

Corsicana NOW

M A G A Z I N E

JANUARY 2014

Windows on the World

At Home With
Michael and Judith Steely

Allemande Left and Dosado

Promenade on over to this
square-dancing group

Making Resolutions Stick

Discover easy ways to live
healthier in the New Year

Going Spiritual

Serving the Neighborhood

In the Kitchen With
Tammy Carter

The 30-Minutes- or-Less E.R. Service Pledge.



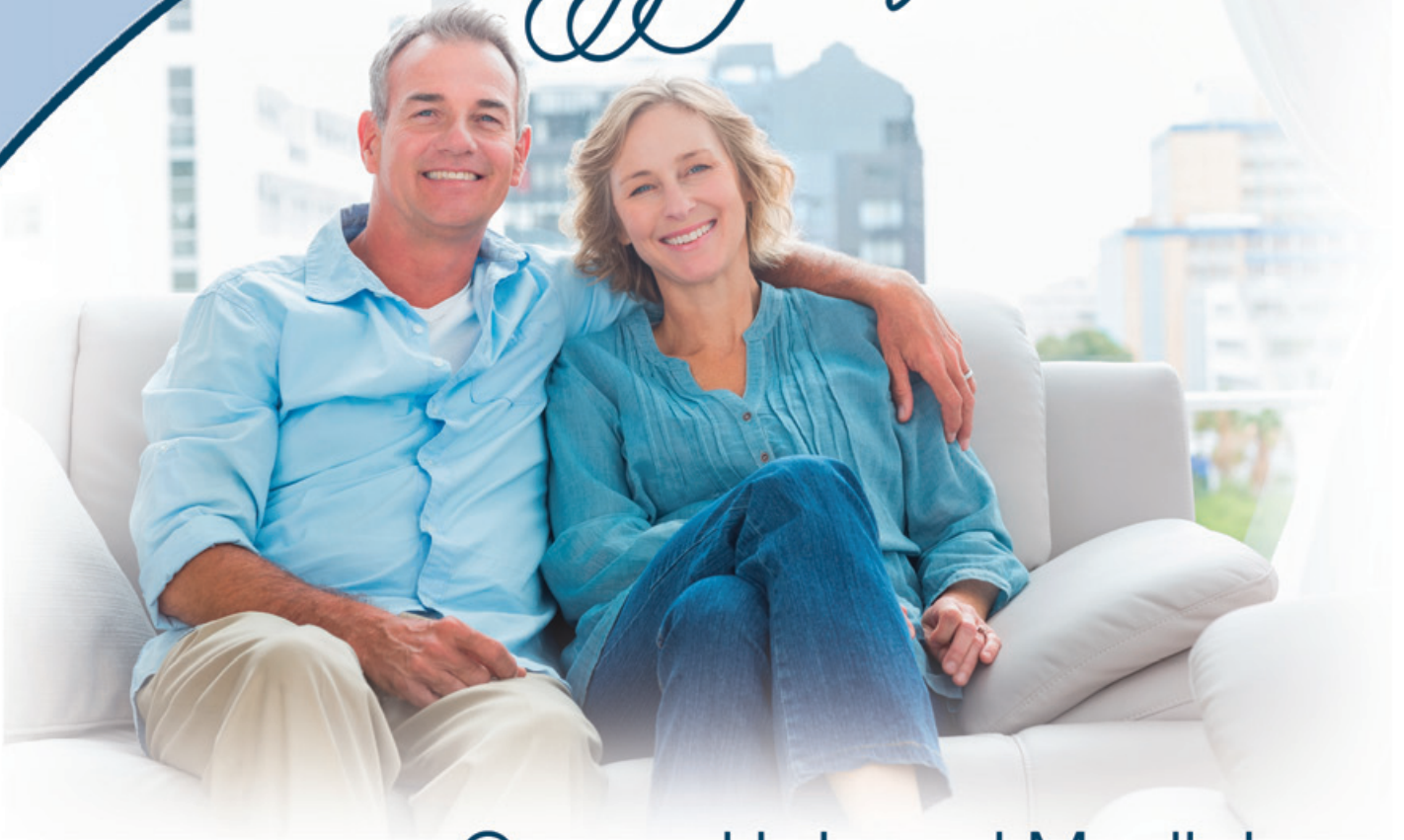
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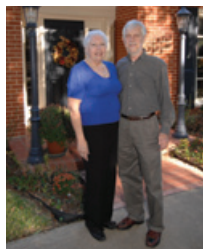
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CONTENTS

January 2014 • Volume II, Issue I



8 Allemande Left and Dosado

"Shoot the star" with the Barn Stompers.

16 Windows on the World

At Home With Michael and Judith Steely.

24 Making Resolutions Stick

Small steps to stay on track with your weight-loss goals.

30 Going Spiritual

Kerens ISD athletics "sports" a family feeling.



36 BusinessNOW

40 FinanceNOW

42 HealthNOW

44 CookingNOW

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Editor's Note

Happy 2014, Corsicana!

The wind may howl and the snow may fall, but let's embrace this time to rest, relax and fulfill those New Year's resolutions! For me, this will include getting back to my dieting and exercise regimen after so many holiday celebrations. To help keep us warm, this is the month to celebrate hot tea, oatmeal and soup.

It's also time to write thank you notes for Christmas presents and memories made. The second week of January has been declared National Letter Writing Week.

It will hopefully give pause to some of us, causing us to consider picking up a pen and paper — rather than a computer, tablet or smartphone — and write a nice long, *real* letter to someone. In this day of texting and emailing, a traditional letter or note would be such a welcome surprise to a friend or family member.

From all of us at NOW Magazines, have a bright and beautiful New Year!

Virginia

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CorsicanaNOW Editor
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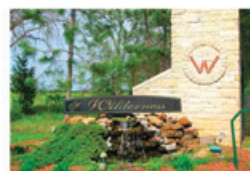
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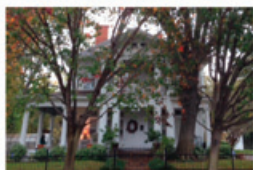
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Allemande Left and Dosado

— By Virginia Riddle

When Charlie and Debbie Ray retired and moved to the Lake Richland Chambers area, they were anxious to meet people and get involved in their newly adopted community, so they joined Lakeside United Methodist Church. However, Charlie and Debbie did not anticipate that, following a Barn Stompers demo dance at Lakeside, they would become square dancers. "Lake people are mostly Type A personalities trying to relax and retire," Charlie said, laughingly explaining how they became the current co-presidents of the Barn Stompers.

"When we first started learning how to square dance, there were 10-12 couples from the lake area," said Sharon Largent, another Barn Stomper who lives at the lake. Participation by lake residents has continued to grow. "It's a great way to meet people," Sharon added. Her dance partner is her husband, Lee. Members also include residents of Corsicana, Mexia, Teague and Fairfield. Barn Stompers enjoy traveling to other clubs located in Athens, Palestine, Jacksonville and the Dallas area and hosting them in return.

There are other reasons and benefits to joining this lively group. "It's a wonderful sport," Sharon said. However, a dancer does not have to be completely physically fit or especially talented.

"If you can get up and move, you can square dance," Debbie said. "We have all kinds of health situations — hip and knee replacement, heart conditions and surgical rehabs. You can wear a sign saying such things as 'Do not spin' if you have a health condition." Dancers can take breaks, if needed, and line dancing is offered between "tips" (several square dances), just for a change of pace.

There are no age restrictions. The club has members ranging in age from 12 years old to people in their 90s. Families and single people are welcome. "Families start their little ones early," Debbie said.

"The kids learn fast," Charlie added, "and they are so cute and energetic." But he revealed what he considers four of the best reasons to join Barn Stompers. "You don't have to be graceful. It's inexpensive, only \$6 per person for a dinner and dancing. College scholarships are available for members at the state and local levels. And when the girls sit down, their petticoats fly up!"

Members sometimes wear traditional square-dancing costumes, where the man's shirt color matches the woman's skirt. Women can also wear long prairie skirts, and club members have "club" clothing. "I said I would never wear a short skirt, but..." Sharon revealed. "My granddaughter asks me now, 'Nana, can I have your square dance skirts?' She loves them."

Square dancing is uniquely American, having its roots in New England. The origins of the dances trace back, however, to the schottische, quadrille, jigs, reels and the minuet — dances that were brought to early America by the first settlers and



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immigrants who followed. Hardworking pioneers, needing rest and relaxation from their toils, as well as a way to meet neighbors, looked to the barn dance. Over the years, the needs have been kept simple: music, a solid floor and a caller.

No longer just a rural night out, square dancing has evolved with modern times into an urban activity with a Texas organization formed 51 years ago. Barn Stompers is a member of the East Texas Square and Round Dance Association and the Texas Federation of Square and Round Dancers. Members enjoy participating in conventions held by these two organizations annually.

Another way square dancing has evolved with the times is the manner in which people can learn the specialized lingo and calls. There are Internet sites that explain the unique vocabulary and demonstrate calls. Saddlebrookessquares.com, www.tamtwirlers.org/tamination/, and YouTube.com are commonly used sites. Some of the younger members, especially, have been spotted using their smartphone apps even as they are



dancing! "It's pretty cool the ways you can learn now," Debbie said.

Barn Stompers also provides the traditional "learn from your neighbor" lessons. Classes are held on a regular basis with one beginning this January. It is a win-win for potential dancers, since there is no charge for the first three sessions. "People can see if it's something they want to continue to do," Debbie said. For those who love to line dance, they are led by Carolyn Hinchcliffe.



Square dancing lessons start with the basics and "angel" members of the club make up half of each circle to help neophytes. "Having angels gives new folks a lot more confidence. We have a lot of great angels," Sharon said. "When the call comes, if you don't immediately see it in your head, someone will help you." The basic and mainstream call indices





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include 70 calls, while the plus call index includes another 30 calls. If the square breaks down completely, the caller will notice and straighten everybody out with the next call. "Plus lessons," which are more advanced, are available to members who wish to try the more complicated calls. "The goal is to get back 'home' with your partner. When you do, it's, 'Yea!'" Sharon exclaimed.

Callers have danced for a while, and can get advanced training in college-level programs, such as the one located in Hot Springs, Arkansas, where the Barn Stompers caller, Kenneth Melvin, formally trained. Occasionally, members enjoy guest callers and, of course, callers from other clubs when visits are made.

It was a caller, Billy Lewis from Barry, who helped start the Barn Stompers in 1973 by teaching the first lessons to a group of 36 local residents. Billy owns a dance hall in Silver City. "It has a lot of history," Charlie said. Star Hall, in Corsicana, is an occasional host to the Camping Squares, another group to which some Barn Stompers belong.

While live callers are mainly used, square dancing clubs can also use music and callers that are recorded on CDs. This enables clubs to do demo dances at schools, senior citizen centers, churches, assisted living and nursing homes and special events, such as festivals. "We welcome invitations to dance," Debbie said.

Barn Stompers' dances are held on the second and fourth Saturday evenings each month. Members share a pot luck dinner which fuels them for both the square and line dancing. True hospitality abounds. Visitors are welcome to eat or just watch and/or try dancing. Debbie added, "We have great cooks. We love people and love to share our passion for dancing." **NOW**

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At Home With Michael and Judith Steely

Michael Steely, a Corsicana High School graduate and native son, remembers his days of growing up in Corsicana. "I know Corsicana well," he said. He can easily identify with the statement a longtime friend once made, "I've known people so long, I can't remember meeting them." Michael, a fifth-generation Corsicana resident, is friends with people he's known all his life.

Windows on the World

By Virginia Riddle





Little did Michael know during his early years that his yet to be chosen career would take him to several different countries, and he would meet and marry Judith, a native of Manchester, England. Their marriage and many of their home's furnishings have lasted for 41 years through many moves, two children and a granddaughter. "Getting married once was enough," Michael said laughingly.

"And they said it wouldn't last!" Judith quickly added.

Following high school graduation, Michael attended Navarro College and later accepted a position with Methodist Hospital in Dallas. Meanwhile, across the Atlantic Ocean, Judith was packing



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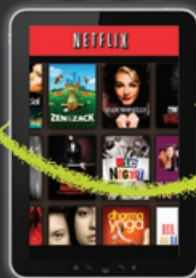
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her bags for a nursing position in Biafra, Africa, when fate stepped in, and she decided to come to Dallas to accept a position at Methodist Hospital. And as the saying goes, “The rest was history.” Judith worked as a nurse at Methodist for four years before the couple relocated to England in 1975. When they returned to Dallas, she worked at Parkland Hospital for the next 13 years.

During that time, the couple’s daughters, Sarah and Jessica, were born and Michael’s parents, who were still



living in Corsicana, passed away. In 1987, the family moved to England so the kids could be near Judith’s parents. The couple continued their work in hospital and health care management, and Michael, who had graduated from Dallas Baptist University, went to law school in England.

In 1999, Judith was recruited to work as a quality manager for the government of the United Arab Emirates. So once again the family packed and moved — this time to Abu Dhabi, the capital and second largest city in that country.

Judith’s position entailed implementing a quality framework and mentoring Emirati students who had studied abroad and returned home to work in the new, modern hospitals that were quickly being established.

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As empty nesters and parents of college girls, Michael and Judith returned to Corsicana, but travels to foreign postings still called. After only six months in Corsicana, they went to Singapore as hospital consultants.

On return to Corsicana in 2007, Judith worked for an area hospice. Today, she owns her own company: Home Staging By Judith. Michael is using his legal knowledge by doing title research for an Austin law firm. They were charter board members of the Corsicana Preservation Foundation. Judith serves on the Corsicana Parks and Recreation Commission, and Michael serves on the Animal Services Board.

Grandparenthood demands this couple travels abroad, since Sarah and her husband, Mark, gave birth to Ivy Elizabeth last year in England, where they reside. Sarah followed her parents into health care as a doctor. The couple enjoys Skyping to keep up with Ivy's days when they can't be in England holding her. The trips also allow Judith, a cancer survivor and British citizen, to continue her checkups with her doctors.

Jessica inherited Michael's interest in law and graduated from law school in England. She now lives and works in Pittsburgh, Pennsylvania. Michael and Judith enjoy visits with Jessica and her Boxer, Kheya.

Their home, the second house the couple has owned in Corsicana, was built in 1970 by a man who wished to entice his wife to return to Corsicana. "She loved her house in Midland, Texas, so much, he promised if she would move, he would build the exact same house for her here, and he did," Michael explained.

The wide, tree-lined street, redbrick exterior and circular drive work together to give a very proper British background to the many furnishings Judith enjoys staging in their home. "The home had

great fittings,” Judith said. “Everything has been painted and refinished from the floor up, and the kitchen has been completely refurbished.”

The living room, painted in a soft blue, is home to a plate collection, sideboards and Judith’s mother’s table, which was bought for her wedding in 1941. Judith’s mother got into trouble with her father, because she bought it cash-on-delivery, instead of paying for the item upon purchase. The gold-framed mirror over the fireplace reflects pieces the couple has owned a long time. “They have been on the high seas a lot over the years and through many moves,” Judith stated.

Other family keepsakes include china and figurines, watercolors, family Bibles and prayer books and, of course, a tea set. “We are very much into keeping and preserving things. Someone in the family will want them,” Judith said.

The living room flows into the dining room, which overlooks the yard. The kitchen countertops are granite, and Judith designed a movable kitchen island, which is a focal point in the room. She used the original cabinets and scrubbed the original handles personally. An art corner features Sarah and Jessica’s childhood creations and a little tea pot reminiscent of “The Teapot Song” the kids loved.

From the den, multiple picture windows afford a full view of the backyard complete with fig and pomegranate trees. “We love the gardens and watching the birds and squirrels,” Michael said. The den features a full, lighted bar and comfortable seating for entertainment, and a photo of their smiling daughters graces a sofa table.

Two bedrooms and a master bedroom and bath are accessed from a hallway with enviable storage. One bedroom contains a cedar chest with packets of treasures for both daughters, and the other bedroom is being readied for Ivy’s first visit — complete with Ivy’s closet of clothes and toys. Among the art they have collected from many countries, are Judith’s favorites — two drawings by Joy Adamson, author of the book *Born Free*.

Corsicana welcomed Judith. “People in Corsicana know you, and when the chips are down, they will support you,” Judith said. With windows still opened onto the world, Judith and Michael are very much at home here in Corsicana. **NOW**

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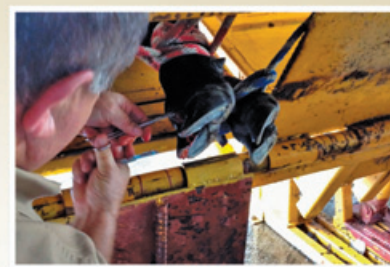
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— By Jill Rose

Be realistic.

With the New Year comes a clean slate and a chance to start over. Bad habits and lifestyle choices can be altered with resolutions and goals, and the not-so-great living of the last few months slowly becomes a memory. Whether you want to work out or eat healthier, resolutions can help change your life for the better. Follow these simple guidelines, and this year your healthier resolutions may stick.

You have probably made hundreds of yearly resolutions, yet given up within a few months. Frequently, giving up is due to unrealistic expectations of quick achievement. When setting goals, it's easy to get carried away with grand ideas, but this can set you up to fail. Although it would be amazing to achieve our goals in just weeks, realistically, it will take time — especially when it comes to weight loss. Excess weight/fat did not show up overnight, instead it culminates from decades, or even a lifetime, of poor eating habits. Losing 10 pounds may take you six months or more. Adjusting your goals to your current situation and



not where you want to be in a year, will prove a key to success. Perhaps you plan to run a marathon, but have never run farther than a mile. Break large resolutions like this into smaller, attainable goals: running a 5K in three months, a 10K in six months, a half marathon in nine months and a full marathon in a year. Breaking goals into smaller increments allows you to reach milestones quicker and will motivate you to continue.

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Find your true motivation.

In order to stick to your resolutions, you have to be honest about your motivations. Motivations rooted in pleasing others often result in frustration and disappointment. Determine what motivates you — not others — in order to do well. Find your true motivations by asking yourself the following:

Why do I want to live a healthier life? To feel better? To look better for a special event? To impress someone?

Am I afraid of taking risks or failing?

What has stopped me from keeping my resolution in the past?

What can I do differently this year?

When thinking of giving up, what will I say or do to keep my resolve?

Answering these questions first will not only clarify your true motivations, it will prepare you for obstacles.

Write it down.

While setting realistic goals and determining your motivations may seem like a no-brainer, writing them down is crucial. This is a great way to visualize what you want to accomplish. Write your goal on a sticky note and post it somewhere highly visible, like the bathroom mirror or refrigerator. Seeing what you want staring back at you every day helps keep you focused.

Do you want to eat better and lose weight? Awesome! But what changes will you make in your day-to-day routine to obtain your goals? Will you cut out junk food? Eat more fruits and veggies? What is your weight-loss plan? Will you eat less, work out more or a little bit of both? When and where will you work out? Although these are basic questions, they make obtaining your desired result possible. By mapping out your strategy for achieving your goal when you make your resolution, you can see the work it will take and visualize what you want.



Monitor your progress.

Perhaps the most vital part of sticking to your resolution is monitoring your progress. If your resolution is to eat better, keeping a food journal is an absolute necessity. No longer is it necessary to write down everything you eat in an actual journal. Apps like MyFitnessPal and LIVESTRONG.COM allow you to record foods quickly and easily, while monitoring your calories and macronutrients. The key advantage is accountability, providing a visual reminder of your progress and warning you when you begin to veer off-path.



If losing weight is your goal, use a journal to monitor your weights and measurements. Most fitness experts advise weighing and measuring once a week. Just a reminder: If you are lifting weights or participating in a muscle-building program, it's not wise to use the scale as a monitoring device. While muscle and fat weigh the same, muscle takes up less space. In the process of converting fat into muscle, you will lose

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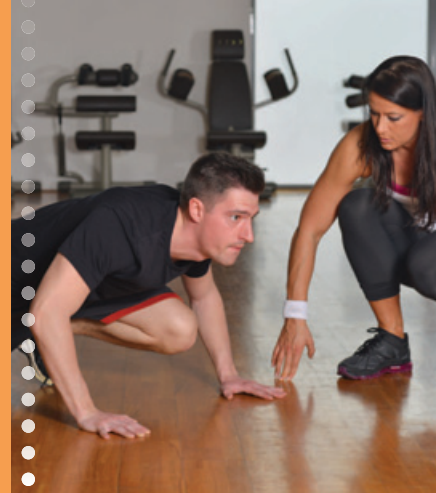
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inches but may not lose pounds. Because of this, measure around the widest part of your hips, arms, calves and stomach (the area right below your belly button). This more accurately measures change for those participating in strength training programs.

Accept that you are going to mess up.



Making life changes — no matter how big or little — is hard. Whether with work, kids or just life in general, mistakes are made. Workouts are missed. Cookies are eaten. Things don't go as well as planned. Using these obstacles to convince yourself the goal is too hard makes it easy to give up. Accepting you can't always adhere to your plan can make it easier to achieve your goals. Modify your resolution/goal as needed. If you plan to work out five days a week but you can't find the time, adjust your goal to three days a week. Once you get into a routine and working out becomes second nature, adding an extra two days down the road will be a breeze. Keep the faith and hang in there, because in the end you will be glad you did. **NOW**

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Marqueshia Kelly and Breanna Baxter share a love for both volleyball and basketball.



GOING *Spiritual*

— By Virginia Riddle

A dynamic foursome of paired friends commands attention on both the Kerens volleyball and girls' basketball courts this year. Kristen Lynch, head volleyball coach, and Denise Lincoln, head girls' basketball coach, support each other in their respective sports. Senior Marqueshia Kelly and junior Breanna Baxter do likewise. The friendships these coaches and players share are just one indicator of the Kerens spirit that supports its athletes and coaches in all endeavors. "The community stands behind us 100 percent. If we lose, the community feels like they have lost," Breanna said.



Not that there are many losses. In their 2012 season, the Kerens Lady Cats volleyball team went 19-13, and they were Bi-District Champs. In 2013, after an impressive 27-6 record, they were Area Champs. The 2012-13 Lady Cats basketball team had a 26-6 record.

The girls' individual honors are numerous. Leaders on both teams, Marqueshia and Breanna both made the varsity teams every year, starting with their respective freshman years. Marqueshia, who blocks and hits, and Breanna, a middle blocker who plays all around the court, were named to the 2012 First Team All-District 14-1A Volleyball Team, and they both played in the post position in Austin at the state basketball tournament. Breanna was named the Golden Circle 2013 Basketball Co-Offensive Player of the Year for area high schools and 2013 Co-MVP and All State volleyball player. Marqueshia was named Blocker of the Year in 2013 for volleyball. The girls have repeatedly earned most valuable player honors in both sports. "They are so mobile. They can do almost anything. They are three-point champions," Coach Lincoln said.

Breanna, who plays on the Golden Circle Elite AAU team in Corsicana, has been described as the "go-to girl" on the team. Marqueshia also trains during the summer in an AAU league in the





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Coach Lynch, Marqueshia, Breanna and Coach Lincoln are proud to be Lady Cats.

Dallas Metroplex. Additionally, the girls have been to university basketball camps — Breanna to Baylor University and Marqueshia to The University of Texas at Austin.

Both girls excelled in track last year, as they represented Kerens and the Class 1A-Division I on the Kerens 800-meter relay team at the 2013 UIL State Track & Field Meet. Breanna also competed in the high jump at the same meet, and she plays on the Lady Cats softball team.

"You have to go spiritual to understand it," Marqueshia explained. Marqueshia, active in her church where she plays drums, follows her favorite Bible verse: "For we walk by faith, not by sight" (II Corinthians 5:7). The team prays before every game and at meals, while holding hands around the table.

With their competitive spirit, it would be easy for these two teenagers to envy one another, but such is not the case. "They have never been jealous of each other," Coach Lincoln said.

"Marqueshia and Breanna swap honors. They are both so good and so alike. When we had senior night for the volleyball team, Breanna asked to speak about Marqueshia. Her speech gave me chills," Coach Lynch remembered.

The girls' friendship began when Breanna joined the varsity volleyball team as a freshman. "I was nervous, but Marqueshia came over to me wanting to partner and helped me so much," Breanna said. "From day one, as a freshman, the coaches said, 'We are a family.'"

Coach Lynch and Coach Lincoln are also close friends. "In a lot of schools, there's an attitude of, 'It's my sport, her

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sport,” Coach Lynch explained. “Here at Kerens, coaches go to every game.” When Coach Lincoln had to undergo knee surgery recently, she was still on time at the next volleyball game, crutches and all, ready to keep the stats book. Just as in the saying, “When momma isn’t happy, nobody is happy,” Marqueshia noted, “our coaches can’t have troubles [with each other], because we look up to them.”

The boys’ coaches deserve a lot of the credit for the successes the girls’ teams have achieved. “We play against the men coaches,” Coach Lincoln said. “We all share well and help each other.”

Breanna added, “Coach Priddy and Coach Kinney hit hard. We couldn’t have gone this far into the season without their help.”

This foursome can laugh over their superstitions. For instance, Breanna always leads off during warm-ups, with Marqueshia guarding the rear. Breanna loves to listen to certain songs before play. “The team wants me to wear the same thing and have curly hair as I did during a winning streak,” Coach Lynch revealed.

While the successes and participation at the state level are to be celebrated and remembered as high notes over lifetimes, losses and injuries are a part of Marqueshia and Breanna’s sports careers. The girls have suffered their share of concussions, sprained ankles and aching muscles. “It’s hard to come back to practice after a loss,” Breanna said. The 95-90 loss to Slocum in the 2012-13 basketball Region III-1A quarterfinal game was especially hard. That loss, one that went into double overtime, cost the Lady Cats a repeat



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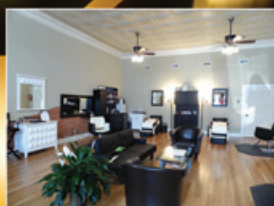


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trip to Austin. "I mentally overcame that loss by telling myself to play and practice harder," Breanna said. Life skills are taught and learned at this level of competition — cooperation, friendship, how to handle a loss and how to celebrate victories. "Athletics teaches them that life is not fair," Coach Lincoln said. "As 17- or 18-year-olds, some of these lessons really are hard."

But support is available. "People here are really nice and family oriented. Everyone is for you," Marqueshia said. Both girls count their families as their biggest fans. "My family instilled in me to do well," Marqueshia said. Breanna's dad requests the gym to be open so that Breanna gets in extra practice time.

The girls, however, do spend time in other pursuits. Marqueshia helps at her aunt's day care and at her church. Breanna, who has been named to the academic honor roll several times, helps her dad and fills her days with cheerleading, student council, Beta Club, Spanish Club and Fellowship of Christian Athletes. "I never get to sit down and eat in the cafeteria. I always have a meeting to go to," Breanna said.

Scholarship offers are coming the girls' ways. Marqueshia wants to study fashion designing in college, and Breanna is dreaming of playing basketball at a Division I university in the future. No matter what their futures hold, the girls will take with them the life lessons learned from their coaches. Marqueshia, who will graduate this spring to go forth to another level of playing, reflected, "School and Kerens are part of my family now, too." **NOW**

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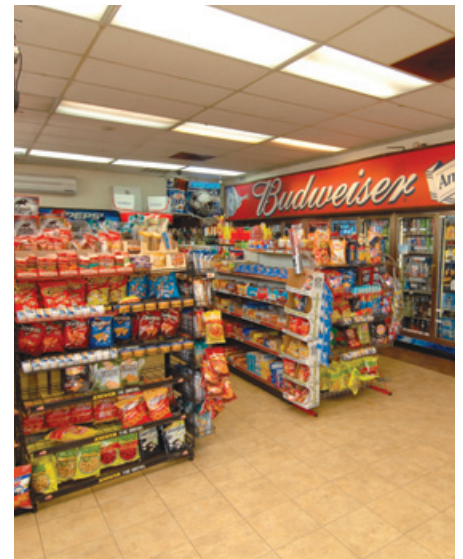
ESM & Sons' Convenience Stores

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Hours: 24/7

Shell Convenience Store

1626 W. 7th St.
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(903) 874-8578
Hours: 5:00 a.m.-midnight, 7 days a week



From left:

ESM & Sons employees provide friendly customer service every day.

SERVING THE NEIGHBORHOOD

The Mazrooe family cuts no corners in providing great customer service.

— By Virginia Riddle

A friendly smile and enthusiastic greeting is what Corsicana and area residents, as well as the many travelers passing through Corsicana on 7th Street, can expect when entering the Valero and Shell convenience stores located a few blocks from each other. “We don’t treat you as a customer. We treat you as a friend by getting to know you by your first name,” said Chris Mazrooe, one of the “sons” of ESM & Sons.

Owning the convenience stores was a dream of Chris’ father, Essi Mazrooe, a mechanic who owns a car repair shop in Dallas. “Everyone in the family worked in the shop,” Chris remembered. Essi began to diversify by purchasing the stores in Corsicana. Chris oversees the stores, while two of his brothers

fill positions of president and CFO, and a third brother fills in wherever needed.

The stores provide standard convenience store items — gasoline, groceries, lottery tickets, snacks, ice and propane. But, that’s where the industry standard stops and great customer service begins. Chris believes in going the extra mile. “I don’t treat this as a job. I treat it as a hobby, something I enjoy doing day in and day out. I do what it takes to keep things in stock, so when customers walk in they find the items they want,” Chris stated. He finds and stocks special requests. “I go to a great extent to get the item, even if it’s not a popular item,” he added.

Business **NOW**

"I enjoy getting to know the different people, the different personalities and cultures in this area," Chris said. He stocks food items not easily found elsewhere in Corsicana for those who are from other countries, such as natives of Micronesia.

ESM & Sons has 17 employees who serve customers at the two Corsicana stores. There are three managers, three stockers and 11 cashiers. Some of the employees have been with the stores throughout ESM & Sons' ownership. The paid training of employees is important to Chris. "I tell employees that the same merchandise and gas can be bought elsewhere within one mile of our stores. We have to be different from other convenience stores and that difference is our customer service," Chris said.

**"WE DON'T
CUT CORNERS."**

Total quality is also important to Chris and his family. "I am not here to save money by not offering full service, safety and quality products," Chris stated. "We don't cut corners." He cited just one example — all coolers are kept at the lowest temperature possible. "This practice doesn't save us money, but it does insure each customer that his or her drink will be chilled and the food will be safe," Chris said.

The stores are members of Better Business Bureau and Independent Buyers' Coop. Additionally, the state of Texas and the city inspect all aspects of the business regularly as required by law.

Chris and his wife, Sandra, are parents of toddler daughter, Vida, and are expecting another child. "Vida is like her name — full of life," he said proudly. With his parents living only a few houses away, the couple has built-in babysitters.

"Our customers are the best. They make all the difference in the world," Chris said. This multilingual manager, with degrees in electrical engineering and computer science, enjoys serving people well in every way. **NOW**

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Byron Haynie provides the entertainment at the recent Boots, Blue Jeans and Bids fundraiser.



From left: Suzanne Pher, Bill King and the Honorable H.M. and Carole Davenport come together for the American Cancer Society Annual Wine & Cheese fundraiser.



Tammie and David Perry are seen at the Corsicana Education Foundation's C&B Seen Gala.



Corsicana Newcomers Club members enjoy lunch out each month.



Lee Ann Guest and Alicia Rogers celebrate at the Senior Circle Boots and Bangles event.



Ryan Arnett, Tayton Mahone and Jonathan Brand warm up for the Ensemble Concert at Navarro College.



Stephanie Sanders and Christina Smith are all smiles in their new store, Double Trouble Duds.



The cowgirls of Annie Get Your Gun are prepared for opening night.



Twyst celebrates its grand opening with a ribbon cutting.

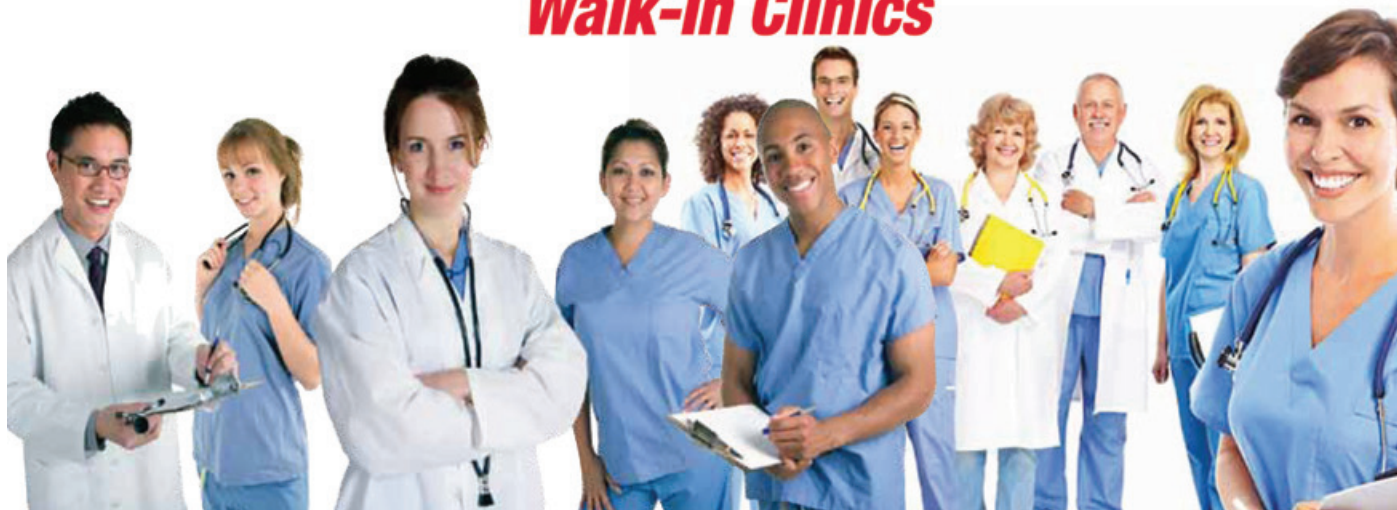


Rodney Walton, a Salvation Army bell ringer, mans the kettle.



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Employment Screenings > A company's most important asset is healthy, happy, productive employees, so it's critical for each potential new hire to undergo a thorough employment health screening. Ennis and Kennedale are home to **Urgent PLUS Care** medical clinics offering a full range of occupational health services including drug testing, OSHA medical screening and surveillance, workers' compensation exams and treatments and employment health screenings.

Among the employment screenings **Urgent PLUS Care** clinics offer is the DOT physical, federally mandated for any driver of a commercial motor vehicle. To assure that substance abuse won't wreak havoc on your company, we provide five-panel employee drug testing that uncovers use of "street drugs" including marijuana, cocaine and methamphetamines. We also can test for heavy alcohol use. And if you or your employee is headed overseas on business, we can make sure you get all the immunizations required for the country you're visiting.

3. WORKERS COMP

Workers Comp Clinic > If you're an employer who cares about both the well being of your employees and the financial health of your company, or if you are a patient who has been injured because of a workplace safety issue, **Urgent PLUS Care** in Ennis and Kennedale offer top-notch healthcare analysis and treatment services for employers and employees.

4. ROUTINE PHYSICAL

Routine Physical Exams > Is it time for your next physical exam? Ennis and Kennedale residents head to **Urgent PLUS Care** for a range of physical exams from routine annual checkups to sports and occupation-specific physicals. **Urgent PLUS Care** offers these screenings:

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Reasons to Consolidate Your Retirement Accounts

The average U.S. worker will hold up to 11 jobs between the ages of 18 and 44, according to the Bureau of Labor Statistics. Some of those past jobs probably came with a 401(k) or an IRA account as a perk. According to a recent study, more than 50 percent of American workers have two or more retirement accounts to keep track of.

Why consolidate your accounts?

Say you have \$3,000 sitting in one retirement savings account, \$4,000 in another and \$2,000 in a third. They may be costing you money, because most funds charge annual fees for accounts containing less than \$5,000. And once you reach age 70 1/2, you will have to start taking money out of those accounts. Who wants to keep track of all that IRS paperwork?

Is there a better option?

The answer is yes. You can consolidate your IRAs and 401(k)s into a single rollover IRA. Doing so would accomplish several worthwhile investment goals, including:

- Receiving just one monthly statement
- Keeping track of less paperwork
- Having more investment control
- Increasing fund leverage
- Saving money on account fees

How difficult is it to consolidate?

Consolidation is simple and easy. For many, IRA rollovers are a simple, safe and secure way to consolidate your retirement assets. And the fund consolidation trend is growing. Some estimates say that more than \$370 billion

annually will be rolled into IRAs from 401(k)s over the next few years.

What are some other advantages?

Rolling over your funds into a new IRA can expand your retirement portfolio options. For example, some employer 401(k)s only offer limited investment choices, but with a rollover IRA, you can tailor your investments to meet your precise retirement goals. There are also more flexible distribution provisions with a rollover IRA.

How do I get started?

To set up a rollover IRA, consult a financial professional. In some cases, your advisor will even help you fill out the paperwork to close the other accounts. Keep in mind that some funds charge fees for closing an account.

Are there any disadvantages to consolidating?

Yes. You can borrow from a 401(k) account, but not from an IRA. You can withdraw funds without a 10-percent early withdrawal penalty from a 401(k) if you leave your employer at age 55 or older, but with an IRA you have to wait until you are age 59 1/2.

With any investment opportunity, it is important to do your homework. Seeking the advice of an investment professional before making any changes to your retirement accounts is advisable. Find out for yourself whether the risks outweigh the benefits. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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Navarro Regional Hospital to help Consumers Sign Up for New Health Insurance Options

Navarro Regional Hospital will help residents enroll in new affordable health insurance options. This initiative is part of the Affordable Care Act, which requires most U.S. citizens to have health insurance beginning January 1, 2014. A primary goal of the Affordable Care Act is to help uninsured, eligible Americans gain access to affordable health care. Financial help to lower costs is also available for people who qualify.

Americans will be able to find health plans on the Marketplace that cover a comprehensive set of benefits, and they cannot be denied coverage based on a pre-existing condition. Some of the health benefits include:

- Preventive care and wellness services
- Ambulatory patient services
- Rehabilitative and habilitative services
- Doctor visits
- Prescription drugs
- Hospital and emergency department care
- Maternity and newborn care

- Lab services
- Pediatric services
- Mental health and substance use disorder services

Government subsidies to help citizens obtain coverage from the Health Insurance Marketplace are available, depending on income and other qualifications. There are still many individuals in our community who qualify for Medicaid coverage even though Texas is not expanding Medicaid. These individuals can enroll at any time and coverage can begin immediately.

Citizens can make an appointment with our trained staff to help navigate and sign up for affordable health insurance. Translators will be available. For more information or to make an appointment, please call (903) 654-1028. **NOW**

Xavier Villarreal
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Navarro Regional Hospital

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January 2

Blooming Grove Crime Watch meeting: 7:00 p.m., Blooming Grove Historical Society Building. The speaker will be Navarro County Deputy Melanie Cagle.

January 4, 15, 22, 29

Navarro College Basketball Games: Wolens Special Events Center. For more information, call 1-800-NAVARRO.

January 10

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 10 — 12

Gun Show: I.O.O.F. Event Center. For more information, call (903) 641-6607 or visit www.ioofeventcenter.com.

January 11

Hat Brand Rodeo Series: Navarro Expo Center Indoor Arena. For more information, call (903) 872-7000.

January 13 — 15

Freedom on Hooves: 8:30 a.m.-6:00 p.m., John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Dr., Fort Worth. During the Fort Worth Stock Show's Chisholm Challenge, the public can watch the fun of competition between riders from the Wings of Hope, in Egan, and many other Texas equine therapy centers. For event details and schedules, visit www.chilsholmchallenge.com.

January 14

Corsicana Emergency Corps meeting: 7:00 p.m., 416 S. 12th St. The meeting is open to the general public. For further information, call (903) 872-5072.

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, contact Ron Wright at (903) 229-0497.

January 18

Go Texan Fundraiser: 4:00 p.m., I.O.O.F. Event Center. Drawing tickets are on sale and can be purchased from any Go Texan member. For more information, call (903) 641-6607 or visit www.ioofeventcenter.com.

January 19

2014 Parker County Bridal Fair: 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr., Weatherford. The free event will feature more than 30 vendors, which can help plan your special day. For more information,

visit www.videocapades.com/bridalfair.html or call (817) 596-8491.

January 20

Martin Luther King Day Parade: 100 W. Main St. (downtown). For more information, call (972) 937-7330 or visit www.waxahachie.com.

January 23

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

January 25

VITA (Volunteer Income Tax Assistance) volunteer training: 9:00 a.m.-noon, Navarro College. VITA sites will be open from

January 28-April 15. Volunteers will act as tax preparers for qualifying low income and elderly individuals. Shifts will be on **Tuesdays** and **Thursdays** from 2:00-5:00 p.m. or 5:00-7:00 p.m.

First Annual Arts District Fundraiser: The Palace Theatre. This is a fun family afternoon art exhibit, dinner and concert at 7:30 p.m. Hot Club of Cowtown, an Austin-based Western swing trio has opened for such artists as Bob Dylan and Willie Nelson. For more information or to make reservations, call (903) 874-7792 or visit corpallace@sbcglobal.net.

Annual Aledo Chili Supper: 5:00-8:00 p.m., Aledo Community Center, 104 Robinson Court, Aledo. The supper will include a silent auction and a style show. The cost is \$5 per adult and \$3 child age 8 and under. For more information, call (817) 441-9009.

Third Annual Run for Their Lives 5K Hero Run: 8:00-10:45 a.m., Getzendaner Park, 400 S. Grand Ave., Waxahachie. The race is sponsored by Texas Baptist Home for Children and benefits that organization's post-adoption services ministry. For more information, call (972) 937-1321 ext. 229.

January 30 — February 8

Moonlight and Magnolias: Warehouse Living Arts Center. Legendary producer, David O. Selznick, has shut down his epic production of *Gone with the Wind* since the screenplay just doesn't work for him. 1939 Hollywood is all abuzz. Join in the fun as the cast tries to re-write this classic story of the South. For more information or to make reservations, call (903) 872-5421 or visit www.warehouselivingartscenter.com.

January 31

Navarro College Baseball vs. North Central game: Noon, Navarro College-Corsicana

campus. For more information, call 1-800-NAVARRO.

February 1, 2, 7

Navarro College Baseball games: Noon, Navarro College-Corsicana campus. For more information, call 1-800-NAVARRO.

Ongoing:

Tuesdays

Corsicana Noon Lions Club meetings: Noon, Shrine Building, 323 N. Commerce. For more information, call (903) 654-4861.

Wednesdays

Story Time: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

Corsicana Rotary Club meetings: Noon, Corsicana YMCA. For more information, visit www.corsicanarotary.org.

McMaw's Misfits Line Dance and Clogging Organization meetings: 6:00 pm., Senior Citizen Activity Center. For more information, call (903) 654-4980.

First Wednesdays

Grief Support Luncheon: Noon, Hospice of Cedar Lake, 625 N. Main. For more information, call (903) 874-2646.

Second Wednesdays

Blood Pressure Clinic: 10:00 a.m., Friendship Towers Sunroom. For more information, call (903) 874-4745.

Third Wednesdays

Caregivers Support Group meeting: 2:00 p.m., First United Methodist Church of Corsicana Library. For more information, call (903) 874-5656.

Second Thursdays

Creative Therapy classes for medically challenged and special needs children: 5:00 p.m., New Beginnings Family Fellowship, Texas Highway 22, Blooming Grove. For more information, call (903) 695-0025 or email info@whenarewegoinghome.com.

Crackpots meetings: 6:30 p.m., Cowboy Church of Ennis. Event offers a meal and entertainment for those who are 55 and older. Call Vicki Bell at (469) 285-4845 or Myra Morrissey at (972) 998-5868 for more information.

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



In the Kitchen With Tammy Carter

— By Virginia Riddle

Mackenzie, Claire and Anna are Tammy Carter's three reasons for making memories in the kitchen. "I love cooking with my girls," this single mother and career woman stated. "I love being a mom. I enjoy seeing them cooking together, with the oldest teaching the youngest. It's a great bonding time for us."

Tammy loves being a Realtor and was voted 2013 Best of the Best Realtor. Her grandmother taught Tammy how to cook for Sunday family gatherings after church. "We would spend hours cooking, eating and then sitting around and talking as a family. Tammy loves recreating that feeling and recipes as she and her girls bake and cook meals together on Sundays. **NOW**

Tiramisu Toffee Trifle Pie

- 1 1/2 Tbsp. instant coffee granules**
- 3/4 cup warm water**
- 1 10.75-oz. frozen pound cake**
- 1 8-oz. pkg. mascarpone or cream cheese, softened**
- 1/2 cup powdered sugar**
- 1/2 cup chocolate syrup**
- 1 12-oz. container frozen whipped topping, thawed (divided use)**
- 2 1.4-oz. English toffee candy bars, coarsely chopped**

- 1.** Stir together coffee granules and water until granules are dissolved; cool. Cut cake into 14 slices; cut each slice in half diagonally.
- 2.** Place cake triangles in bottom and up sides of a 9-inch, deep-dish pie plate.
- 3.** Drizzle coffee mixture evenly over cake.
- 4.** Beat cheese, sugar and chocolate syrup on medium with electric mixer until smooth.

- 5.** Add 2 1/2 cups whipped topping; beat until light and fluffy.
- 6.** Spread cheese mixture evenly over cake.
- 7.** Dollop remaining whipped topping around edges of pie.
- 8.** Sprinkle with candy; chill 8 hours.

Sausage and Egg Brunch Bake

- 2 cups herb croutons**
- 1 lb. bulk sausage, cooked and drained**
- 4 eggs, lightly beaten**
- 2 1/2 cups milk**
- 1 tsp. dry mustard**
- 1 1/2 cups cheddar cheese, shredded**
- 1 10 3/4-oz. can cream of mushroom soup**

- 1.** Line bottom of greased 9x13-inch glass baking dish with croutons; cover with sausage.
- 2.** Combine remaining ingredients; pour over sausage. Run knife crosswise through

mixture to create marbled effect.

- 3.** Cover; refrigerate overnight.
- 4.** Preheat oven to 325 F; bake uncovered for 1 hour and 15 minutes, until firm in center and browned.
- 5.** Let stand 5 minutes before cutting into squares.

Peanut Butter and Jelly Pizza

Pizza dough

Creamy peanut butter, to taste
Grape or strawberry jelly, to taste

- 1.** Preheat oven to 350 F; bake pizza dough until brown.
- 2.** Cool dough; add peanut butter, leaving about an inch uncovered around the outside of crust.
- 3.** Bake pizza until peanut butter is hot; add jelly and serve.

Tammy's Famous Chicken Enchiladas

- 1 Tbsp. butter**
- 1 medium onion, chopped**
- 4 cups cooked chicken, chopped**
- 1 8-oz. pkg. cream cheese, softened**
- 1 4.5-oz. can chopped green chilies, drained**
- Salt, paprika and pepper, to taste**
- 8 8-inch flour tortillas**
- 2 cups whipping cream, not whipped**
- 16 oz. Monterey Jack cheese, shredded**

- 1.** Preheat oven to 350 F.
- 2.** Melt butter; sauté onion.
- 3.** In a bowl, combine chicken, cream cheese, onion, green chilies and seasonings.
- 4.** Spoon 2-3 Tbsp. chicken mixture onto each tortilla; roll tortillas.
- 5.** Place rolled tortillas into 9x13-inch baking dish.
- 6.** Pour whipping cream over tortillas; sprinkle with cheese and bake for 45 minutes.

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

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