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## ON THE COVER



*Nita Haynes' Lions Club International vests signify lives lived with purpose.*

*Photo by Memories by Melissa.*

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## Editor's Note

*Happy New Year, Corsicana!*

A new year brings a feeling of hope, renewal, a fresh start, resolutions and dreams of what the future holds for each of us. January 13 is recognized as our national Make Your Dream Come True Day. It's time to move forward with action toward whatever you've always wanted to be or do. One of my dreams has been to write a book, so I am working on an outline to do exactly that this year. What is

your dream and what actions can you begin to take to make it come true?

While taking a break from your dream's action plan, stay warm during these cold days, and cozy up with a great read and a hot chocolate or tea on Cuddle Up Day. It is celebrated on January 6.

Let's get 2016 off to a great start!

## Virginia

Virginia Riddle  
CorsicanaNOW Editor  
virginia.riddle@nowmagazines.com

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Love everything about this home. Wide space in all areas. Lakefront beauty on over 1 acre. Perfect setting in Bluffview Estates. Go fishing just few steps outside the door.



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**508 Stanford St.**  
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**10020 FM 744**  
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WI





# DEVELOPING NNERS

— By Virginia Riddle

*The first step toward learning new skills is often the hardest — both for the student and for the teacher or coach. Coach Audrey Marx has found this to be true as the girls' basketball coach when she joined Coach Jody Reese, the boys' basketball coach, at Corsicana ISD's Collins Middle School. "The kids have to learn the same basketball drills they will use at the high school. Additionally, I want them to become better people overall, learn how to be dependable and how to get along with each other," Coach Marx explained.*

Drills must be mastered. Making sure these fledgling athletes have a solid foundation is important during the first years of competition in University Interscholastic League sports competition. "The girls run from drill to drill and practice layups on full court," Coach Marx said.

"A lot of time is spent just teaching fundamentals and how to practice," Coach Reese added. "We also do a lot of running to get into condition."

"We are Corsicana High School's farm teams," Principal Darla Nolan quipped.

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Coach Audrey Marx brings out the best in each of her players.

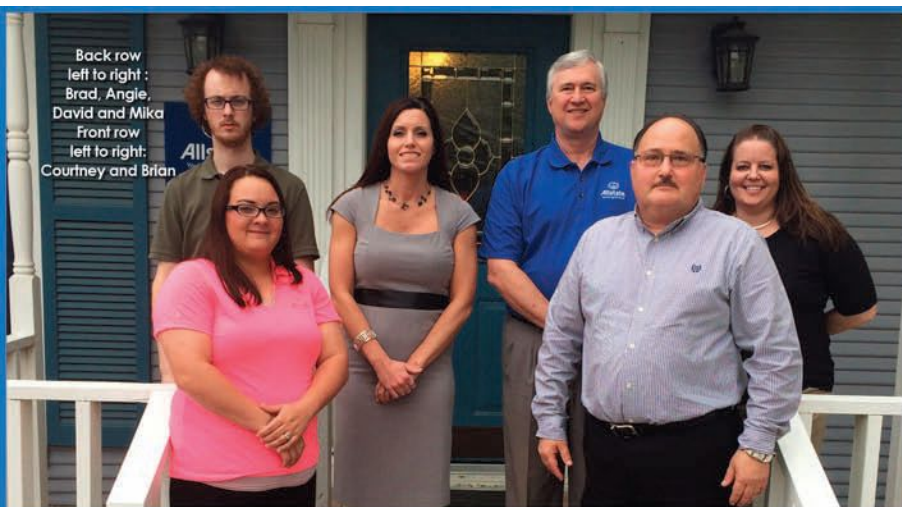


During their seventh and eighth grade years, student athletes are physically maturing and experiencing growth spurts that can cause problems with balance and coordination. Their brains are developing higher-level thinking skills, and their attention spans are lengthening, but keeping students' minds focused can be a challenge for these coaches. "I have to encourage the girls during practices to watch all the time, even when seated and not on the court playing," Coach Marx said.

Another challenge to coaching this age group is that these athletes come to the court with varying levels of skill. Some, especially on the boys' teams, have played in Little Dribblers and other youth leagues from very young ages, attended basketball camps or played neighborhood pick-up games, while other potential stars have never played but want to be part of the teams. "Last year while coaching the seventh grade girls, I found that only two or three of them had played basketball," Coach Marx said. "I've moved up with those same girls and am now coaching the eighth grade. We learned a lot last year, so we should be better," she added.

"The boys have a lot of raw talent, and their skills need to be tweaked a little. Yet, some of them have never played the game. Then some have played and picked up some bad habits," Coach Reese said. Fixing form, drills and attitudes on and off the court are priorities. I want these young men to become better people in

Back row  
left to right :  
Brad, Angie,  
David and Mika  
Front row  
left to right:  
Courtney and Brian



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Coach Jody Reese (right), backs player Emanuel Haggerty's NBA dream.

the end. "Last year, the boys tied for first place in our district. I was very proud of our team. The guys bought in, did what was asked and competed at a high level every night we played. They were a great group to coach," Coach Reese said.

A willing and winning attitude that results in effort expended are traits that these coaches are seeking in their young athletes. "I look for girls who are coachable. I like to tell a kid to do something and have her take it to heart and try. Attitude and effort count big at any age and in any endeavor. I would rather have five girls with the best attitude ever than five with great talent," Coach Marx stated.

One of the returning boys is just such a student athlete. Emanuel Haggerty, a Corsicana native, has been playing basketball a little over four years. "I like shooting," he revealed. Emanuel started playing in the Corsicana YMCA youth basketball program and in his neighborhood, and like other student athletes, he aspires to play in high school and on into college. "I want to play basketball at the University of Kentucky or Duke University and then in the NBA," Emanuel said.

He's learned a lot in his one year under Coach Reese's tutelage. Even though the boys had a winning season last year, one game against Ennis Junior High School stands out in Emanuel's mind. "We played around and lost focus on the bus ride even though Coach told us not to. We got blown out by Ennis during the tournament," Emanuel recalled.

Emanuel likes to eat and play video games, and he admires Derrick Rose, an NBA player. "He seems to have the same mentality that Coach Reese wants me to have by putting God first," Emanuel said.

A key element of success for the basketball program is community support. "The majority of the players' parents come to our games and support the program," Coach Marx said. "The



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teachers are at their students' games and are supportive." That support helps the coaches and players celebrate even the smallest of accomplishments and gains.

Both coaches are products of Corsicana and its schools. Coach Marx played sports and was also the salutatorian of her CHS class. She attended Texas A&M University on a scholastic scholarship. "I wanted to be a coach because I missed playing sports in college, and I've always wanted to be a teacher," she said. She is a newlywed to Caleb Marx, a Corsicana native. Coach Marx said, "Both sets of our families are from here." In her second year as an educator, she teaches Pre-AP math classes and also coaches girls' volleyball. "Last year's volleyball team had really good kids. The talent was insane and resulted in both the A and B teams having very successful seasons," Coach Marx said. "I can't wait to see what my girls, both in basketball and volleyball, can do in high school!"

Coach Reese played basketball for Texas Christian University but an injury sidelined him. He graduated from Texas A&M University-Commerce and teaches seventh-eighth grade PE classes. His parents live in Corsicana, and he recently married Mandy Reese, a teacher at Bowie Elementary School in Corsicana.

The coaches agreed keeping basketball fun and focused at this age is important. Winning is not everything, and they try to give all students a chance to develop their skills — not just the "stars." "It's so great to see my athletes' behaviors change. The first couple of games are very confusing, but throughout the season, we start to look like a basketball team," Coach Marx said.

"It's a joy to return home and put something back into the community as a positive role model," Coach Reese stated. "We know we've done our job beyond just coaching." **NOW**

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# A Caring Heart

— By Nancy Smothermon

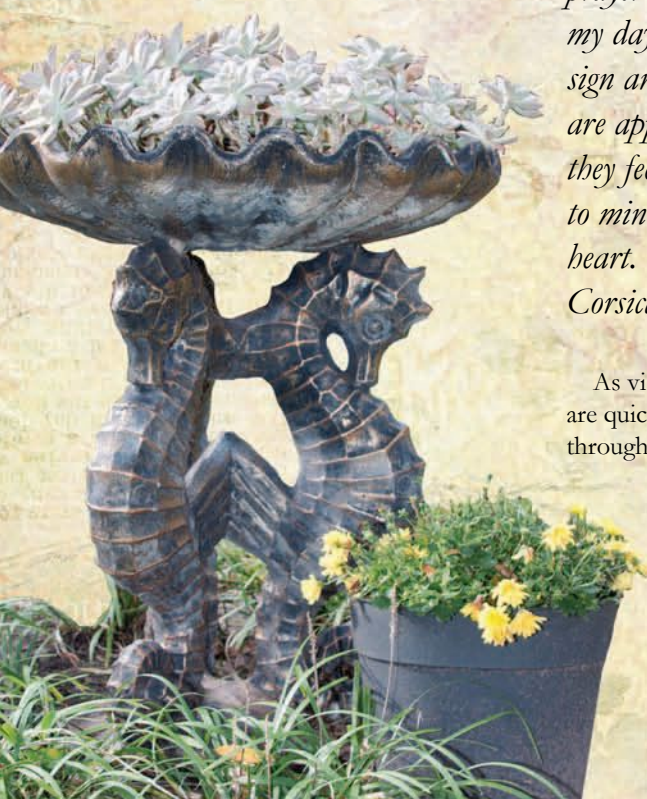


## At Home With Nita Haynes

*The morning sky is orange with a crisp scent in the air. With her coffee in hand and a book across her lap, Nita Haynes starts each day with prayer and quiet reflection. "This is where I sit in the mornings and start my day," she shared with a warm smile. The manicured yard, welcome sign and flowering bushes that attract hummingbirds let visitors know they are appreciated guests at her home. From the moment visitors walk inside, they feel at ease. Graceful, talented and caring are the first words that come to mind when describing Nita. Her home reflects her personality and warm heart. You would expect nothing less from an enthusiastic member of the Corsicana Lions Club International.*

As visitors move through the formal living room and dining area, they are quickly aware of her talent for decorating. There is grapevine displayed throughout the kitchen and kitchen nook. "This room was remodeled to provide more storage and an ample laundry area," she motioned to the cabinetry. One of her first paintings hangs on the wall. "You can see I like angels," she smiled and pointed toward several figurines throughout the house.

The large family room is warmly decorated with her paintings. Rays of sunshine softly highlight her cherished memories and belongings. The contemporary furniture is comfortable, and the fireplace is inviting.





She likes to read. A small collection of books is displayed in a basket on the coffee table. Nita mentions one of her many favorites. "This is a good book," she said, pointing to *Leaves of Gold*.

On the entertainment center a sculpture, of oriental style, complements the decor. This particular piece of artwork was a precious gift from her sisters upon the passing of her mother, whom Nita spent time caring for. From



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the grapevine in the kitchen to this sculpture, there's a feeling that suggests Nita is an "armchair traveler."

Originally from Corsicana, Nita has many good memories of Corsicana, including its four theaters, stores and busy Beaton Street where it was often impossible to find a parking place. After her travels with her husband, Sam, (an oilman who worked for Shell Oil and then Phillips) she has incorporated her travels and adventures into her decorating and storytelling. Nita, mother of three, grandmother of seven and great-

grandmother of nine, enjoys sharing her family history with others. Her mother raised her as a single parent, since her father worked for the railroad. Pictures of her family and Sam's family are proudly displayed in the hallway. Here you will also find plaques from her participation and recognition in the Lions Clubs of Corsicana and Brazoria County.

As part of the local Lions Club, Nita has enjoyed contributing to the needs of her community. She displays her collection of pins from her joy of bowling and collects memorabilia of her



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Nita proudly shares her collection of Lions Club vests, one which belonged to her father-in-law and three others that belonged to her.



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service. She proudly shares her collection of Lions Club vests, one which belonged to her father-in-law and three others that belonged to her. She was originally a member of the Lioness organization in Brazoria County, and her first vest represents that time. Later she became a member of the Lions Clubs in Brazoria County and Corsicana. Nita has been a caregiver for a great deal of her adult life. She helped care for her father-in-law while he battled cancer and later, she cared for Sam before his passing. Upon moving back to Corsicana, she also relocated her mother here, so she could take daily care of her.

In her master bedroom beside her favorite chair is a pile of magazines and reading material. She is comfortable in her surroundings, and her surroundings suit her. The three-bedroom, three-bath home was built in the '70s. Nita is unsure of the exact date. Many of her decorations are her own handiwork. Paintings, wreaths and, most interestingly, one piece of art hanging in the front guest room — an African mask on painted cloth and framed — catch your attention. "Much of what I have used in my artwork are items I have found at yard sales, estate sales or just had lying around for years. Moving often has taught me the value of things and how to use them creatively," she added.

"Having traveled with Sam everywhere from Tyler, Texas, to Alice, Texas, on to Colorado, Utah and Michigan, one of my favorite mementos from our trips is this lava rock and ram's skull. Sam brought it home to me from Utah," Nita pointed to the interesting object on the patio. "You can see where I added on to the smaller original patio here," she continued. "There are several sitting areas in the backyard and lots of plants where I enjoy watching the birds and butterflies. My family and I enjoy the yard." The most



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unusual plant is a pencil plant in the front yard growing next to the gate. Nearby, a birdbath sitting on top of three sculpted seahorses displays a thriving succulent.

"There is plenty to do to help others in our community," Nita stressed. "I joined Lions in 1987, when women were first allowed to join. I respect the organization and what they strive to do in local communities and around the world now, as they are international as well."

A businessman named Melvin Jones originally formed Lions Clubs in 1917 in Chicago, Illinois. As it grew, the organization was renamed Lions Clubs International. He wanted the members to give back to the community that supported them. The members espouse to seek out and help those in need. Much of what they are able to do is through fundraising efforts. Most of society is probably more familiar with the work they do with people needing eyeglasses and eye care. One of Nita's proudest projects was that of providing the means for a young boy to have eye surgery.

"We serve," Nita stated, as she voiced her admiration for the organization's motto and its dedication for active participation in service for others. From her morning prayers to her enthusiastic volunteerism, Nita is a fascinating woman who truly cares for others. She exudes confidence and integrity.

The Lions Club slogan of "Liberty, Intelligence, Our Nation's Safety," appropriately encourages its members. Nita hopes to help grow the local organization in numbers and volunteerism. They hold their local meetings at the YMCA meeting room Tuesdays at noon where they share a meal and ideas for making Corsicana a better place to call home. "You're welcome," she said with an all-knowing smile. **NOW**

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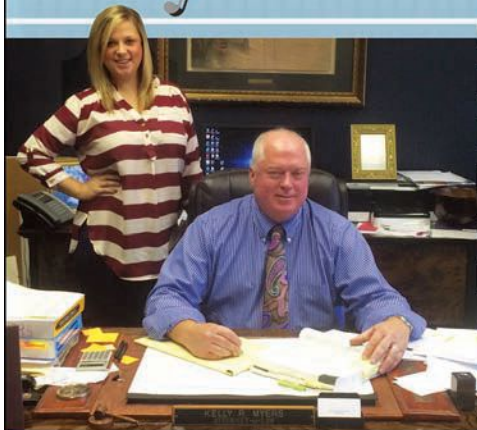
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# Feeding Our *Neighbors*

— By Virginia Riddle



*Doris Anderson has worked with the Magnet Program, otherwise known locally as Meals on Wheels, for two years, first as a driver and now as coordinator of this program that provides daily hot meals to residents of Navarro County. "We provide a hot meal every Monday through Friday to clients, and some qualify for weekend meals to be provided every Friday," Doris said.*

The awesome task of getting these hot meals delivered falls to a fleet of three paid drivers and a volunteer driver who travel to the far-flung corners of the county — Pelham, Emhouse, Kerens and Richland — and all throughout Corsicana neighborhoods. "We're all over the place," Doris explained. The paid drivers are issued gas cards, while the three-days-a-week volunteer donates not only her time but also the use of her own car and gas. "She gives back in many ways," Doris said gratefully.



Doris Anderson, Tammie Jackson, Suzette Roberts and Alfred Sims are always geared up to serve the community.

With those kinds of miles and wear-and-tear on vehicles, the paid drivers do a daily inspection and arrange for services to be done locally when needed. "It's hard when a vehicle is down or when a driver can't come in, but we do have substitute drivers, even me occasionally," Doris said. Inclement weather can also be a problem. "We watch the weather, and if it looks like the roads are going to get bad, we deliver an extra meal the day before the weather hits," Doris explained. "The meals come to us from Waco, heated or cooled, so we always have a supply on hand." Extra meals ahead are also provided to clients before a staff holiday.

The need is great, and the number of clients served changes weekly along with the drivers' routes. "Most of our clients are senior citizens, but we also serve disabled youth age 59 and under,"

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Doris explained. With an increasingly aging population, there's also a decline in geographic mobility and independence, which leaves seniors living in their homes without family members living close by, vulnerable to senior isolation and hunger. Members of the baby boomer generation have reached their 60s and have a predicted life expectancy into their 90s, so Meals on Wheels is preparing for the needed growth.

Funding for the program is provided by federal, state and city agencies; the United Way; donations; and insurance. The primary source of funding is the Texas Department of Aging and Disability Services, which also determines the eligibility of clients to enroll in the program. Meals, gas, vehicle maintenance costs, insurance and staffing are basic expenses, but Doris has to also budget for the occasional unexpected events.

"We start early each day and heat the meals. Each driver has a cold pack and a hot pack cooler for the day's meals. "They take the food's temperature at the first delivery and again at the last delivery to insure food safety," Doris explained.

Another important aspect of the home delivery service is the face-to-face daily contact with each client and the time spent chatting between the client and the driver. "If the client is able to get to the door, we knock and give them about three minutes. If they don't answer, we call their phone," Doris said. If there is no answer, the driver reports into the office for assistance. "We go to work to do what we are allowed to do to help," she explained. Help may come through a 911 emergency call or through a contact with the county's adult protective services. "We have found a client who had fallen and another client, a stroke victim in a wheelchair, who had no electricity. We look for things like this and





William Taylor delivers meals to Community Service Office.

refer them to other services,” Doris said. If clients cannot answer the door, drivers are allowed to enter the dwelling, so all drivers have a valid identification card, a driver’s license and health card, and they must pass a background check.

A third reason for the face-to-face daily contact is to check for any attempted fraud. “We want to know that the client is getting the meals. For instance, we don’t want the meals to go to someone else after a client goes into a nursing home,” Doris remarked. “Some clients want two or three meals a day, and we can’t do that either.”

The meals are prepared to government nutritional standards, and special dietary needs can be met. “We have one client who can’t eat beef per a doctor’s note, so we make that adjustment here,” Doris said. “Clients love salads, and look forward to their other favorite foods coming up on the monthly menus that are delivered.”

One client, Lula Kenney, really looks forward to her driver, Suzette Roberts’, visit. “She’s very nice. Suzette says, ‘Good morning,’ speaks awhile with me and then she has to move on. I started the program when I was taking therapy and found it difficult to walk. If I have to be out, I always call, so they won’t come by. But the meals are very good,” Lula said.

Another one of Suzette’s clients, Julia Barlow, enjoys the hot meals and the drivers who are always friendly. “The drivers are good people, and the different holiday meals are good, too,” Julia said.

“There’s such a need for this program in our county,” Doris said. “I once went with a volunteer who was delivering meals, and I thought some clients were saving some of the food for later because they had so little food in the house.”

Doris, a native of Navarro County, believes in giving back to her community

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in other ways. "I am such a people person," she said. Doris was an advocate for CASA and is now a board member for that organization. She is also a certified nursing home ombudsman, who volunteers her services at Heritage Oaks West Retirement Village and Assisted Living.



A Blooming Grove High School graduate, Doris is self-taught in food service through working in restaurants. She has held previous supervisory and management positions. Doris also enjoys time with her family, which includes two sisters, two daughters, six grandchildren and one great-grandson, all of whom live in Corsicana. She loves to read, cook and play games with her family. Every other year, Doris visits two more sisters who reside in California.

"It's a joy for me to be able to do this work. I enjoy visiting and laughing with our clients while getting to know them. I feel it's my calling to help and feed people," Doris said. **NOW**

*Editor's Note: To apply for Meals on Wheels, call 1-888-337-6377.*

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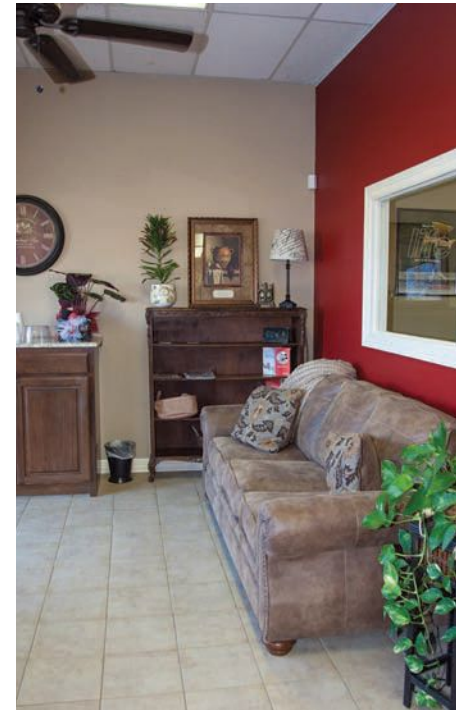


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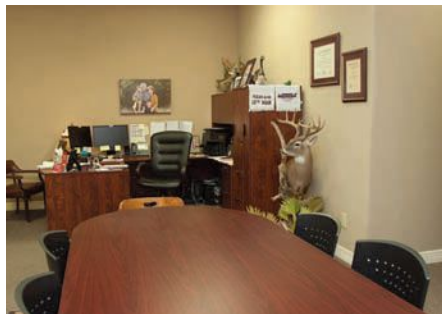
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# Customizing Service

*Stuart Smith State Farm Insurance helps neighbors protect and acquire assets.*

— By Virginia Riddle

Helping families in Navarro County recover from the unexpected, managing everyday risks and preparing for a well-deserved retirement is Stuart Smith's mission. A native son of Corsicana and graduate of Corsicana High School, Stuart has seen many fundraisers held by well-meaning folks for neighbors who are suddenly in need of financial help. "I want to stop the fundraisers by helping families protect what they have and acquire what they need, so they can live an amazing life!" Stuart explained.

To accomplish such a goal, Stuart, formerly a successful real estate broker in Navarro County, began State Farm's intensive training in July 2014. Six weeks of taking and passing seven Texas

and federal licensing exams followed seven months of training, and Stuart opened his State Farm office on March 1, 2015.

Stuart and State Farm offer auto, home, life and health, farm and ranch, commercial insurance and State Farm Bank. Additionally, he can cover motorcycles, sports and leisure vehicles. State Farm Bank offers a wide array of financial products that include: checking, savings, auto loans, home mortgages, education savings plans and retirement options for businesses, individuals and families.

In addition to Stuart, at least five employees at any time are available to help customers meet their needs. Positions include: an office manager, receptionist, customer care manager, accounts

team manager and insurance agents. "We start every day with motivational talks, so we make each day a winning day," Stuart said. "I don't want to reach the end of a day wondering if my team could have done more. We want to protect and serve as many households as possible. I enjoy coaching and seeing the personal development take place with my team and our customers. If I can be part of developing my team members/customers and see them succeed on a professional and personal level, then I feel we have accomplished something great."

Being available 24/7 is essential to solving problems for customers. "There's always someone who needs insurance immediately, such as when they are purchasing a new car," Stuart said. "And, for example, I have driven a check to the Metroplex the night a customer's home was lost in a fire. When something like that happens, people need immediate help."

"I was happy with my career in real estate but felt like the Good Lord was calling me in a different direction. State Farm asked me if I would consider taking over an office in Corsicana, and so the story began," Stuart said. One guiding factor for Stuart was State Farm's reputation for paying claims and doing the right thing for the customer. "The training is great, the brand is well-known and financially sound," Stuart explained.

A graduate from Texas A&M University, Stuart and his wife, Laura, have three children: Lilly, Walker and Maggie. The family attends Grace Community Church. Stuart is a member of the Corsicana Lions Club and enjoys coaching Little League and other youth sports and participating in outdoor sports.

"It's been a joy getting to be with so many people and hear their stories. I know we've made a positive impact on building their futures," Stuart said. "I grew up here, and now I can give back to the teachers, mentors and coaches who inspired me. This is all about my community," he added.

A career change can cause anxiety, but Stuart recognized people were in need and was comfortable with his decision. "Everything we do as a family is God-inspired. There's His purpose behind everything. That's all that really matters!" **NOW**



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*Patty Knuath explains her family's traditional interpretation of the Twelve Days of Christmas for members of the Navarro County Retired Teachers Association.*



*Olivia Jock helps her grandmother and other I.O.O.F. Ladies Lodge No. 63 members at their Holiday Market booth.*



*The Mildred Eagles proudly take the field.*



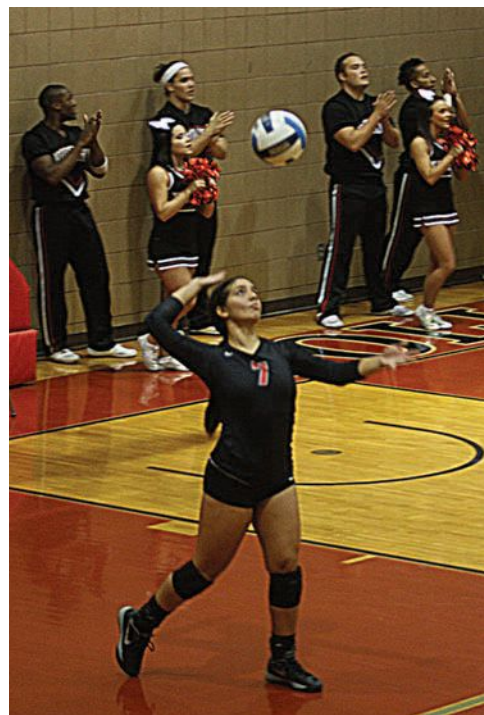
*Nancy Philo, Dorinda Coursey and Sharon Richards prepare turkey spaghetti for Corsicana's First Methodist Church UMW annual Fall Festival Bazaar.*



*CHS's USAF JROTC cadets and faculty help James Blair Chapter, DAR, celebrate Veterans Day.*



*Santa's helpers at the Corsicana Public Library help patrons of all ages enjoy the season with a great read and fun activities.*



*Cheers and thrills rebound at Navarro College volleyball games.*



*Navarro College honors U.S. veterans and active military with a ceremony and luncheon at the Cook Center.*



*Lynda Green, Gloria Garcia, Latonya Nathan and Mercedes Moran are volunteers at Backpacks of Love.*

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in the new year to come. We at Heritage Oaks WEST wish you peace and prosperity in 2016.

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## Tips for Retirement Investing

Saving for retirement is a huge financial responsibility, and it does not end when you collect the last paycheck from your employer. You will need to make sure your retirement investing plan meets your changing needs in the future.

The money you've saved will need to last awhile. According to a September 24, 2012, report (PDF), the National Center for Health Statistics reports that a 65-year-old man is expected to live another 17.3 years, to just over age 82. A 65-year-old woman is expected to live another 20.0 years, to age 85.

In retirement, your financial needs may change. Most retirees want their money to last throughout their lives, to keep pace with inflation and to support their current spending needs.

### Investment Funds

Bond funds are one choice for many retirees because they are managed to generate regular income payments. This money can be used to help fund your retirement spending needs. Bonds generally have less risk than stocks, although they do have some risk.

Stock funds are designed for long-term capital appreciation. These are often used to help people save for retirement, and they may make sense for many people after retirement. That's because in the long run, stock funds are better at outperforming inflation

than bond funds are. The prices of the things you buy are likely to go up while you are retired, so you'll want your income to go up, too. Incorporating investments that have the potential for capital appreciation into your retirement investing can help your overall portfolio keep pace with inflation. Keep in mind that all types of investing involve risk, including potential for loss.

### Educate Yourself

Because investing is a lifelong pursuit, you'll want to learn as much as you can so that you can adapt your investments to your changing life needs. Whether you are currently retired or just hope to be some day, your investments will need your care and attention. **NOW**

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*Lynda Housley is a State Farm agent based in Corsicana.*



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# Protecting Our Four-legged Friends

— By Rachel Smith

The unending search to find homes for unwanted or abandoned animals breaks the hearts of pet lovers. Most people have a tender spot toward animals, but as much as they love pets, many cannot afford them, or aren't capable of owning them. Humane societies euthanize animals on a regular basis due to the overwhelming number of animals that run away from home or are left by their owners each year. Pet overpopulation occurs on a large scale, and the costs for pet care can skyrocket when unplanned litters arrive. A female dog, with her offspring, potentially produces hundreds more puppies within seven years. A female cat, with her offspring, potentially produces thousands more kittens within seven years.<sup>1</sup> However, there is a solution to the chaos.

Many people overlook the benefits of spaying or neutering their pets, which can reduce overcrowding in homes with animals. Some pet owners view spaying and neutering negatively, yet this procedure can enhance your pet's behavior and lifespan.

According to Spay USA, there are numerous advantages to having this procedure done:

*"Benefits of Spaying (females):"*

- No heat cycles, therefore males will not be attracted.
- Less desire to roam.
- Risk of mammary gland tumors, ovarian and/or uterine cancer is reduced or eliminated, especially if done before the first heat cycle.
- Reduces number of unwanted cats/kittens/dogs/puppies.
- Helps dogs and cats live longer, healthier lives.

*"Benefits of Neutering (males):"*

- Reduces or eliminates risk of spraying and marking.
- Less desire to roam, therefore less likely to be injured in fights or auto accidents.
- Risk of testicular cancer is eliminated, and decreases incidence of prostate disease.
- Reduces number of unwanted cats/kittens/dogs/puppies.

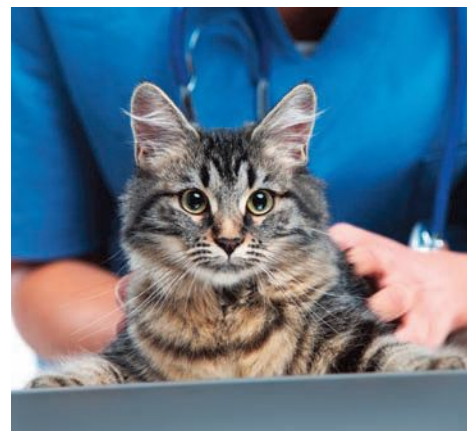
- Decreases aggressive behavior, including dog bites.
- Helps dogs and cats live longer, healthier lives.”<sup>2</sup>

One reason people refrain from spaying or neutering their animals is out of fear that they will lose them during surgery. However, this procedure is very routine and humane. Spaying and neutering keep the pets out of danger from severe issues that are liable to pop up in their later years. Veterinarians say spaying or neutering pets up to their eighth week prevents various reproductive cancers, such as prostate or breast cancer. Males, if neutered, are less aggressive toward other animals and people. If spayed or neutered, a cat will have less of a need to spray. The cost for an animal to have this procedure is significantly less than the cost to fix the damages caused by misbehavior and supporting a litter of kittens or puppies, plus the extra expenses required to find homes for them. Yes, spaying and neutering may be an unworthy expense in the eyes of some, but it can provide positive changes to a pet's life.

If you are considering adopting a pet, it is important to remember that each animal has unique needs depending on its environment. Costs for a pet can be extensive if a future owner is not careful. It is important to fully understand the breed of dog or cat you plan to adopt, and what its strengths and weaknesses may be. Take the necessary effort to research what is needed to support them. Some animals attract fleas, require more attention or may not be suitable for the living space an adopter has. Making sure to meet their exercise and food intake needs is also imperative. Visit your local veterinarian for more information on how to go about properly caring for your pet or planning for your next one. **NOW**

Sources:

1. <http://www.snapus.org/spay-neuter-facts/overpopulation-facts.html>.
2. <http://www.spayusa.org/benefits.php>.





## Improve Your Well-being and Longevity – Volunteer!

A new year often motivates us to establish new habits — or to explore opportunities we've always wanted to try. If becoming more social, helping others and giving back to the community is on your list, consider becoming a volunteer at your local hospital — it may just improve your well-being.

Volunteers must be at least 18 years of age, and there are teen programs available in the summer. Possible areas to volunteer include the front lobby, outpatient registration and labor and delivery.

### ***There's scientific proof — giving of yourself, gives back***

Hospital volunteers enhance the services the staff provides patients, their families and guests. Several years ago, the Corporation for National and Community Service released a study that reviewed a collection of scientific research that revealed volunteers help themselves to better health while helping others. According to the report and its research:

- For adults age 65 and older, the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from volunteer activities.
- Volunteering led to lower rates of depression among people 65 and older.
- People who volunteered after experiencing heart attacks reported decreased feelings of despair and depression — two factors linked to mortality in post-coronary artery disease patients.

So, besides improving your health, why should you consider volunteering at your local hospital? Here are some reasons:

### • **Make someone else's day.**

A volunteer has the opportunity to provide comfort and compassion, as well as set the tone for a patient or guest's experience while in the hospital.

### • **Have fun.**

When you volunteer doing something you love, the time will fly. And you'll meet a variety of likeminded volunteers and make new friends.

### • **Satisfaction.**

It's almost guaranteed that when you help others, you will enjoy a greater sense of self-worth.

### • **Get off the couch.**

Volunteering gives you a reason to wake up and get motivated.

### • **Supporting the caregivers.**

Your extra efforts to assist health care professionals or help a patient or guest be more comfortable can mean the world of difference to them.

### • **Become a part of a team.**

Experience the camaraderie of working with others on a common goal and sharing the reward of making a difference in another person's life.

### • **You'll be appreciated.**

Hospitals love their volunteers! The giving of their time and talents is respected and appreciated. **NOW**

*To learn more about volunteering at Navarro Regional Hospital, call Connie Beal, volunteer coordinator, at (903) 654-6892 or email her at [connie.beal@navarrohospital.com](mailto:connie.beal@navarrohospital.com).*

### January 1

Preregistration begins for the Heart of The House 5K & 1 mile Fun Run/Walk: Corsicana YMCA. **The race begins at 9:00 a.m. on Saturday, Feb. 13.** Proceeds benefit Corsicana's House of Refuge. Contact Kimberly Rainey at (903) 257-6353 for more information.

### January 3, 6, 13, 23, 30

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

### January 4

Piecemakers' Quilt Guild of Corsicana meeting: 9:30 a.m., Westhill Church of Christ Fellowship Hall, 3400 W. Hwy. 22. Bring a sack lunch and sit and sew into the afternoon. Visitors are welcome. For more information, visit [www.corsicanaquiltguild.com](http://www.corsicanaquiltguild.com).

### January 5

Crime Watch of Oak Valley meeting: 6:30 p.m., Oak Valley Community Center. There will be a pot luck dinner. The Navarro County Sheriff's Department will present an updated crime report.

### January 8

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. Contact Connie Beal at (903) 654-6800 for more information.

### January 9

Corsicana Opry Band: 7:00 p.m., Corsicana Opry & Event Center. Tickets are \$10 at the door. Call (903) 872-6779 for more information.

### January 12

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. The club will discuss *Major Pettigrew's Last Stand* by Helen Simonson. For more information, contact Lisa Magenheimer at (903) 654-4810.

### January 13

James Blair Chapter, DAR meeting: 3:00 p.m., Kinslow House. Email Suzanne Smith at [suzannesmith@corleyfuneralhome.com](mailto:suzannesmith@corleyfuneralhome.com) for more information.

### January 15

Lone Star Cowboy Church's Team Sorting: 6:00 p.m., 4495 W. Hwy. 22. For more information, call (903) 872-1670 or visit [www.lonestarcowboyfellowship.org](http://www.lonestarcowboyfellowship.org).

### January 16

Martin Luther King Day Parade: 10:00 a.m., beginning at Dallas City Hall and ending at the Fair Park entrance. Call (214) 670-8418 or visit [www.mlkcelebration.org](http://www.mlkcelebration.org) for more information.

### January 18

Corsicana Art League meeting: 6:00 p.m., Cook Center. Members and guests are asked to bring a drawing pen and pencil on which to practice drawing and shading. Snacks will be provided. Email [65gladys53@gmail.com](mailto:65gladys53@gmail.com) for more information.

### January 19

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 Feb. 28, 1961 and May 7, 1975, or any duty location between Aug. 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. All veterans of any era who would like to visit or join will be welcomed. For more information, email Roy Messick at [roy.messick@gmail.com](mailto:roy.messick@gmail.com).

### January 28

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. 2016 officers will be installed. Come and meet Newcomers' new president, Faye Frasier, and other board members. For more information or to confirm reservations, contact Annie Avery at (714) 345-6707.

Pioneer Literary Club meeting: 4:00 p.m.

Kerens Library. For more information, call (903) 396-2665.

### January 30

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. Everyone attending this clinic is invited to stay for the NC basketball game at 4:00 p.m. Tickets will be provided. For more information or to RSVP, email Monica Aldama at [monica.aldama@navarrocollege.edu](mailto:monica.aldama@navarrocollege.edu).

Corsicana Ducks Unlimited Banquet and Auction: Doors open at 5:00 p.m., dinner is served at 6:30 p.m., I.O.O.F. Event Center.

For more information, contact Ross Reamy at (903) 654-7704.

2nd Arts District Fundraiser featuring Ray Wylie Hubbard: 8:00 p.m., Palace Theatre. For more information, call (903) 874-7792.

### February 4

Corsicana & Navarro County Chamber of Commerce 98th Annual Awards Banquet: 5:00 p.m., social hour; 6:00 p.m., banquet, I.O.O.F. Event Center. For more information or to reserve tickets, call (903) 874-4731.

### Ongoing:

#### Mondays

Lone Star Cowboy Church's Mounted Shooting: 7:00 p.m., 4495 W. Hwy. 22. For more information, call (903) 872-1670 or visit [www.lonestarcowboyfellowship.org](http://www.lonestarcowboyfellowship.org).

#### Tuesdays

Story Time: 7:00 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.

Corsicana Noon Lions Club meeting: Noon, Corsicana YMCA. For more information, call (903) 654-4861.

Lone Star Cowboy Church's Team Ropin' Practice: 4495 W. Hwy. 22. For more information, call (903) 872-1670 or visit [www.lonestarcowboyfellowship.org](http://www.lonestarcowboyfellowship.org).

#### Wednesdays

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

Corsicana Rotary Club meeting: Noon, Corsicana Country Club. Visit <http://www.corsicanarotary.org> for more information.

#### Thursdays

Lone Star Cowboy Church's Barrel Racing Practice: 7:00 p.m., 4495 W. Hwy. 22. For more information, call (903) 872-1670 or visit [www.lonestarcowboyfellowship.org](http://www.lonestarcowboyfellowship.org).

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



## In the Kitchen With Wendell Warren

— *By Virginia Riddle*

A self-professed country boy, Wendell Warren is known for his down-home Southern comfort recipes. “I love to grill steaks and shrimp,” he said. Wendell started cooking at a young age. “I learned a lot from my mom, Nancy, who is an excellent cook, and I started working at the Surf-n-Turf Restaurant when I was 16,” he recalled. “Now, I love teaching my 9-year-old son, Hunter, how to cook. Most of my recipes are from my family, but I give them my own sense of flavor. I also get recipes from Facebook.”

When he takes off from his work as a district manager for a local company, Wendell likes to hunt deer. His wife, Dawn, enjoys his cooking, whether it’s prepared over a grill, campfire or in his kitchen at home. **NOW**

### Buttermilk Pie

- 1 stick margarine, melted**
- 2 cups sugar**
- 1/4 tsp. salt**
- 1/4 cup flour**
- 1 cup buttermilk**
- 3 eggs**
- 1 tsp. vanilla**
- 1 unbaked 9-inch pie shell**
- Cinnamon, to taste**

- 1.** Mix all ingredients, except cinnamon, well; pour into a pie shell.
- 2.** Sprinkle with cinnamon; bake at 375 F for 1 hour or until firm.

### Sunday Comfort Food Crock-Pot Pork Chops

- 1 8-count pkg. boneless pork chops (divided use)**
- Salt and pepper, to taste**
- Garlic powder, to taste**

- 2 4-oz. pkgs. dry ranch dip (divided use)**
- 2 1.2-oz. pkgs. dry brown gravy mix (divided use)**
- 1 32-oz. box beef broth**
- 1/2 to 1 cup water, as needed**
- 1/4 cup flour**

- 1.** If desired, season pork chops with salt, pepper and garlic powder sparingly on both sides.
- 2.** Place 4 pork chops on bottom of a Crock-Pot; sprinkle with 1 ranch dip mix and 1 brown gravy mix.
- 3.** Add the remaining 4 pork chops and sprinkle with remaining ranch dip and brown gravy mix.
- 4.** Pour contents of beef broth over the pork chops; if pork chops are not completely covered by broth, add necessary water to cover.
- 5.** Cover and place Crock-Pot on low and cook overnight.
- 6.** Next morning, if Crock-Pot mixture isn’t creamy enough, mix flour and water

in a cup very well and lightly stir into Crock-Pot mixture.

- 7.** Serve with any desired side dishes.

### Beef Enchiladas

- 2 lbs. hamburger meat**
- 1 1.25-oz. pkg. dry taco mix**
- 1 31-oz. can refried beans**
- 1 20-count pkg. corn tortillas**
- 2 19-oz. cans mild enchilada sauce**
- 1 108-oz. can chili**
- 2 16-oz. pkgs. finely shredded Colby Jack cheddar cheese**

- 1.** Brown hamburger meat in a skillet; drain completely.
- 2.** Add taco mix to meat; mix well.
- 3.** Add refried beans; stir well; cook meat mixture over medium heat until it starts to bubble.
- 4.** Heat corn tortillas, a few at a time, in the microwave for 8 seconds.
- 5.** Place about 1 Tbsp. of meat mixture in each flat tortilla; roll each tortilla and place side-by-side in a large pan.
- 6.** Pour enchilada sauce over all of the tortillas.
- 7.** Warm chili in a saucepan; pour over tortillas and then cover them with grated cheese.
- 8.** Bake enchiladas at 350 F for 45 minutes to 1 hour. Mixture should be bubbling on sides of pan.

### Rum Cake

*Cake:*

- 1 box yellow cake mix**
- 1/2 cup coconut rum**
- 1/2 cup oil**
- 5 eggs**

*Sauce:*

- 2 Tbsp. butter**
- 1/4 cup coconut rum**
- 1/4 cup water**
- 1 cup sugar**

- 1.** For cake: Mix cake ingredients well; pour into greased Bundt cake pan.
- 2.** Bake at 350 F for 45 minutes or until lightly browned.
- 3.** For sauce: Put all ingredients into a saucepan; bring to a boil for 2 minutes.
- 4.** Pour sauce over cake in the Bundt pan; let cool and set for 1 hour.
- 5.** Flip cake onto a cake dish and serve.



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**Suzanne Nelson**, a materials buyer at Ennis Regional Medical Center, experienced a health emergency of her own. After having a heart attack, she was rushed to Ennis Regional Medical Center emergency department. The team at Ennis stabilized Suzanne and then transported her by air ambulance to Methodist Mansfield Medical Center to undergo a cardiac cath procedure. She was treated and returned to work a week later.

Suzanne credits the rapid, responsive teamwork of the doctors and nurses at Ennis Regional and Methodist Mansfield with saving her life. She knows from experience that the affiliation between the two hospitals is a real lifesaver. Suzanne knows firsthand what makes Ennis Regional Medical Center so special.

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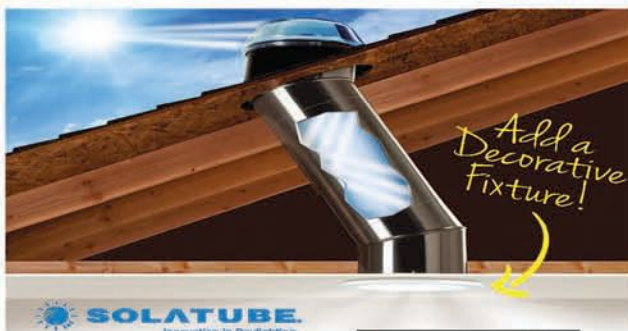
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