tree with the staff of Navarro Dental Center.



Charli Valdez poses for a picture while out shopping with her Mimi, Sheila Teague.

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Five Financial Goals for Young Adults

Five ... four ... three ... two ... one ... Happy New Year! Ring it in with resolutions that will help you strengthen your financial position and set the stage for long-term success. Here are goals you can set and start working toward today:

Save for a house.

If a home purchase is in your future, check your credit report now, urged Marc Shaffer, a certified financial planner in Overland Park, Kansas. You'll be able to review your credit history and report any errors or omissions to the credit bureaus. You'll also have more time to improve your score. A good credit score can improve the rate you get on your loan, which can save you thousands of dollars in the long run.

Be budget-savvy.

Identify where and how you are spending your hard-earned dollars so you can plug money drains. "You really do need to track everything and create categories to put things in perspective," Shaffer said. Software and apps such as Quicken, Microsoft Money and mint.com make budgeting and tracking expenses easy.

Reign in credit card debt.

Review your card statements to see which debt you can tackle first. Get a feel for the payoff amount using an online calculator.

Get insured.

"As a young professional, your biggest asset is not your retirement account, but your ability to earn money," Shaffer said. Protect your paycheck by obtaining disability and life insurance coverage. Disability insurance coverage replaces a portion of your income if you cannot work due to a disabling accident or illness. Life insurance offers long-term security for you and your family if something unexpected were to happen.

Give back.

When you reach a stage where you're making good money and meeting your financial goals, consider giving charitably to your university, church or a mentor organization. "It's great to give back to organizations and institutions that helped make you successful," Shaffer said. Contact your financial advisor to learn about an insurance and financial review and what it can mean for your long-term goals. **NOW**

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Traumatic Brain Injury: Play It Safe by Treating Head Injuries Promptly

A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts normal brain function. Not all blows or jolts to the head result in a TBI. The degree of seriousness can range from mild, which causes a brief change in mental status or consciousness, to severe, which results in an extended period of unconsciousness or possibly, amnesia.

Concussion

A concussion is a type of TBI that also occurs from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Concussions often occur during sports or recreational activities. The number of youth sports-related TBIs has increased 60 percent in young athletes, according to the Centers for Disease Control and Prevention. Bicycling, football and playground activities account for the greatest increase.

A person who experiences any of the following signs and symptoms after a bump, blow or jolt to the head or body should be examined immediately by a health care professional with experience evaluating concussions and head injuries:

- Appears dazed, stunned or sluggish or forgets an instruction
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to or after a hit or fall
- Has a headache, nausea or vomiting; dizziness; double or blurry vision; sensitivity to light or to noise

Severe Traumatic Brain Injury

A nonfatal, severe TBI may result in an extended period of unconsciousness (coma) or amnesia. A TBI may lead to a wide range of short- or long-term issues affecting: cognitive function (e.g., attention and memory); motor function (e.g.,



extremity weakness, impaired coordination and balance); sensation (e.g., hearing, vision, impaired perception and touch); and/or emotion (e.g., depression, anxiety, aggression, personality changes).

Prevention

People age 75 years and older have the highest rates of TBI-related hospitalizations and death. For these individuals, doctors suggest regular exercise, focusing on increasing leg strength and improving balance; a frequent review of medications by their doctor or pharmacist to identify medicines that may cause side effects or interactions such as dizziness; having their eyes checked by an eye doctor at least once a year; making their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding stair railings and improving lighting in their homes. If you suspect that a loved one has experienced even a mild head trauma, call 9-1-1 or get to the closest emergency room as soon as possible. **NOW**

Gail Stockman, M.D.

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Calendar

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January 1 through 12

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January 5

Camp Hacker 2013 Pro Baseball Camp: 9:00 a.m.-noon, ages 6-10; 1:30-5:30 p.m., ages 11-14; Beebe Field. Instructors are Eric Hacker, San Francisco Giants; Mitch Abeita, New York Yankees; Stayton Thomas, Tampa Bay Rays; and Justin Johnson, a 12U coach/instructor. For more information, contact Eric Hacker at (903) 972-365-1677 or e-mail pro.pitching@yahoo.com.

Mary Peterson Child Care Center "Bridge to the Future" Reception and Concert: 7:30 p.m., The Cook Center. For more information, call (903) 874-7091.

January 5, 12, 19, 26

"Oceans in Space:" Saturdays, 1:30 p.m., Cook Center Planetarium. \$2 per person admission. For more information, call (903) 875-7596.

January 5, 12, 19, 30

Navarro College Basketball Games: These dates are played on the Corsicana Campus. For a complete list of times and opponents, call 1-800-NAVARRO or visit www.navarrocollege.edu.

January 8

Vietnam Veterans of America, Chapter 1009 Meeting: 7:00 p.m., Sirloin Stockade, 2508 West 7th Ave. For more information, e-mail Ron Wright at rekwj@hughes.net.

January 11

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert and enjoy a round of bingo after lunch. For more information, contact Connie Beal at (903) 654-6800.

January 19

Navarro County Go Texan Harley Davidson Raffle and Steak Dinner and Dance: Dinner at 4:00 p.m. with raffle following; 9:00 p.m. Dance, I.O.O.F. Event Center. All proceeds go directly to scholarships for Navarro County youth. For more information, e-mail Carrie Phillips at chermann@cisd.org

January 24

Corsicana Newcomers' Club meeting: 11:00 a.m. Celebrate the New Year in the company of new friends and the installation of new officers. For more information or to make confirmed reservations, contact Marge Oslick at (903) 872-3508.

January 30

Navarro College PAL (People for Active Living) meeting: 11:30 a.m.-1:00 p.m., The Cook Center. For more information, contact Misty Holloway at (903) 875-8276.

January 31

Navarro Regional Hospital 5th Anniversary Healthy Woman Celebration: 6:00 p.m., I.O.O.F. Event Center. The speaker is Elizabeth Smart, abduction survivor and author. For more information or reservations, contact Anna Paul at (903) 654-6871 or anna.paul@navarrohospital.com.

Submissions are welcome and published as space allows. Send your current event details to virginia.riddle@nowmagazines.com.




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In The Kitchen With Shelby Curl

— By Virginia Riddle

The kitchen is the hub of Jason and Shelby Curl's country home where they are rearing their four children — Caleb, Madison, Cooper and Ava. "I am a throw-it-together cook with four kids and very much a slow-cooker person," she said. Shelby learned to cook from her grandmother and mother. "Every meal was cooked. I stayed in the kitchen all the time and just cooked."

Shelby made cooking her profession. She has taught food preparation classes at Corsicana High School and currently teaches classes, such as dollars and sense, to students. Shelby emphasizes the economy and joy that comes with home cooking. "Nothing brings you together more as a family than eating at your own table in your own home. Food is joy!" **NOW**

Asparagus Rolls

6 asparagus spears
6 slices of bacon
1 8-oz. carton onion and chives cream cheese
6 slices of bread
1/4 cup butter, melted
Parmesan cheese, to taste

1. Steam asparagus; set aside.
2. Sauté bacon until crisp. Drain and crumble bacon.
3. Combine bacon with cream cheese.
4. Remove bread crusts. Use rolling pin to flatten bread. Spread cream cheese on bread slices.
5. Lay an asparagus spear on each slice; roll up the bread, cut in half. Place pieces, seam side down, on a cookie sheet.
6. Coat each roll with melted butter. Sprinkle Parmesan cheese over each roll. Bake at 350 F until brown.

Ramen Noodle Salad

Salad:
1 pkg. chicken flavored, Maruchan Ramen Noodles Soup, divided use
1 pkg. Angel Hair coleslaw
1 bunch green onions, thinly sliced
1 4.25-oz. can chopped black olives
1/2 cup broccoli flowerets, finely chopped

Dressing:
1/2 cup sugar
1/2 cup vinegar
1/2 cup canola oil

Topping:
1 cup almonds, toasted
1 cup sunflower seeds

1. Set aside the Ramen Noodle seasoning packet. Cook noodles according to package directions. Drain.

2. Mix all salad ingredients together.
3. In a separate bowl, mix all dressing ingredients together including the seasoning package. Pour dressing over salad. Mix well.
4. Add topping just before serving.

Strawberry Cream Cake

1 pkg. strawberry cake mix
1 stick of butter, melted
4 eggs (divided use)
1 lb. box powdered sugar
1 8-oz. cream cheese, softened

1. Mix first two ingredients and 2 eggs with spoon. Spread mixture in a 9x13-inch well-greased pan.
2. Beat remaining ingredients with mixer until well-blended. Spoon on top of cake.
3. Bake at 350 F for 30-35 minutes. Cake will harden as it cools.

Eddie's Famous Meatloaf

Sauce:

1 small onion, diced
1 10 3/4-oz. can tomato soup
1 can water (soup can)
5 Tbsp. ketchup
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. dry mustard
2 Tbsp. Worcestershire sauce
2 Tbsp. butter

Meatloaf:

1 1/2 lbs. ground beef or 1 1/4 lbs. ground beef and 1/4 lb. sausage
1 cup crackers, crumbled
1 8-oz. can chopped tomatoes, drained
1 egg
1/4 tsp. salt
1 bell pepper, chopped finely

1. Mix all sauce ingredients together, except butter. Cook over medium heat for 5 minutes.
2. Remove from heat. Add butter and set aside.
3. Mix all meatloaf ingredients, adding 3/4 cup of sauce.
4. Form meat mixture into loaf. Pour remaining sauce over top of loaf.
5. Bake at 350 F for 45 minutes to 1 hour.

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

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