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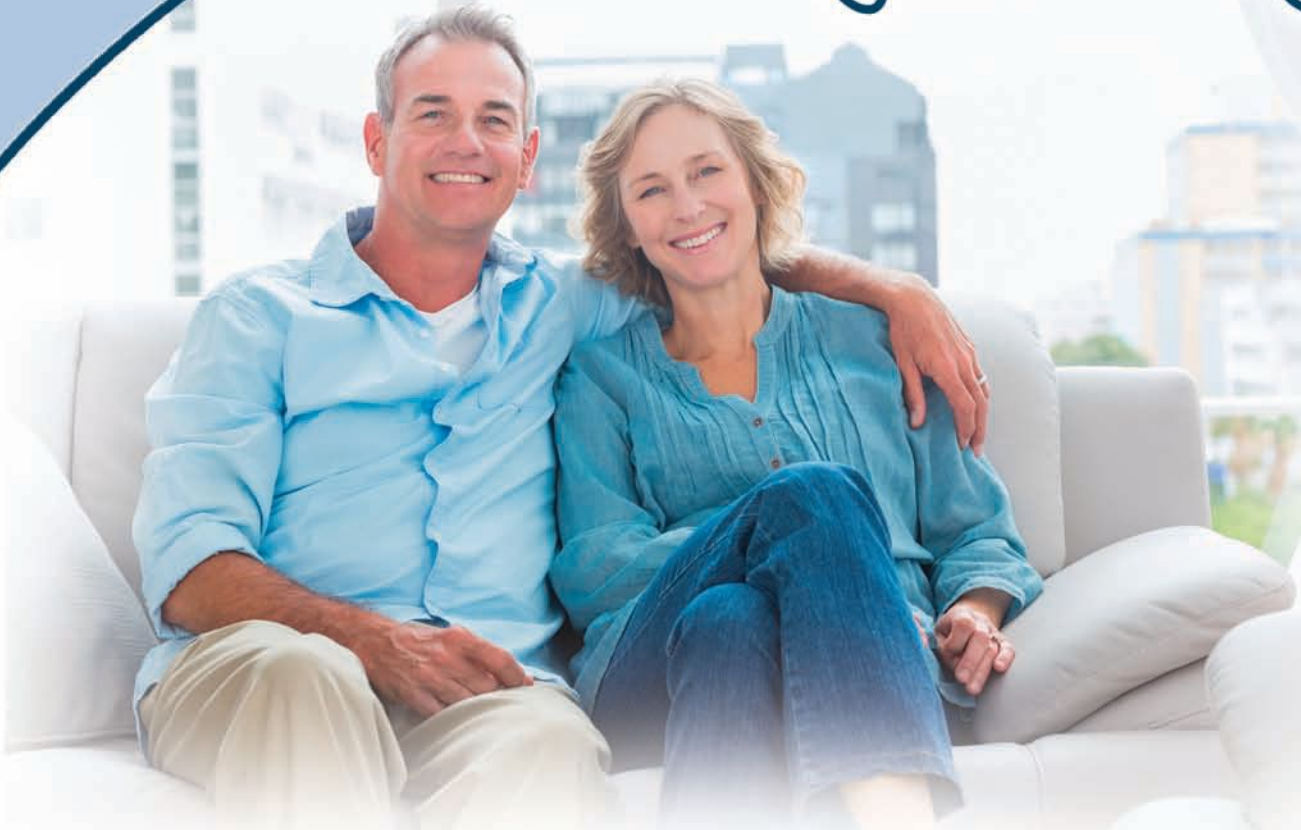
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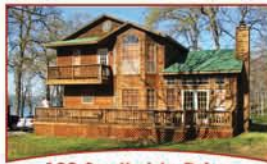
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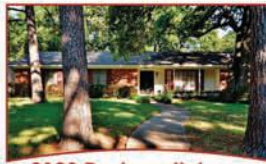
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ON THE COVER



*Commitment makes
Alyson Womble a champ.*

Photo by Memories by Melissa.

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Editor's Note

Happy New Year, Corsicana!

How are those New Year's resolutions coming? I have written mine down. Since I know that makes them more meaningful, I just might accomplish what I resolve to get done this year. I am resolving to clean out my garage and get better organized in every facet of my life. Additionally, I've rolled over that exercise and eat healthy resolution.

On January 24 at 1:24 p.m. CST, please join me in celebrating laughter. That is the time for all of us to recognize Global Belly Laugh Day. I was curious and visited www.bellylaughday.com, where I found all kinds of great suggestions. As noted by author Victor Hugo, "Laughter is the sun that drives winter from the human face." This January, let's dispel the cold by making the world a better place with warmth and laughter.

Virginia

Virginia Riddle
CorsicanaNOW Editor
virginia.riddle@nowmagazines.com



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A TEAM OF ONE

— By Virginia Riddle

Growing up in the state of the famed Friday Night Lights, most high school students, especially those attending small Texas schools, play the team sports of football, basketball, volleyball, track, softball or baseball. And then there are the cheerleaders — athletes who cheer on other athletes. Some individual sports, such as swimming and diving, are UIL events also, but are usually only offered at 4-A through 6-A schools. However, Kerens ISD Athletic Director and Head Football Coach Russell Anderson didn't hesitate when freshman Alyson Womble





and her mother, Niki Womble, approached him with a question. They wanted to know if Alyson could be a team of one and represent Kerens High School in UIL sanctioned swim competitions. "I told them, No problem, our program is built around doing what is best for kids," Coach Anderson recalled.

Alyson has been swimming since the age of 2 and began competitive swimming at 7. She's been working with Coach Willie Robson at the Cain Center in nearby Athens off and on for three years. The center has a 25-meter pool that enables serious swimmers to train, and it has long been Alyson's

dream to win at the state level in 50-meter freestyle and butterfly swim events.

However, Coach Anderson had to admit he knew nothing about coaching swimming, and UIL requires an ISD staff person to coach the school's athletes. So, he started down the path toward earning his certification to be Kerens ISD's Head Swim Coach. It was a step-by-step process — getting the superintendent's approval and petitioning UIL and the district. Then Kerens High

**"Swimming
is a sport
where
I compete
only
against
MYSELF."**



Alyson Womble (front row, center), is cheered on by her family — mom, Niki, and brothers, Eastin and Westin.

Happy New Year



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had to join the governing body of the Texas Interscholastic Swimming Coaches Association (TISCA). Coach Anderson found there were a few smaller schools competing — Cayuga, Cross Roads and Cushing, all of which had one or two swimmers on a team. “With only about 175 students enrolled, we are a 2A, Division I team, except in swimming where we are in 16-5A, a district that covers East Texas,” he explained. “Most of our meets will be in the Metroplex.”

An all-around athlete, Alyson is a Kerens Bobcat cheerleader, plays on the JV volleyball team and hopes to play softball in the spring. All this makes for a busy Alyson, but she still finds time to make the trips, with Niki at the wheel, three times a week to Athens to swim. Last fall after the Friday night football games, Alyson and Niki were up early to drive to swim meets. Under UIL rules,



Niki acts as Alyson’s facilitator. “The schedule is hard,” said Niki, a working mom. “It’s also expensive.” The school pays the UIL fees, while Niki pays the private coaching fees in Athens and provides transportation. “But if that’s what your child wants to do, then you are going to do it,” Niki added.

Kerens High volleyball coach, Kristen

Lynch, accommodates Alyson's schedule also, understanding that swimming comes first. "Her mother and I worked the schedule out early in the season," Coach Lynch recounted. "I wanted Alyson to be able to try both sports. In JV volleyball,



Alyson plays all the way around the court. She serves, plays back row and hits outside."



The muscular strength needed for the team sports is slightly different than for swimming, but the challenge of competition is the same. Also, the endurance gained through swimming benefits Alyson on the court or diamond. "Alyson's swimming helps her in volleyball," Coach Lynch confirmed. "She has to always work hard to do her best."



For Alyson, the rewards are worth the grueling schedule. "Swimming is a sport where I compete only against myself," she related. "If I mess up, my performance doesn't affect the team. I don't mind the practices, because I can think and have time to myself, and it's a real adrenaline rush."

"Individual sports are not started and ended like team sports, so the swim season began during football and the district swim meet will be this month," Coach Anderson clarified. "I couldn't be there for Alyson during football season, but I have been on deck at her meets

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since football ended." A coach for 25 years and an athletic director for 13 years, he never thought he would be coaching swimming. "This is a very unique situation, and Alyson is learning to make a commitment and follow through," he commented. "Those traits work well in school and business."

Following a dream can lead a person down a lonely path, but Alyson has her own cheering squad to motivate her. "It's hard to step out and do your own thing, but the Kerens coaches have encouraged Alyson to play team sports also," Niki said



"This is a very unique situation, and Alyson is learning to make a commitment and follow through."

"My aunt, Stacy Wolfe; my two brothers, Westin (10) and Eastin (4); and my mom's boyfriend, Craig McQuary, are my cheerleaders," Alyson enthused. "My little brothers have to sit through every one of my practices, too." Other swim teams and their coaches welcome Alyson to the meets. The Pine Tree HS coach stepped

in and helped Alyson warm up with that team at a recent meet.

"We never really know who Alyson will be competing against until we get to a meet," Niki shared. All the meets in which Alyson competes are open and feature individual events.

Alyson is a team of one this year, but may not remain so. "When you start something like this, you never know where it is going to go," Coach Anderson stated. "A few years ago, parents pushed volleyball, and now it's blossomed into three teams."

Coach Russell Anderson went the extra mile to help Alyson Womble follow her athletic dreams.



Being an athletic director is a tough job, but Coach Anderson comes from a coaching family — his dad was a head coach at Kerens ISD also. "It's my job to make sure we dot all I's and cross all T's," he pointed out. "Everyone thinks that competing in sports is all about winning or losing, but that's really secondary. Our coaches care about kids first."

Niki agreed. "I appreciate Coach Anderson and everyone else for not only allowing Alyson to be in competitive swim, but encouraging her," the proud mom said.

"Winning state and earning a college swim scholarship are my goals," Alyson said. "I love Kerens, because people are there when I need them." **NOVA**

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Under a RED TIN ROOF



— By Callie Revell



AT HOME WITH

✿ Tammy Paschal ✿

Tammy Paschal would take bright stars over bright lights any day. As a resident of Corsicana for 16 years, she works hard as a nurse at Heritage Oaks West nursing home and plans to start earning her RN degree this summer at Navarro College. However, her true home lies just outside of Corsicana near Embouse, where she lives with her sons, 16-year-old Wes and 11-year-old twins, Chance and Chase. "I'm a country girl," Tammy said with a smile. "I like simple. I want to live in the country and stay in the country."





As a child, Tammy lived in Oklahoma, Arkansas and Louisiana before family brought her mother to the Corsicana area. "We lived on the west bank of New Orleans when I was younger," Tammy said. "We had the city living there. Our neighbors were all close to us." Since then, Tammy has preferred the wide open space the countryside provides. "Even though I like people, I like my space. I like quiet," she mused. "In the city, you step to the corner of your house and your neighbor is there."

Tammy has owned her home in Emhouse for nine years. Although she loves her home now, her first impression wasn't positive. "When I first saw it, it didn't look very big," she admitted. "Then, when I came in and started looking around, I changed my mind." Her home sits on five-and-a-half acres of grassland and came with barns she needed for her animals. At 100 years old, the house has plenty of old country

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charm. "Nowadays, houses are built small," Tammy said. "This house has large rooms, so I've got plenty of space for the boys. Five-and-a-half-acres is a manageable amount of land without getting too big. The barns weren't set up exactly how I'd like, but we've been able to get them in shape."

With time and hard work, Tammy has



slowly begun to transform her house into her dream home. Her favorite room, the living room, was the first to be completed. "The living room is designed how I wanted it. It's so big, and there's plenty of room for the kids to stretch out on the floor. When we're at home together, this is where we spend our time." Tammy remodeled the room

to her liking by removing the old, dark paneling and replacing it with lighter wood. Tammy reused some of the original paneling as a scalloped border for the ceiling. She also added Western decorations to fit with her theme. "I'm trying to make the house as Western as possible," she said.

The rest of her home matches her desire for open space and country character. Her dining room is double the size of most and fits Tammy's love for big family gatherings. "I could put a huge table in here, but we decided to go with a smaller table," Tammy explained. "That way, we can bring in more tables if we need to, but we don't have to have one in here when it's just us." When guests do arrive, however, the home is large enough to embrace them all. "We can fit so many people in here," Tammy said. "If any family members ever need a place to stay, there's room for them. This whole house fits me, because I love having people around."

There are still a few remnants of the original house from a century ago, including a butler's pantry between the

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kitchen and dining room. "It's probably original," Tammy said. "All that wood in the back matches the original wood in the attic." The attic wood can be seen in Wes's bedroom, where Tammy removed the dropped ceiling to reveal the beautiful wood paneling above. "When we took the drop ceiling out, we sealed the wood, stained it, patched holes and put a coat of polyurethane on it." Tammy appreciates the feature, adding that it's not something you see in newer homes.

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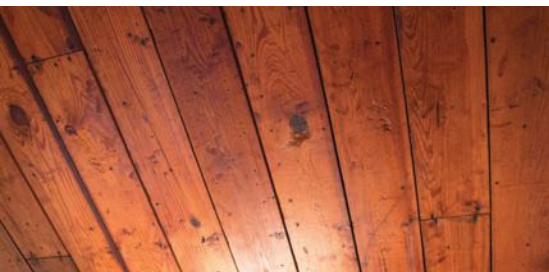


One of Tammy's favorite features about the property is the huge workshop behind the house. "This is a part of our property I would not trade," she stated. "We have get-togethers there in the nicer weather. We work on our vehicles in there. The neighbors come over and use it, too." The shop has space to store cars and saddles. It also has places to sit, and they even grill inside with the garage doors open. "If you don't find us in our living room, we're out in the shop or taking care of the animals," Tammy shared.

Tammy and her sons love animals, and they keep horses and show lambs in their barns and pastures. "I've had horses since I was 15," Tammy explained.



uninvited. "The downside of living in the country is stray animals," Tammy said. "You can't prevent them. People just drop them off." She has many cats living in her barns and a dog rescued from the highway.



There are other challenges Tammy has faced with an older home, including high energy bills and the settling of the walls. One of her most memorable challenges involved the roof. "Our house is up on a hill. When we first moved in, it had a shingle roof on it," Tammy remembered. "We couldn't keep the shingles on. They kept coming off. We had someone come in and put a tin roof on it. Eight or nine months later, on Christmas Eve, our neighbors called us to tell us that our roof was in the driveway! It blew off, because it wasn't installed correctly. We had someone else come in, and the red roof has been fine now for about three years."

Tammy has big plans for her land. Her house is still a work in progress, but she is happy to do the work. "I still want to have all the rooms redone," Tammy said. For now, though, she is happy to call her house with the red tin roof home. "To me, it really suits us. We don't know where our life will take us, but if we move again, I'll be looking for something quaint like this." **NOW**

"The old horse I have out here is 23 years old. She was my first horse. I bought her from the lady who taught me to ride." She has several other horses, including two born last year. "We're in the process of building a new barn for our lambs," Tammy said, adding that her sons enjoy participating in 4H and FFA for Blooming Grove ISD. They also like raising goats and would one day like to raise rabbits. However, some animals on her land arrived

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Paying It FORWARD



— By Virginia Riddle

October 24, 2010, is a date that lives in the minds of Rice Middle School students and faculty members. With the completion of the campus' new building, the school year started that August with overflowing community pride. By October, all were happily settled into the fall semester's rhythm of studies and athletics. But on that fateful Sunday afternoon, an



Rice Middle School's student council co-sponsors Danielle Gibson (left) and Monnie Metcalfe (right), pose with last year's student council president, Kamryn Stewart.

EF2 tornado rained destruction down upon the tranquil setting. "The roof collapsed, and debris was everywhere," remembered Monnie Metcalfe, a seventh grade science teacher and co-sponsor of the school's student council.

The school had just begun establishing an identity separate from the high school and elementary. But the process was interrupted as classes had to be held at temporary sites. Teachers and students lost supplies, but learning went forward thanks to volunteer assistance and donations from individuals and other school districts. "When our school was in crisis, we received so much,"



acknowledged Danielle Gibson, eighth grade teacher for English/Language Arts and the student council co-sponsor. "We felt we had to give back."

For many years, the Rice Independent School District has enjoyed a reputation throughout Navarro County for placing a high priority on community service. Rice High School requires seniors to take a class on the subject in order to graduate. Those seniors, along with students in organizations such as the student councils and honor societies, donate many hours as volunteers. When the middle school was repaired and faculty and students could return to its hallways in April 2011, everyone knew the task of "paying it forward" had begun.

"Danielle was approached with the idea of the student council sponsoring a

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food drive to benefit the Navarro County Food Pantry. I thought it was a great way to get the kids involved and to start creating our own identity as a separate campus again,” Monnie said. The student council members agreed and decided to collect food for the Thanksgiving season.

Students compete during two weeks in November to see who can collect the greatest number of nonperishable food items. Each year, the project has been more successful than the year before. “We have very competitive kids,” Monnie explained.

During the 2013 food drive, a box was placed in each classroom for the donations, and last year’s student council president, Kamryn Stewart, gave every-other-day tallies during morning announcements. Posters throughout the building reminded students to bring food items. Canned vegetables and meats of all sorts, popcorn, chips and pasta made an astonishing display of over 2,000 items by the end of the drive. “The kids’ expressions of amazement when they saw it all together showed they understood the gravity of what they had accomplished,” Monnie pointed out. “Cans of food were lined up and down hallways.” Hallways that once contained debris from the tornado now held a bounty of food.

“The reward to the winning homeroom was a period of free time and refreshments,” Kamryn said.

For the 2014 food drive, a goal of 2,500 items was set. The students generously gave, exceeding the goal by over 300, bringing the total to 2,809 items! Mr. Lewis’ first period class donated 316 items and won a popcorn/ movie day. The fourth grade class donated 952 items all together.

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But the learning and actual rewards were measured by other means. “Students this age know what their world is like, but when they realize the needs of others outside of RISD are so much greater, they become aware of the greater world beyond,” Monnie observed.

“It instills a feeling of having done something good for someone else, and they carry that with them when they leave Rice and go out on their own,” Danielle added.

However, the “paying it forward” by these students isn’t reserved for the Thanksgiving season. It’s an all-year commitment. When the communities and schools of Bastrop and West needed help during their recent disasters, the teachers and students of RMS contributed money and supplies. Additionally, the whole community of Rice helped contribute to the American Cancer Society by purchasing suckers, which the students sold. “There were lots of mamas and daddies who helped by peddling those suckers,” Monnie recalled.

Since the student council’s inception, another community charity has benefited annually from this giving school — the Salvation Army Angel Tree program. “Every year we have doubled that donation, with \$800 having been collected last year,” Danielle said.

This year, the eighth grade officers and one other eighth-grader (four students total) were chosen to go shopping for this program. Each member is in charge of choosing a boy or girl off the Angel Tree and devising a budget for that particular angel. The students are really affected by how small some of the angels’ requests for gifts really are and are excited about their purchases. “Having been one of the students who went shopping last year,

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the experience gave me a good feeling,” Kamryn remembered. “These were kids in need who were not going to have any holiday otherwise.” School dances and concession stands at UIL events and basketball and volleyball games bring in the money needed for this project. The student council sponsors two dances: the very popular Halloween dance and an end-of-school dance. Dance committee members create decorations and assist in the set-up, which also helps create a sense of pride and ownership in their school.

Monnie and Danielle aid parent volunteers during concession stand duties, and the students perform the paperwork and financial records with supervision from co-sponsors. “We couldn’t do any of this without some of the other staff,” Monnie confessed. “Our principals, Amy Harvell and Robert Allen, are wonderful. They give approval to our ideas quickly and show up for dances. Debbie McBryde and Mary Oliva, our office secretaries, are lifesavers.” Thanks are also owed to parents and other community members who are always supportive and involved.

“Working with the student council has been such a joy,” Danielle said. “We have been able to get to know the students on a different level than in the classroom. It’s not just the straight A, natural leaders in the student council. Some of these kids get a chance to do something they have never done before.”

Kamryn, a RMS cheerleader and volleyball player, was president of both the Junior National Honor Society and the student council last year. Additionally, she was a member of the District All-Star Cast in the school’s UIL One-Act Play. She also sings at her church. As a RHS freshman this year, Kamryn takes with her the many memories and lessons learned from overcoming a disaster by giving to others. **NOW**



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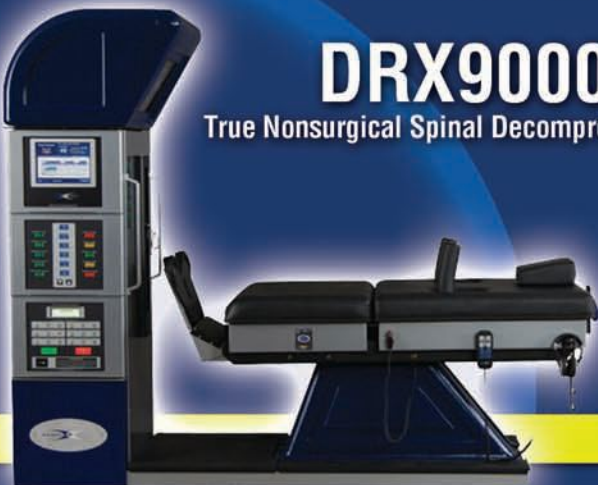


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HEALTH FOR FITNESS

— By Melissa Rawlins

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Think about your dining experiences. At home, you have absolute control over what's in your refrigerator and what ends up on your plate or in your glass. Installing water filters will help ensure you are drinking fresh, pure water. Shopping for groceries certainly takes time, but every moment spent reading labels is well worth it to ensure you're purchasing nutritional additions to your body chemistry.

Wine bars, draught houses and coffeehouses are great places to meet a friend while sipping stimulating drinks that are beneficial, in moderation, as sources of vitamins and anti-oxidants. Enjoying mutually beneficial friendships



is just as vital to our health as well-balanced meals. A variety of restaurants promote whole-food menus along with more traditional selections. Many of these meeting places also present a calm environment, and studies show quiet music soothes the nerves. This is the best way to digest a good meal.



Certainly, there are times you need to prompt your adrenal glands to pump up the volume, and that occurs during workouts. If you need a private coach, personal trainers will travel to your home or office on your schedule. If you need a coach and don't mind sweating publicly, a myriad of solutions are available. Local boot camps run year-round, and these male and female coaches love to teach you how to love yourself!

If you join a local gym or fitness center, you'll feel like a kid in a candy store with all the exercise choices offered. If you are not into high-energy kick-boxing or Zumba, nor meditative yoga or tai chi, consider combining your exercise session with fun. The YMCA, many senior centers and even nightclubs offer dancing to tunes that are less jarring to the system, like ballroom, swing or country western.

Hobbies best enjoyed in the daytime, like boating, fishing, raising livestock or gardening, can keep the mind and body fresh. By tending a garden, you'll bond with your family while providing affordable, healthy vegetable side dishes for your table. Local feed stores and gardening supply centers have all the supplies necessary, and your county's agricultural extension agent can provide guidance on how to get started.

Sounds like work? You're blessed if you have work that makes you really happy. Keep in mind, any hobby giving you joy still requires work — but think of it as soul-feeding work. When you feel satisfied, to the point of brimming over, then sharing your knowledge with others is a great way to maintain your mental health. Throughout your communities are charitable organizations in need of your volunteer services.

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When your work is over, patting yourself on the back is not optional. For many people, healthy social networks fulfill this need. For others, an ideal method is a weekly massage. Research proves touch therapy generates highly efficient blood circulation, relaxing all organs of the body along with muscles. Relaxation is key to properly managing the fight or flight instinct built into us all. Proper impulse control results in successful living.



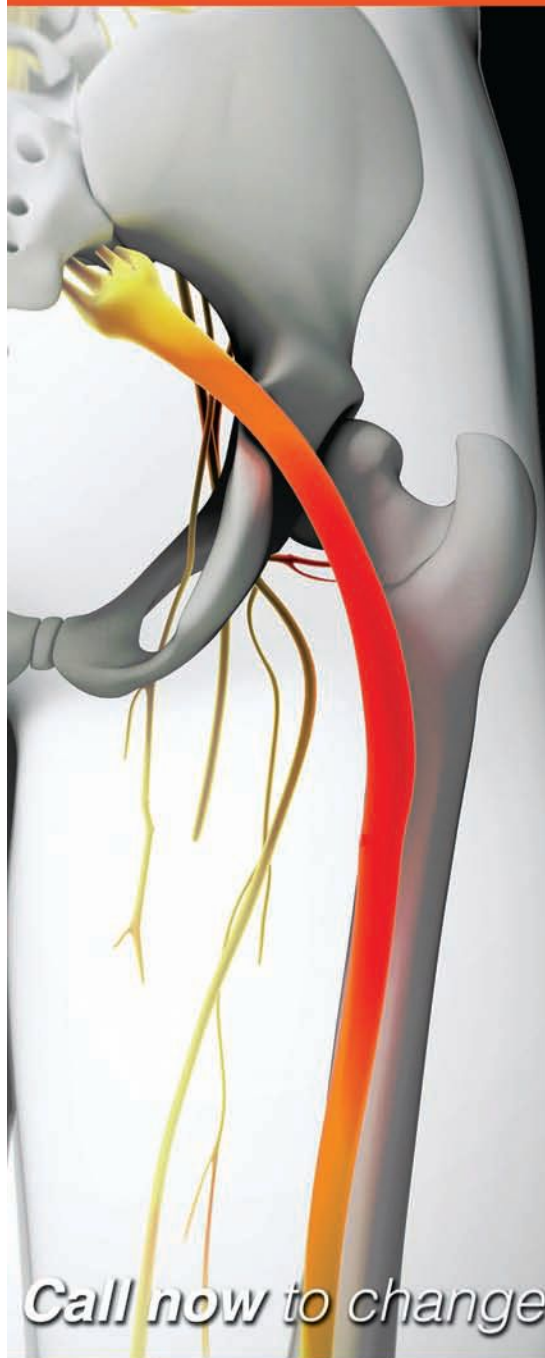
If your mind or body is not fit enough to be of help to others, already beyond the point of prevention and in need of assistance to reverse damage, our communities abound with specialists able to serve you. Many churches and retirement centers offer free mental and spiritual counseling. Outpatient clinics are always open to analyze, restore and monitor your health.

Doctors are available to guide you in discovering what is necessary to stop the stress on your mind and body and begin the healing. Seek advice from experts in nutrition. Diabetes, for example, is not necessarily always a permanent condition. A focused, disciplined, balanced diet supports your body's ability to heal itself. With courage, determination and continued direction from your health care practitioner, help is available.

This month, make a list of ways you would like to increase in strength, joy, energy, compassion, flexibility and availability. Throughout the year, rate your progress on a simple poor-to-excellent scale. Twelve months from now, review your success with trusted coaches, counselors and friends. You can keep up your good work. You can enjoy total health and be fit for bringing even your wildest dreams to life. Loving your neighbor starts with loving yourself. You can do it! **NOW**

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The friendly staff at Carl White's Autoplex will keep you rolling.



CARS AND COMMUNITY

Carl White's Autoplex professionals offer neighborly sales and service.

— By Virginia Riddle

Going above and beyond the call of duty by attending to the needs of every customer has kept Carl White's Autoplex in the forefront of dealers in the Navarro County area since Tom White founded it in 1968. "We take care of you after the sale with an award-winning service department," enthused Steve Petty, general manager.

This tradition of service is provided by a professional staff, most of whom have been with the dealership for over 20 years. "You see the same smiling faces when you walk in the door," Steve pointed out. "Our happy employees make happy customers. We have a lot of repeat and referral business."

Carl White's Autoplex employs 42 highly trained and General Motors-certified professionals in the sales, service, parts and body shop departments, making the dealership a one-stop shop. Service customers can expect to receive a loaner vehicle

to keep them on the road. And tires of all makes and sizes are available, as well as vehicle accessories such as bed liners, tool boxes and steps. The parts department stocks genuine GM parts. "Our employees view the customer as a person — not just a transaction," Steve explained. "They must receive yearly updates in order to stay certified in their positions."

A regular recipient of the Best of the Best New and Used Car Dealer Award in the Corsicana area, Carl White's Autoplex has also been recognized by GM as one of the top dealers in their zone. The dealership is a member of the Better Business Bureau and the National Automobile Dealer Association. "So many customers tell me their purchase at Carl White's was the easiest sale of their lives," Steve related.

Carl White purchased the dealership from Tom, his father, in 1981, and for the last 18 years, Steve has served as general

manager. "Carl lets us do our job and gives us the tools and training we need to succeed in this business," Steve commented. "We use a team approach, because when people feel like they're involved in the business model, they give their best. I enjoy coming to work. It's a fun, relaxed atmosphere."

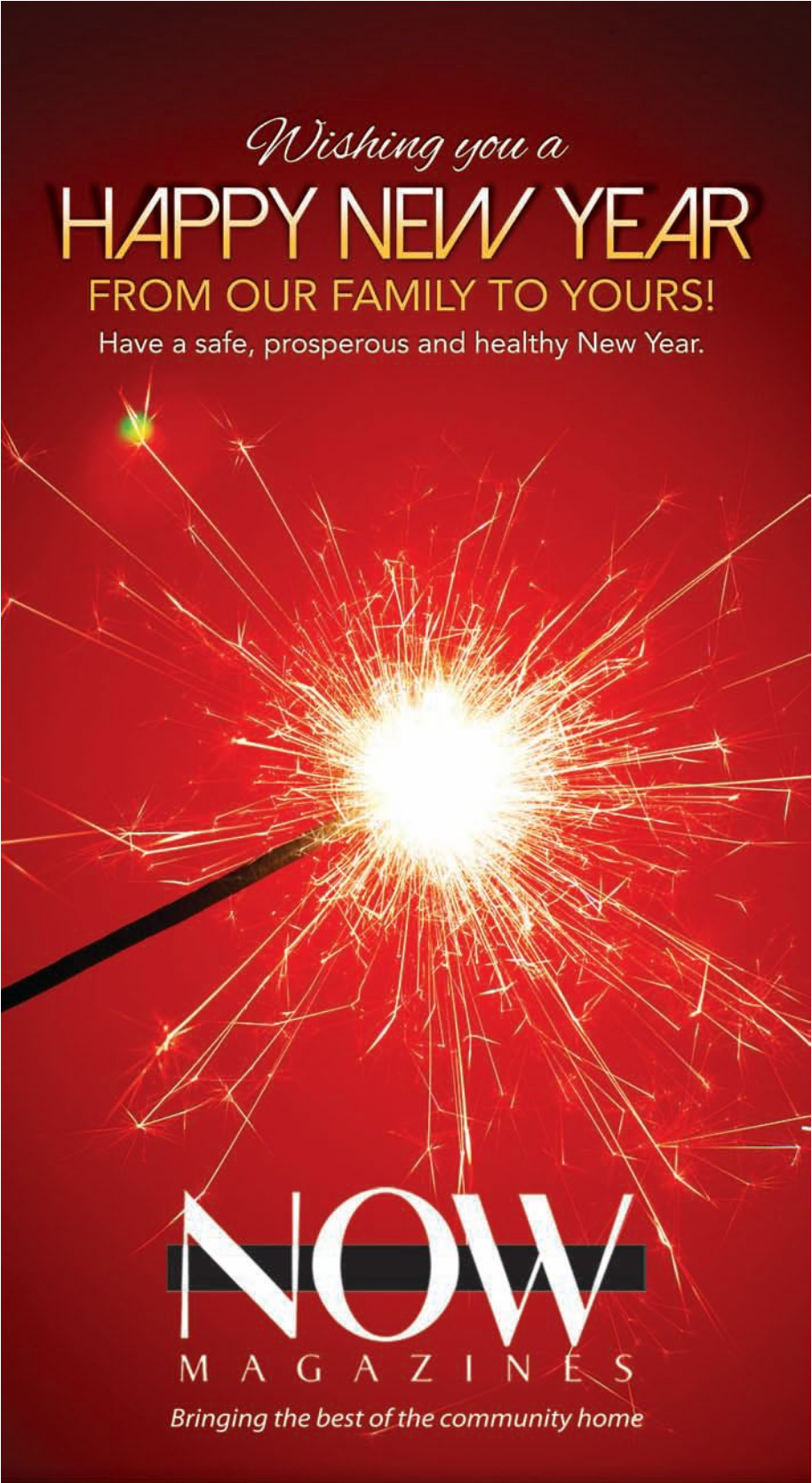
After graduating from high school, Steve followed his dad, a longtime used car dealer in Corsicana, into the business. "I'm a people person, so this has been my college for the last 26 years," Steve quipped. "I like putting smiles on customers' and employees' faces." He counts being able to put first-time buyers into cars as a joy, and values his on-going relationships with repeat customers. Another joy of being general manager is watching employees grow professionally while efficiently handling the constant change in the automobile industry.

When Steve gets a little down time, he enjoys spending it with his wife, Lelanie; their children, Jake, Makayla Jones, Brittany Walker and Rachel Payne; and grandchildren, Mallory and Alyssa Walker

**"Our employees
view the
customer as
A PERSON —
NOT JUST A
TRANSACTION."**

and Aubrey Payne. Steve is also the voice of Navarro College Bulldog football and coaches the CANA Tiger select baseball team. The family enjoys raising and exhibiting animals during Youth Expo.

Employees and the dealership are equally involved in giving back to their community by contributing to the Navarro County Youth Expo, Kid Fish and the area's Little League teams. School districts and Navarro College sports teams also benefit from Carl White's support of area schools. "We give back the right way," Steve said. Whether it's helping customers or kids, the professionals at Carl White's Autoplex care. **NOW**



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Have a safe, prosperous and healthy New Year.

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Michelle and Benny Brocato bring the latest fashions to Navarro Regional Hospital's uniform sale.



Chris and Karin Hall are ready to C&B Seen at the Corsicana Education Foundation's annual gala.



Members of Cars of Navarro County & Corsicana host a successful Christmas toy drive and show.



It was all smiles at the Corsicana Education Foundation Thanks-A-Million reception.



Corsicana High School choir members entertain at the Christmas Downtown Lighting Ceremony.



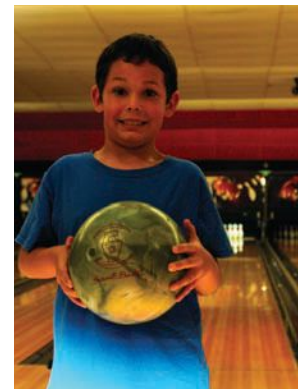
Patty Knauth and the Navarro County Retired Teachers Association present Virginia Riddle and NOW Magazines the Texas Retired Teachers Association's School Bell Award for Outstanding Media Coverage of Educational News.



Fireworks on Beaton Street delight shoppers.



Jennifer Slovak with her daughter, Ruth, enjoy the beautifully lit Beaton Street Christmas display.



Tyler Henderson is set to bowl a strike at the Parks and Rec's King Pins Bowling Camp.



Chapter 1009, Vietnam Veterans of America present \$2000 to Jean O'Connor to help with holiday packages sent to U.S. troops stationed overseas.



U.S. Army Captain Kyle Hatzinger (with son, Andrew) and veterans Charles Washburn and Bill Olsen present the Veterans Day program for the James Blair DAR Chapter.

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Disability Insurance: A Good Idea

Think you're immune to accidents? According to the U.S. Social Security Administration, 20-year-old workers have a 1 in 4 chance of becoming disabled by age 67¹. In fact, the average American drawing Social Security disability benefits is 50 years old. The average Social Security Disability Insurance (SSDI) is only \$1,113 per month. Is that enough to cover living expenses? For most of us, the answer is likely no.

Myth: I Can Rely on Workers' Comp

Many people mistakenly think they can rely on workers' compensation. According to the Council for Disability Awareness, a small fraction of disabilities are covered by workers' compensation insurance, and the benefits are often temporary². Similarly, qualifying for SSDI can be difficult, and approval can take months.

What's the Solution?

For maximum protection, make sure you have both short-term and long-term disability insurance. Many employers offer short-term coverage that will typically replace around 40- to 60-percent of your income for three to six months while recovering from a temporary disability.

As the name implies, long-term coverage provides you with income during a lengthy or permanent disability. These benefits usually start three to six months after a person

becomes disabled and can continue for a period of several years or even until age 70. For additional protection, consider augmenting this coverage with a personal policy.

What Should You Look for in a Policy?

Here are some considerations:

Disability definition: Must you be unable to perform your regular job or any job? Be sure you understand the definition.

Onset of benefits: If your savings can cover several months of expenses, reduce monthly premiums with a longer waiting period.

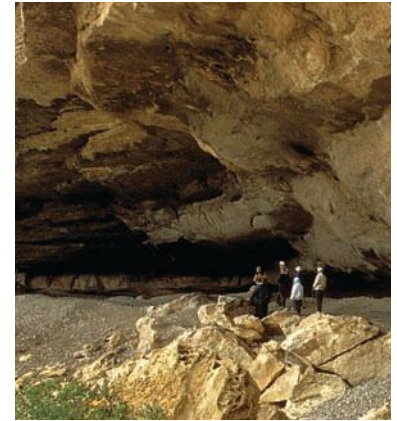
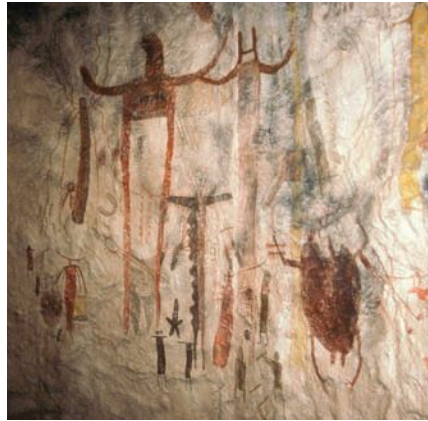
Partial benefits: These can provide you with some income if you can't work full capacity.

Cost-of-living adjustment (COLA): Adding a COLA option will increase benefits to keep pace with inflated living expenses.

It pays to do your homework and talk with a professional before selecting the policy that best fits your needs and budget. **NOW**

Sources:

1. U.S. Social Security Administration, *Fact Sheet* February 7, 2013.
 2. Council for Disability Awareness, *Long-Term Disability Claims Review*, 2012.
- Lynda Housley is a State Farm agent based in Corsicana.*



Ancient Southern Rock Seminole Canyon State Park — Worth the Trip

Literally thousands of years before it was designated a state park and historic site by the citizenry of Texas, the rugged limestone hills, flowing waters of the Rio Grande and Pecos Rivers and wildlife-laden thorn scrub outside of present day Del Rio were a popular gathering place. In fact, this region remains one of the few places where factual documentation of prehistoric settlement is preserved, providing evidence testifying to their lives. Ancient peoples created mural-like paintings on the arching rock walls of this near desert-like canyon country, producing some of North America's most renowned examples of Native American pictographs and preserving one of the continent's oldest cave dwellings.

The first human settlers here date back at least 12,000 years to the Pleistocene ice age, when prehistoric mankind hunted large game with stone-tipped spears across a lush landscape. But rapid climate change made for a new environment and a culture that likely struggled to scratch out survival. By approximately 5,000 B.C., the landscape resembled much of what can be seen today.

These inhabitants settled in the dry, lofty caverns, and despite their subsistence-level struggles, managed to paint remarkable pictographs that can be found in the park's Fate Bell Shelter, as well as other rock shelters throughout the Lower Pecos River region. These paintings have a distinct style that can only be found in portions of the Rio Grande, Pecos and Devils River areas, all located in Southwest Texas. More than 200 pictograph sites are known to exist and range from smaller, single

paintings to caves with panels of art hundreds of feet long. Although numerous figures or motifs are repeated in various locations, the exact meaning of these paintings is unknown.

Seminole Canyon first opened to the public as a state park in 1980, and is named in honor of the U.S. Army's Seminole-Negro Indian Scouts, garrisoned at Fort Clark, who protected the West Texas frontier from marauding Apache and Comanche bands between 1872 and 1914. These scouts were known for exceptional cunning and toughness, and it was deemed a befitting tribute to have a park bearing their namesake.

Seminole Canyon State Park is 2,172 acres with miles of hike and bike trails and 46 campsites, including 23 sites with water and electricity hookups compatible for RVs. The park also has restrooms with showers, a visitor center and state park store. Because of the sensitive nature of the park's rock art history, hikes into areas with rock art are only accessible through guided interpretive hikes with park staff and volunteers. Seminole Canyon State Park is worth the trip when you and your family need a respite from modern life. **NOW**

Editor's Note: For more information, contact Seminole Canyon State Park and Historic Site staff at (432) 292-4464 or visit www.texasstateparks.org.

*Bryan Frazier
Public Affairs, Promotions and Marketing — Texas State Parks*



Red Hot Shingles

— By Betty Tryon, BSN

Many of us have seen the commercials of people sharing their stories of pain from screaming blisters on their body caused by shingles. If you have ever had chickenpox, the varicella-zoster virus that causes chickenpox, remains in you and may later cause shingles. After the infection of chickenpox goes away, the virus goes dormant or asleep in your body. Later in life, it can reawaken and manifest itself as shingles.

Approximately 1 million cases of shingles occur in America every year. The majority of people affected are elderly. However, if a child has had chickenpox, it is possible for him or her to get shingles. The reason the virus reactivates in some people is not clear. Some conditions causing this are a weakened immune system from cancer or HIV. Chemotherapy, steroids and/or radiation can all increase the risk of reactivating the virus and producing shingles.

While it isn't a life-threatening condition, shingles can be very painful. The usual pattern is a band or strip of inflamed skin covered with fluid-filled blisters that usually appears on one side of the body. Several days before the blisters appear, you may experience itching, burning, numbness and tingling. Pain is frequently listed as the first symptom felt. Other symptoms of fever, headache, chills and an upset stomach may be present also. Shingles may persist for weeks.

Shingles cannot be spread from person to person. However, the varicella-zoster virus from a person with an active case of shingles can be

transmitted by direct contact to a person who has never had chickenpox or been vaccinated for chickenpox. The resulting infection would be chickenpox, not shingles.

If you have an active case of shingles, try to keep the rash covered. Avoid touching the area and stay away from people with weakened immune systems and pregnant women until you are no longer contagious.

Diagnosis is made by patient history and visual examination. Your physician may choose to take a sample of the fluid for laboratory examination. While there is no cure for shingles, antiviral medications can decrease the severity of the symptoms and help avoid complications. It is important to take the antiviral drugs as soon as symptoms manifest themselves. Numbing topical agents to the rash may provide temporary symptomatic relief. In some cases prescription medication may be necessary for the pain.

Needless suffering can be avoided through vaccinations. Children should be vaccinated against chickenpox. If you are older and have had chickenpox, a vaccine is available to lessen your chances of getting shingles. Check with your doctor for information regarding vaccinations. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

January 2, 10, 21, 28

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

January 5

Piecemakers' Quilt Guild of Corsicana meeting: 9:30 a.m., Westhill Church of Christ Fellowship Hall, 3400 W. Highway 22. Refreshments and fellowship with business meeting followed by a demonstration of a pattern for the guild's Children's Quilt Project. Bring a sack lunch and sit and sew into the afternoon. Visitors are welcome. For more information, visit corsicanaquiltguild.com.

January 9

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 12 — 14

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 13

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.

January 14

Senior Circle Lunch Bunch: 11:30 a.m.-1:00 p.m. Meet for fun, food and fellowship at Roy's Café. For more information, contact Connie Beal at (903) 654-6800.

James Blair Chapter, DAR meeting: 3:00 p.m., Kinslow House. For more information, email Suzanne Smith at suzannesmith@corleyfuneralhome.com.

January 17

Martin Luther King Day Parade: 10:00 a.m., beginning at Dallas City Hall and ending at the MLK Community Center, 2922 MLK Blvd. For more information, call (214) 670-8418 or visit www.dallascityhall.com.

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

Navarro College Cheer Recruit Clinic: Noon-2:00 p.m., Special Events Center, Corsicana Campus. All high school age or older students who are interested in becoming a part of the nationally recognized Navarro College Cheer Team are invited to attend. Please bring the online medical release form and RSVP to this free clinic. For more information or to RSVP, email Monica Aldama at monica.aldama@navarrocollege.edu.

January 20

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., La Pradera Restaurant, 1401 W. 7th Ave. Membership is open to U.S. armed forces veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between February 28, 1961 and May 7, 1975, or any duty location between August 5, 1864 and May 7, 1975. The veteran must submit a copy of his/her DD Form 214 with the membership application and dues. Members and guests are invited to come early, eat and visit prior to the meeting. For more information, email Roy Messick at roy.messick@gmail.com.

January 12, 26

Navarro County Cowboy Church's Mounted Shooting Practice: 7:00-8:00 p.m., 4495 W. Highway 22. For more information, call (903) 872-1670 or visit www.lonestarcowboyfellowship.org.

January 22

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. 2015 officers will be installed. For more information or confirmed reservations, contact Marge Oslick at (903) 872-3508.

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

January 23

Cook Center's Planetarium Starry Nights: 7:00 p.m.'s presentation is "The Sky Tonight", a live tour of the night sky presented by the center's resident astronomer. The 8:00 p.m. presentation is "Galaxies", a pictorial journey across the entire universe. For more information, call (903) 874-1211 or visit www.cookplanetarium.us.

January 24

VITA (Volunteer Income Tax Assistance) volunteer training: 9:00 a.m.- noon, Navarro

College. VITA sites will be open from **January 27-April 15, 2015**. Volunteers will act as tax preparers for qualifying low income and elderly individuals. Shifts will be on **Tuesdays** and **Thursdays** from 2:00-6:00 p.m. at the Corsicana YMCA and on **Wednesdays** between 1:00-4:00 p.m. at the Kerens Library.

The Mavericks: The Palace Theatre. 7:30 p.m. The Mavericks polyrhythmic post-modern country styling has given the world such greats as "Here Comes the Rain" and "Dance the Night Away". For more information or to make reservations, call (903) 874-7792 or visit corpallace@sbcglobal.net.

January 25

2015 Parker County Bridal Fair: 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr., Weatherford. The free event will feature 31 vendors, which can help plan your special day. For more information, visit www.videocapades.com/bridalfair.html or call (817) 596-8491.

Ongoing:

Mondays

Story Time: 6:30 p.m., Corsicana Public Library. This program is for children and their caregivers to enjoy together. There is a story and music time in the library meeting room, followed by an activity. For more information, call (903) 654-4810.

Tuesdays

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

Navarro County Cowboy Church's Team Ropin' Practice: 7:00 p.m., 4495 West Highway 22. For more information, call (903) 872-1670 or visit www.lonestarcowboyfellowship.org.

Wednesdays

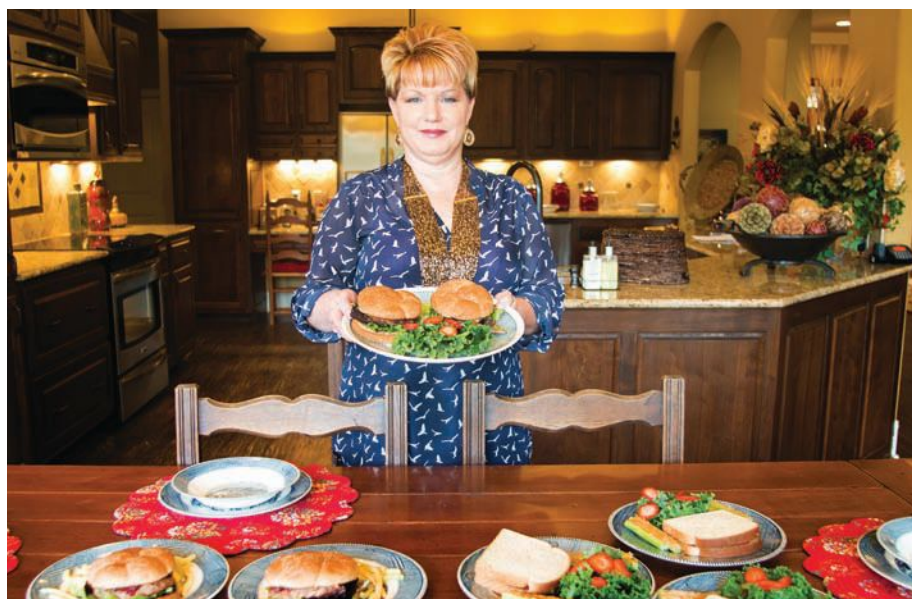
Story Time: 10:00 a.m., Corsicana Public Library. For more information, call (903) 654-4810.

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

Thursdays

Navarro County Cowboy Church's Barrel Racing Practice: 6:00 p.m., 4495 West Highway 22. For more information, call (903) 872-1670 or visit www.lonestarcowboyfellowship.org.

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



In the Kitchen With Diana Grimes

— By Virginia Riddle

For the last two years, Diana Grimes, R.N., BSN, has been following the advice she gives her patients in the cardiac rehabilitation unit she directs at Navarro Regional Hospital. As a former critical care and ICU nurse, she was used to working the long, stressful hours that aren't conducive to eating healthy and exercising.

Today, she and her husband, Bernie, enjoy eating meals filled with low-sodium, low-fat meats, fruits and vegetables. "Baking is still a challenge, but the Internet is a wealth of information," Diana said. To help NOW readers keep those New Year's resolutions, Diana offers these heart healthy recipes and this advice, "Healthy choices are available — watch labels and get moving!" **NOW**

Turkey-cranberry Burgers

- 1/2 cup carrot, finely shredded
- 1/4 cup green onion, thinly sliced
- 2 Tbsp. fine, dry breadcrumbs
- 2 Tbsp. fat-free milk
- 1/4 tsp. dry Italian seasoning, crushed
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper
- 12-oz. uncooked ground turkey or chicken breast
- 1 cup mixed baby greens
- 4 whole wheat hamburger buns, split and toasted
- 1/2 cup whole cranberry sauce

1. Stir together first 7 ingredients.
2. Add ground turkey or chicken; mix well. Shape mixture into four 1/2-inch thick patties.
3. Spray grill with nonstick cooking spray; grill patties on medium for 12-15 minutes

or until done, turning halfway through grilling time.

4. Arrange greens on bottom of buns; top with grilled patties, cranberry sauce and bun tops.

Ginger-squash Soup

- 1/2 cup onion, chopped
- 2 tsp. canola or olive oil
- 2 cloves garlic, minced
- 4 cups buttercup squash, peeled, cut into 1-inch pieces
- 2 14-oz. cans reduced-sodium chicken or vegetable broth
- 4 tsp. fresh ginger, grated
- Pinch cayenne pepper
- 1 medium apple, cored, chopped (optional)

1. In a large saucepan, cook onion in hot oil for 3 minutes, stirring constantly.

2. Add garlic; cook and stir for an additional minute.
3. Add squash, broth, ginger and cayenne pepper.
4. Bring mixture to a boil; reduce heat; cover and simmer 15-20 minutes until squash is tender.
5. Cool; pour 1/3 of mixture into a blender or food processor. Cover and blend until smooth.
6. Repeat with remaining soup; return soup to saucepan; heat.
7. Serve individual servings with apple topping.

Tailgate Chili

- 1 lb. lean ground beef, turkey or chicken
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeño, chopped and/or 1 tsp. cayenne pepper (optional)
- 2 tsp. minced garlic or 4 cloves, minced
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 1 15.5-oz. can low-sodium pinto or kidney beans, undrained
- 1 14.5-oz. can low-sodium diced tomatoes, undrained
- 3/4 cup low-sodium salsa

Optional Garnishes:

- Low-fat cheese, grated, to taste
- Fat-free sour cream, to taste
- Sliced avocado, to taste
- Cilantro or green onions, snipped, to taste

1. Spray a large saucepan with cooking spray; cook meat and onion on medium-high heat for 5-7 minutes, stirring constantly.
2. Transfer to colander; rinse with water to drain excess fat.
3. Add bell pepper, jalapeno and/or cayenne pepper (if desired for 5-alarm chili), garlic, chili powder and cumin; cook for 5 minutes, stirring constantly.
4. Add remaining ingredients; bring to a boil. Reduce to a simmer; cover and cook for 20 minutes.
5. Serve with optional garnishes of your choice.

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

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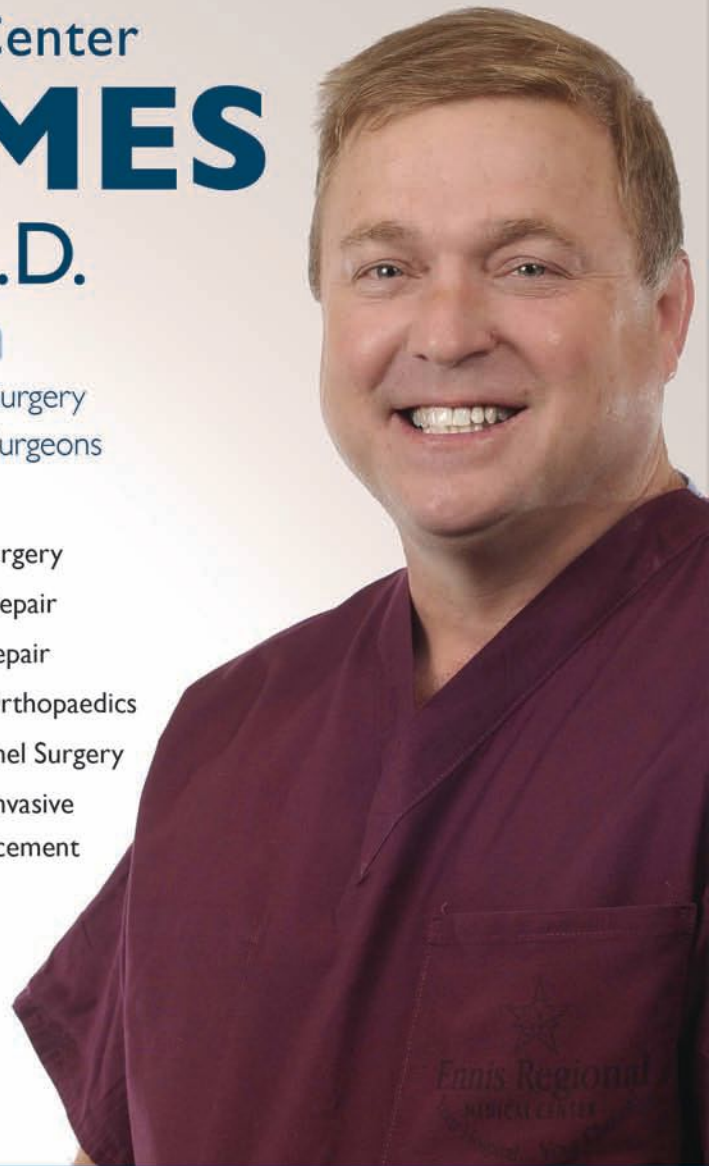
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