The Community Magazine Serving Corsicana and the Surrounding Area

Corsicana

February 2009

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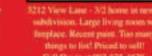
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CorsicanaNOW is a NOW Magazines, L.L.C. publication. Copyright © 2009. All rights reserved. CorsicanaNOW is published monthly and individually mailed free of charge to residents in Navarro County. Our office is located at 200 N. 13th St., Suite

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (903) 875-0187 or visit www.nowmagazines.com.



Corsicana

Editor's Note

Hello Corsicana and Navarro County!

February is the month of love and romance, so try to do something creative for your sweetie this Valentine's Day. Look into a romantic carriage ride through the park or around downtown. The horses and carriages are always out and about. Other ways to spend time together is through the arts. Navarro Council of the



Arts and the Palace Theatre are presenting the musical Bye, Bye Birdie on February 15.

Do not forget to check out our calendar for activities going on around town. If you have a great idea for a story or feature and want to see it in print, please feel free to contact me.

Wishing you love and kindness always,

Samantha Daviss CorsicanaNOW Editor samanthas@nowmagazines.com (903) 654-2838









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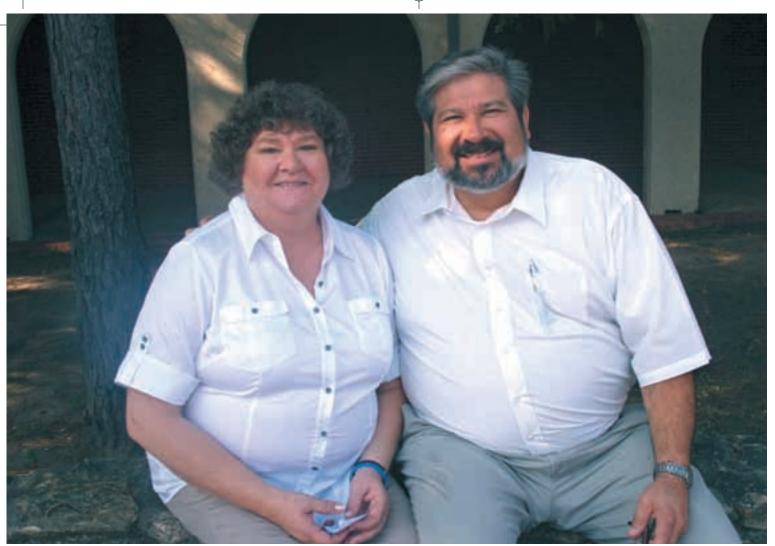
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By Samantha Daviss

After 38 years of marriage, Bob and Barbara Zielinski are the first to admit that, although marriage is a wonderful union of two souls and two hearts filled with much love, joy and passion for one another, it is also the coming together of two people with completely different views and outlooks on life. The Zielinskis have selflessly dedicated their time to talking to dating, engaged and married couples alike about healthy marriages through marriage enrichment educational philosophies for over 36 years. They have numerous degrees, qualifications and certifications. Barbara has a master's degree in interdisciplinary studies from the University of Texas at Arlington and Bob obtained his bachelor's degree in humanities, which included marriage enrichment studies. Between the two of them, they have 13 formal certifications in the marriage, pre-marriage and relationship education field, plus they are authors, conference speakers and national trainers who educate and certify other facilitators. "We definitely don't preach to our classes. We encourage the essence and importance of strong communication," Bob explained. "You know, it's funny. We all get a driver's permit at the age of 15 so we can practice to be safe drivers, but there is no manual or explanation out there to make you become a good spouse."

The Zielinskis are employed by the state of Texas and have contracts in Navarro, Ellis, Kaufman, Tarrant and all counties south of Interstate 20 to hold monthly seminars on how to maintain a healthy relationship. They are also co-authors of the National Training Guide for marital improvement and the former executive couple for the National Marriage Encounter of North Texas (NMENT).

As most of us know, the divorce rate has been at an all-time high for decades now, with 50 - 52 percent of marriages ending in divorce. Through the marriage enrichment course TwoGether in Texas, "we can add some preventative measures to improving the divorce rate in this country," Bob said.

Bob and Barbara are originally from the Arlington area, but a few years ago, they decided to move to Navarro County to live on family owned land near their middle son. They retired from their jobs to completely devote their time to spreading the positive effect of marriage enrichment education.

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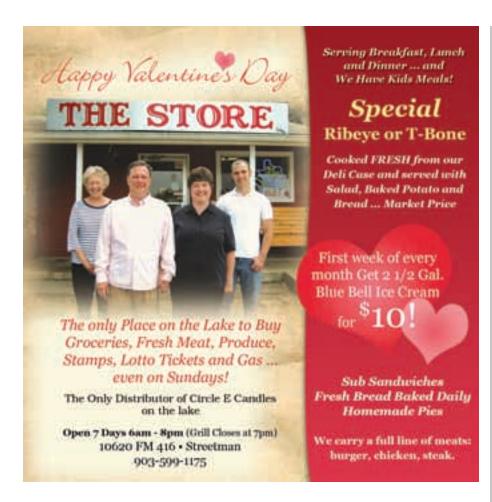
-Twee and Nelda

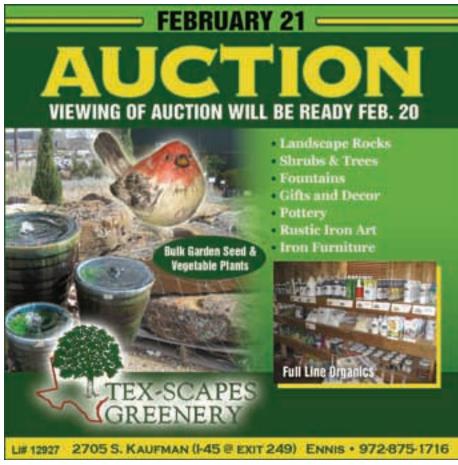
"Denise got the job done right away! I enjoyed working with her and saw her as both a realtor and friend."

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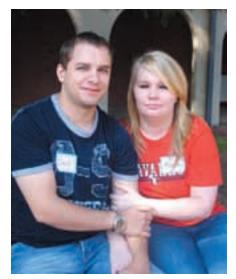
"Stuart is very personable, likeable, easy to work with and honest." -Brandi and Gosffrey

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After their second year of marriage, Bob and Barbara became involved in the enriching and positive affects of the program. They knew they were each other's love of a lifetime, but they also recognized that they came from very different backgrounds. That sometimes caused them to misunderstand their varying viewpoints. They were not communicating their thoughts and feelings with each other in an effective manner, so they attended a marriage enrichment course. From that class, they



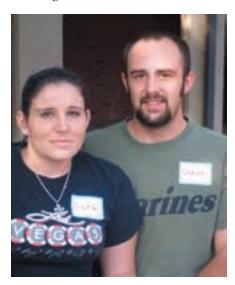
"We definitely don't preach to our classes. We encourage the essence and importance of strong communication."

started their own monthly gathering with friends they acquired from the group, to talk about and discuss various marital concerns or situations.

Communication problems may sound familiar to many couples, whether they are dating, engaged or have been married for 30 years. TwoGether in Texas offers help with these problems. Couples who are engaged and applying for their marriage license can attend the eight-

hour course free of charge. They can then take the certificate earned from the course to the county clerk's office and the \$60 license fee will be waived. Why? Because the state of Texas decided to start putting some money up front to hopefully prevent and deter so many divorces and broken homes.

There are three primary objectives to this course. The first is skills based — helping you build and develop healthy communication skills while handling conflict resolution. The second



"We all get a driver's permit at the age of 15 so we can practice to be safe drivers, but there is no manual or explanation out there to make vou become a good spouse."

is to promote the benefits of marriage rather than just cohabitation, which due to the lack of commitment, is one of the factors for failing relationships. The third objective is to help people learn to listen and to understand that they do not need to "go out for the win" in every conflict. Instead, they need to listen, understand and possibly accept the other person's point of view.

Not only will you learn something







about how to communicate with your future spouse, but this course also offers a little insight into you. It allows you to understand that your way may not always be the best way, and that directions and obstacles in life can be handled in many different ways. "A relationship must be flexible and grow with every change in life, and with this course, we are there for the day after [the wedding], not the day of," Barbara stated.

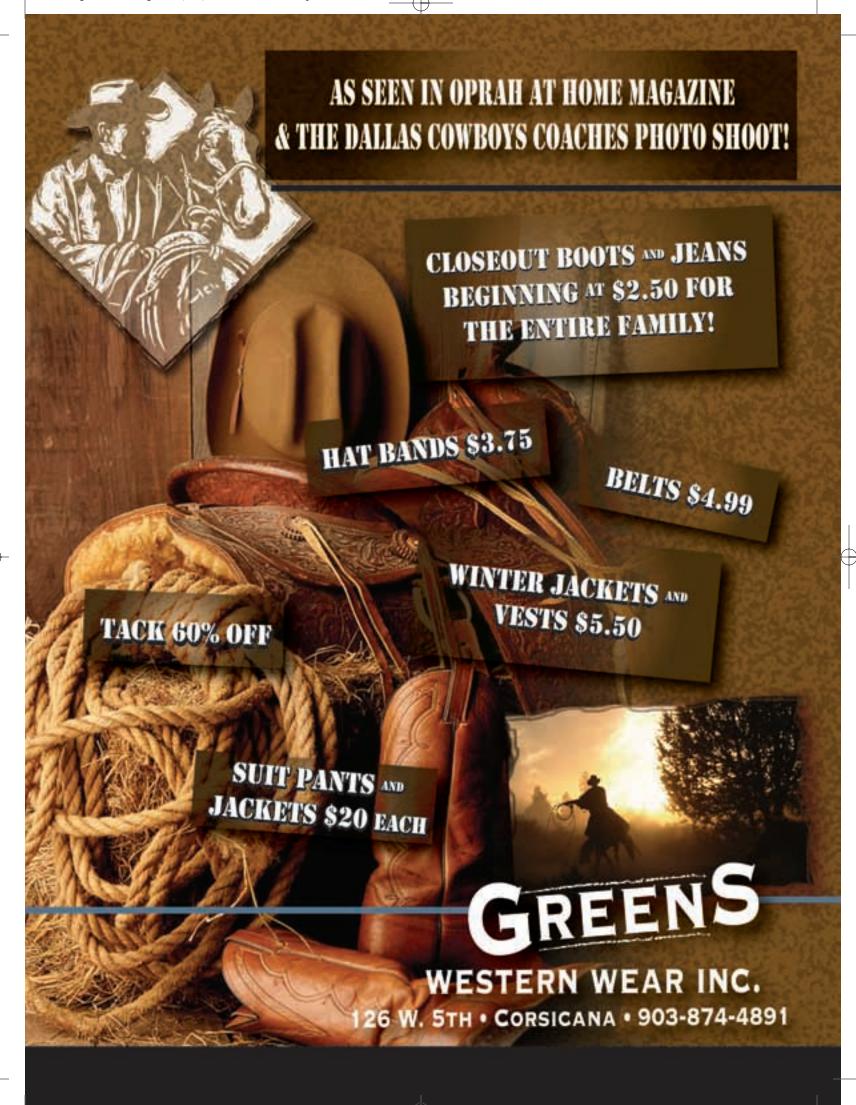
Bob and Barbara have always taught the classes together as a team. "We have found it is a little more effective having a representative there from both genders," Barbara said. They stress the fact that they do not preach to couples on how to manage their life and marriage or how to be a good person. "We do activities with you, and we do a lot of talking aloud during the course duration," Bob said. "We try to be



"We can add some preventative measures to improving the divorce rate in this country."

positive role models for everyone, no matter their stage in life, by offering positive emotional support."

This dynamic duo has their hands on the pulse of family life, and they are helping in every way possible to spread the message of the importance of marriage and the reality of it all. They realize, and make their students aware, that marriage is cyclical. "What you do, and how you handle yourself







during the crisis times, is crucial to the sustainability of your relationship," Barbara stressed. "If you bail out or you become completely nonsupportive of a crisis in your significant other's life, or you yourself completely shut down [offering no communication] then you are doomed for failure."

"Remember that love is just a feeling," Bob continued. "It is a feeling just like anger, sadness, pain, anything — it comes and goes. You, of course, always love your spouse, but there will be times that you aren't passionately in love with them, and that is why we



Couples who are engaged and applying for their marriage license can attend the eight-hour course free of charge.

stress that marriage is a commitment a full committal action of devotion. After all, the first words in your vows are 'I promise,' and with that promise, you are promising yourself and your entire being for the rest of your life, not just until you don't feel like it anymore."

Marriage and commitment is an important decision. It is essential to remember that you are not on the path alone. You have chosen someone to share life's journey with you, so rely on them; they are, after all, your counterpart. TOW

Happy Valentine's Day

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- **Standard Deductions and Exemptions Increased
- **New Additional Standard Deduction: for those who pay property tax but don't itemize
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Family History — By Joan Kilbourne

At Home With

Tim and Amelia Wood

It has been said that in every family someone becomes the family historian — the keeper of family stories and memorabilia. Both Jim and Amelia Wood can claim this distinction. They live in a house rich with furniture and decorative items that reflect their family stories. A walk through this home is a journey back in time through three generations to a place in Baton Rouge, Louisiana. Two-and-a-half years ago, they moved to their ranch-style house, which is shaded by





live oaks and large magnolia trees.

Featured in the family room is a large map of the Mississippi River near Baton Rouge. "That's where I come from," Amelia said, also mentioning that some of Jim's ancestors came from Abbeville, a small town in southern Louisiana. Noted on the map are the names of the families who owned plots of land in that area in 1858. Surrounding the map are pictures of plantation-style homes like the one owned by the Barrow family. Amelia is a descendant of the Barrow clan, and much of the family history is preserved in a book kept in her library.

A carved sideboard in the dining room belonged to Jim's grandmother and is more than 100 years old. The dining chairs belonged to Amelia's great-grandmother. An antique armoire houses china dishes, including a fish set; the plates and bowls for fish





17



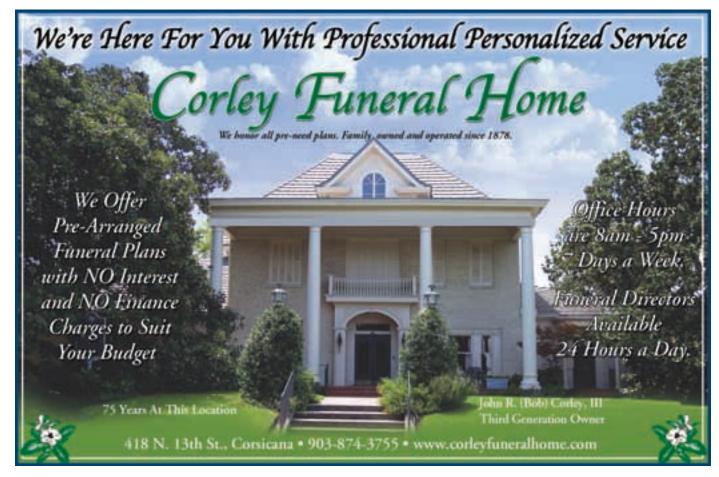


bones and a sauce server were used to serve the fish course at a formal dinner. The white plates feature very detailed, hand-painted images of fish. "I think they're really ugly," Amelia laughed, "but I keep them because they're so unusual."

The kitchen countertop, with painted flower designs on the white tiles is much used. "I love to cook," Amelia stated. "I make Louisiana-style food like seafood, crawfish and gumbo." Jim quickly interjected, "She makes a great gumbo with leftover turkey. It is the best part of Thanksgiving dinner." Jim pointed out the sign over the back door that reads "Just Another Day in Paradise." The sign was a find Amelia could not resist, because every day, as Jim kisses her good-bye and goes out the door, he says, "Just another day in paradise."

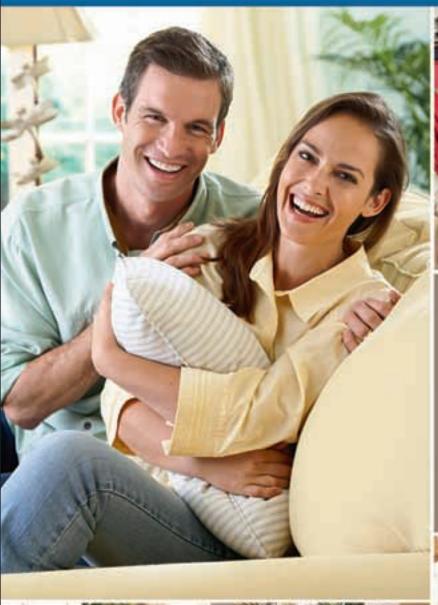
The guest room looks like a room from a Victorian bed and breakfast. The large, dark columns of the bed almost reach the ceiling. Three baby dolls with heads made of china, dressed in the lacy white clothes that used to be called christening dresses, are arranged on the bed. Old photos of family members add to the Victorian ambience in the room. In the bathroom across the hall, a small display shelf is filled with colorful eye wash glasses. "They remind me of my father, who was an ophthalmologist," Amelia explained.

Jim's room is a very personal statement of his own history. Three athletic team blankets remind him of the years when he played football. One blanket brings back memories from his days in high school when the team won the state



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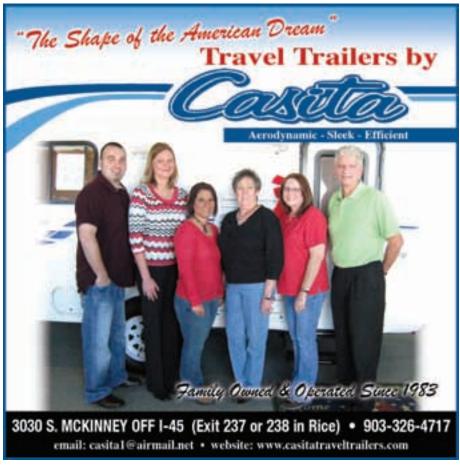




championship in 1963. Another is from his Southern Methodist University (SMU) team that won the Southwest Conference trophy in 1966. A third blanket commemorates the year that his team played in the Cotton Bowl. Also on display is Jim's little league baseball glove. Just outside his room is a display case holding

Jim's Davy Crockett gloves and a two-gun holster he used as a child to imagine he was chasing the bad guys and saving the West.

The couple met on a blind date when they were students at SMU. She was earning a degree in elementary education, while Jim put together a variety of classes in finance, geology







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and meteorology, which led him to transfer to Texas A&M University, where he earned both a bachelor's and master's degree in meteorology. Jim remembered, "On that first date we went to see *Hush, Hush, Sweet Charlotte.*" Amelia, the historian, recalled that their first date was on April 4, 1965. They were married five years later.

After a short tour with the Army Chemical Corps at Fort McClellan, Alabama, Jim returned home to Corsicana to work as an insurance agent with State Farm, a position he held for 36 years. Amelia taught computer literacy classes at Drane Elementary School. Both of them are active members and elders of Westminster Presbyterian Church, and Jim is a longtime member of the board of the YMCA.

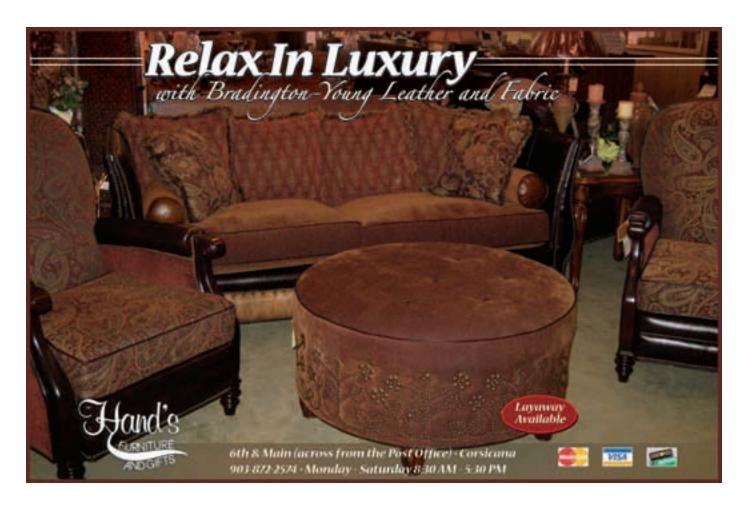
A grand piano in the living room belongs to Amelia and Jim's daughter, Lora, who is a musician, singer, music

teacher and mother of the couple's grandson, Peyton. Their son, Bill, and his wife, Robin, live in the Austin area. Mattie, the dog, lives wherever there is a lap to lie on.

Prints from artist Robert Rucker are hung on walls throughout their home. The first original water color was a wedding gift. Amelia and Jim collected other prints of his work because his river boats and landscapes are reminiscent of the part of Louisiana where she grew up. There are also family pictures on the walls and tabletops.

A tour of this family history museum reveals collections in every room that tell family stories. In the living room, an antique Edison phonograph, made in the early 1900s, stands on a cabinet where the music cylinders are stored. The phonograph was passed down from Jim's grandparents. "I can still crank up the phonograph," Jim said, "and hear













songs that date back to World War I." Jim's mother handed down to Amelia her collection of scent bottles nested in a heart shaped glass and metal box. At one time, long ago, the small glass tubes with silver and gold



stoppers held precious scented oils. One of the bottles is called a Stanhope. "A Stanhope is a tiny, inch-long tube that looks and acts like a sailor's spyglass," Amelia explained. "The lens is a polished glass rod with a convex end that magnifies, and a flat end fixed to a glass disk with pictures etched on it. What the viewer sees is a collage of six Scottish castles with their names printed on them."

One of her favorite collections is the small elf figures scattered throughout



the house. Amelia collects them because Peyton believes his grandfather has an uncanny resemblance to an elf, especially his ears; Peyton also believes the couple's house is home to Santa's elves.

Outside, just beyond the family room, is a spacious patio and pool area. When the couple's children were young, they always looked forward to visiting their Louisiana grandparents.



"Now that I'm a grandfather," Jim said, "I guess I need to have a pool, too." They enjoy the patio as a place to entertain family and friends. There is a good chance a bit of Baton Rouge will appear on the outdoor dining table of these Texans, whose roots and memories stretch back to Louisiana.







Barbara Ann Jones introduces herself on her Web site by saying, "I have painted most of my adult life, and to me the creative process is a passion. It is truly a gift to view the world as an artist." Barbara has also spent much of her life sharing her vision of the "beauty of God's creations" in her paintings and in teaching others to see as she does.

Like most children with a gift for drawing and painting, recognition of Barbara's talent came at an early age. When she was in first grade, the school principal complimented her drawing of a circus elephant. Growing up in a small town like Fairfield, Texas, Barbara could not imagine a future as a professional artist.

Barbara intended to become a teacher when she began attending education classes at Navarro College, but her plans

changed. "I was widowed early and had a child, so I went back to school to take a nursing course," she recalled. She worked for 10 years in a nursing home and then six years in home health. "I taught clients to become more independent by caring for themselves," she explained.

"I have retired now and work at my first love — art," she continued. "Three years ago, I turned my attention to the business side of art production." With new goals in mind, Barbara works every day. "Well, one day a week I work in the medical supply shop so my husband, Mark, can pursue *his* first love — flying. He is a certified flight instructor at the Corsicana airport," she said. Barbara's daughter works her passion as a dance teacher at Sunset High School in Dallas.

Barbara has been painting, first with water colors and then

with oils, for 25 years. She sees every new subject as an opportunity to learn. She has attended various art workshops and classes at Navarro College, and even studied with Margaret Hicks to explore composition, color, drawing and design.

Barbara's style and choice of subjects has evolved. "At first you try to find your way; you experiment," she confessed. "I have tried every kind of art medium. I even did ceramics a little." When she became more serious about painting, Barbara said, "I narrowed my focus. I like figure painting, and paintings of figures are popular right now." She does not do many of these because it is hard to find models who will sit for a long time while she paints. Barbara has always enjoyed creating still-life canvases.



naNOW February 2009



"Painting still life comes naturally for me," she added.

Barbara is making an earnest effort to market her work. "It is important to rub elbows with other artists, to enter shows and have work hung in galleries," she noted. She is a member of the Corsicana Art League, Outdoor Painters Society and Women Artists of the West, among other organizations. Her paintings are exhibited at the Jordan Art Gallery in Corsicana, LaNana Creek Gallery in

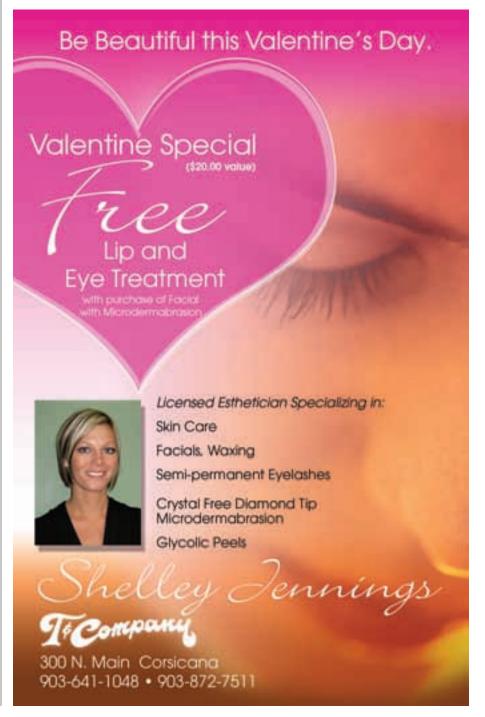




Nacogdoches, Paulson Gallery in Clifton and The Texas Masterpiece Fine Art Gallery in Eddy.

Another way to be seen as an artist is to enter juried art shows. Barbara's painting called Simple Pleasures received Honorable Mention at the National Juried Art Show in Corsicana. At the American Plains Artists 24th Annual Juried Exhibit, her painting called The





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Berry Bucket received the Award of Excellence. She also maintains a Web site as a way to make her work visible to a larger audience of galleries and interested art collectors.

In the past, an artist needed to connect with the art community in Paris and Italy before they could be recognized as a serious artist in this country. "Some artists still show [their work] in Europe," Barbara smiled, "but I'm not there yet."

Barbara also loves to travel. "My husband and I have been to Australia and New Zealand most recently," she stated. "We've been in France and Italy and, on another trip, to Germany and England. We traveled with a tour,

"I guess my painting looks a little like the pre-impressionists."

but we stayed two more days in Paris, so I could spend more time in the art museums. I especially like the pre-impressionist painters I saw at the Musée d'Orsay [Museum D'Orsay]." Looking over her shoulder at her paintings on the wall behind her, Barbara added, "I guess my painting looks a little like the pre-impressionists."

Back in the '70s, Barbara wanted to teach art, but art teachers were not being hired then. She has not given up her idea of teaching art in the future. "I want to show children how to look at things, to see art in everything: furniture, design, buildings," she said.

Other future plans include showing her art in a large gallery that will represent her as an artist. "I work every day, usually for eight hours. It takes me about a week-and-a-half to do a still life," she explained. "I want to build a résumé to show that I can be productive, so a gallery will support my work." Barbara summed up her vision as she said, "I'm on a journey, and I want to see how far I can get." TOW





Sports

The Mane Attraction

- By Samantha Daviss

Some people have a gift for relating to animals and some do not. Donna Collier is certainly one of those gifted people, especially with horses. Some people are completely intimidated by horses, mainly because of their size. They stand between 15 and 16 hands and weigh around 1,200 pounds. "To me they are just like big dogs," Donna said.

"I have been around horses my entire life," Donna said, recalling her first horse, which she had for almost 22 years. "But my parents weren't as interested in the equine world as I was."

Donna's interest in horses had a different angle than most equine professionals. She was more interested in the veterinarian/medical side of working with animals, rather than the showing and competition. "It was more about the horse, than the money or the fame," she explained.

Remembering her first encounter with a horse, Donna said, "I remember seeing one as a child, and I was absolutely mesmerized. I fell in love with horses the very first time I laid eyes on them. There was a special connection and attraction to them that inspired me to learn as much as I could about them.

"I got into veterinarian medicine at the age of 17," Donna recalled. "I worked at a vet's office, helping out with the small animals from 7:00 a.m. to 5:00 p.m. I would always stay around from 6:00 to 9:00 p.m. just to be around the horses."

After high school, Donna attended Caruth Veterinarian College in St. Petersburg, Florida, were she pursued a degree as a veterinarian technologist. "A vet tech can basically do everything a veterinarian can do, except surgery," Donna explained. She then headed to North Carolina State University where she received her laser medical degree. She received some fantastic publicity on the work she did with her professor. They were the first two people in the country to use laser surgery for various equine surgical procedures, in lieu of traditional surgical techniques. The two of them were so renowned, they had an article published about their laser surgery work in *Time* magazine.

While at North Carolina State, Donna was promoted to barn manager, a position which she held for six years. "Being



barn manager was a big deal at the college, and definitely the most favorite job I have ever had," she said. "I was able to manage and care for all the large animals, in addition to teaching large animal medicine and care."

After her time in school and training horses for Irene Kooyman for three years, where Donna assisted in training dressage horses for the Olympics, she started a family. She and her husband, Tim, have two daughters, Nikki, 18, and Katlin, 17, who are both interested in horses. Katlin's passion for horses definitely runs as deep as her mother's. "She is so great



with them," Donna expressed. "At age 17, she is at a professional training level." In fact, Katlin has taught her horses how to smile by rolling their top lips up, nod their head "yes" if they are hungry for a snack, bow and even lay down.

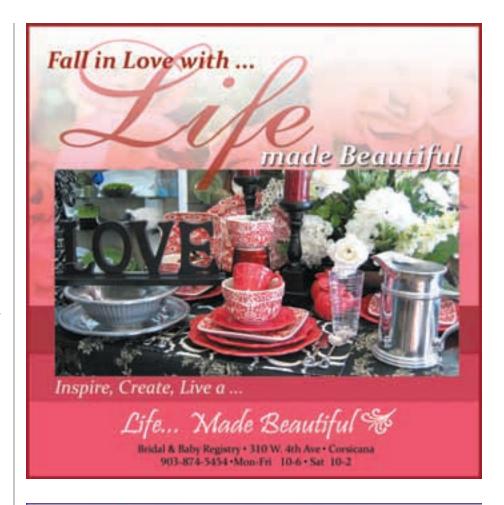
In 2006, the Collier family moved from Florida to Texas due to a transfer with Tim's job. "We are really happy

"I love to watch my students grow with the horses."

here. We wanted that hometown feeling, and we definitely get it here in Corsicana," Donna said. "After moving here, my husband built me my dream barn." The gorgeous, pristinely kept barn currently houses three boarding horses belonging to clients, four of her own, including Leo, Donna's 10-year-old Palomino quarter horse that traveled with them from Florida, and one of Katlin's horses.

"As far as training and lessons with students, I really try to promote and push the ground work, as much, if not more than, the riding," she said. "There are seven games I play — they are called Parelli Games. They really help the student connect with the animal and





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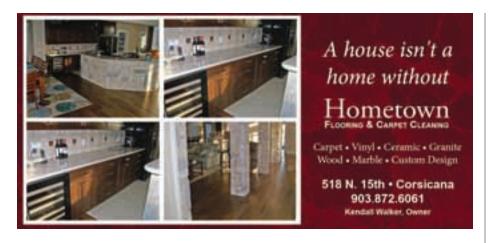


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get to know [the horses'] personalities. I feel that the student knowing ground work as much as riding techniques really promotes knowing the care and training of the animal, how to act around them, and enables the child to stay at their required and desired level of competence around the horse."



"I love to watch my students grow with the horses," Donna said. "I get so many students who come in a bit shy or lacking confidence, and after just a few months of lessons, I can see a definite change. Once they realize they can connect with and control a 1,200-pound animal, their self-esteem increases, and they learn that frustration gets them nowhere, but patience allows them to succeed."

Donna offers English and Western riding lessons and training when she has time, but her true passion is dressage and rehabilitation. "I love working with horses and bringing them back to a healthy state of being. If a horse is injured or hurt, I want to help it become the horse it once was," Donna explained. "I feel truly blessed to be living my dream."

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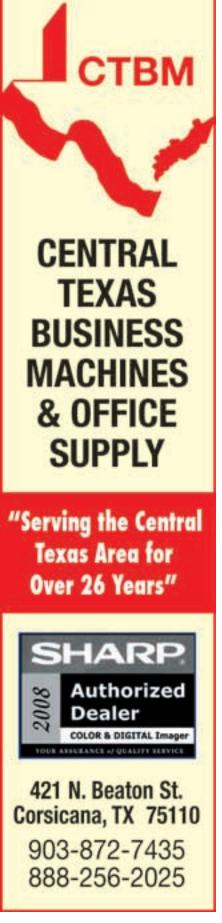
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Business



Walking into Pack 'n' Mail, you might expect to be surrounded by packing peanuts and boxes, but that is not the only thing you will find. This shipping annex is a haven of home decor, women's accessories and an abundance of other trinkets and gifts perfect for a recipient of any age.

Ann Wylie opened the shipping store in May of 1988. "I felt I needed something to do, and I ran across this as an option. It sounded different, and there was a need for it in Corsicana. We have been in the same location since we opened, with a few additions," she said, referring to the 3,700-square-foot building, which originally started out as a 1,200-square-foot shipping location. The back room (1,500 square feet) was added in the mid-1990s and the front room (consisting of 1,000 square feet of space) was added in the early 2000s.

Ann built her business from the ground up with the help of her dedicated employees, especially one in particular. Joan De LaGarza is another one of the friendly faces that will greet you to help with any of your shopping or shipping needs. "September 2008



marked 18 years that Joan has been working here, along with many other employees who have come and gone throughout the years," Ann recalled.

"We started the business as a shipping center, with a few accessories like cards," Ann explained. "But once we added our balloons and popcorn, we had to expand." The balloons and popcorn offered by Pack 'n' Mail are there for every occasion. You are able to

> create balloon bouquets for a change of flair for your sweetie, or send a tin of popcorn to your favorite sports team in support of their hopeful win.

> The shipping center does not stop with just packing peanuts, bubble wrap, popcorn and balloons; it offers way more to its customers. "We offer every gift item imaginable," Ann

stated. "We are able to create gift baskets and wrap presents that are both able to be delivered (in town) or delivered through the shipping service."

Business

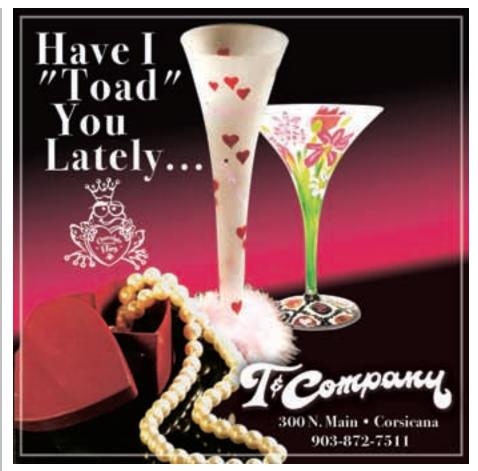
They offer gift cards for those who just do not know what to give that special someone, and they also offer a gift registry for everything in the store. "We even have a few clients that have a running 'wish list' so their significant others can call in for a gift on a special occasion," Ann said.

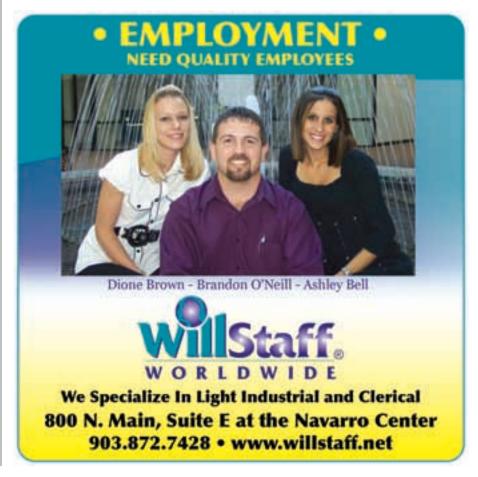


Some of the items you will find as you wander through the aisles of the store are various collectibles; home decor items; numerous candle lines; women's accessories including jewelry, purses and scarves; stuffed toys from the Plush line; frames; a few baby items; wind chimes and tons of funny or heartfelt mugs. Without a doubt, you will be able to find what you are looking for with a quick trip to Pack 'n' Mail.

Aside from all of the wonderful trinkets and goodies available, Pack 'n' Mail is first and foremost the ultimate shipping center in Corsicana. "We are able to ship and pack anything," Ann said. They are contracted with UPS, FedEx and USPS, in addition to the major truck lines for shipping larger items like furniture. Pack 'n' Mail also offers a full-service fax center for those immediate business or personal faxes needing to be sent or received.

For all your shopping, gift wrapping, packaging and shipping needs, Pack 'n' Mail is located at 301 E. 5th Avenue and is open Monday through Friday from 8:30 a.m. to 5:30 p.m. and Saturday from 9:00 a.m. to 1:00 p.m. You can reach Ann or Joan at (903) 872-5553.





Education



Just Shorter Versions of Their Parents

— By Samantha Daviss

Education is a career of passion, strength and fortitude, so having a fantastic sense of humor to deal with students of multiple generations, and for life in general, is truly a gift. That is exactly what Sharon Goodman offers her students, colleagues and friends. Now in her 39th year working in education, Sharon is at the top of her game. "When I get up and say I am going to 'work' and not 'going to school'—then I [will] know it's over," Sharon explained, "but until then, I am nowhere near ready to retire."

As a 1965 graduate of Corsicana High School (now called Drane Middle School), Sharon (Stubbs) Goodman headed off to Navarro Junior College and then on to Tarleton State University, where she received her bachelor's degree in elementary education, with a minor in speech and English. "I had no idea what I wanted to do once I graduated from

college," Sharon admitted. "In fact I wasn't even thinking about a job.

"After school, I planned to come home and finish up my wedding plans," Sharon said, referring to her pending nuptials to her college sweetheart, Ray, whom she had met at Navarro College. "After 38 years of marriage and 39 years back in Corsicana, I realize we were predestined to return to Corsicana." Not knowing what she wanted to do after graduation, "I really just took education courses, because

"If I could create and teach at the perfect school, I know for a fact I would only need four books."

they fit in to my schedule better than any others," Sharon said. She received a phone call from a former Corsicana ISD superintendent, Don Bowen, to come home and teach reading; Ray was offered a position as a football and basketball coach after graduation.

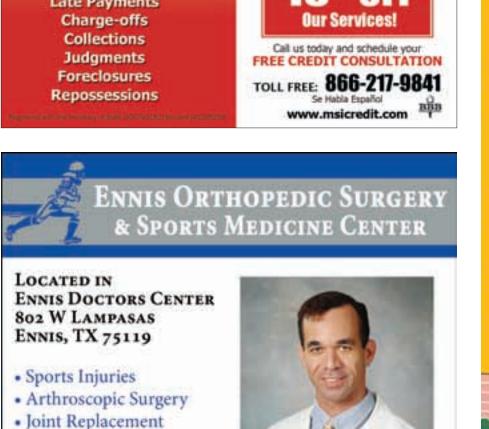
Sharon took a position teaching reading at Lee School in June of 1969, but because the current high school was being built in 1970, she was soon moved to Drane Middle School to teach sixth grade language arts. Sharon was then moved back to Lee to teach the fourth grade, until the school burned due to lighting. After that, she was off to Lincoln Elementary School (now called Carroll Elementary) to teach language arts to gifted and talented fifth grade students. She was then once again moved to Drane, where the fifth and sixth grade students had been relocated. "Every move I made was due to some catastrophe or major overhaul in the district," Sharon recalled with enormous laughter.

After 30 years in various classrooms, Sharon had a very bittersweet decision to make. A position as assistant principal opened at Drane, and she decided to take it. "After much deliberation, I decided on the position. I wasn't sure it was a wise choice," Sharon admitted, "because I would be an administrator for the same peers with whom I had taught the previous year, but luckily it all worked out for the best."

At the beginning of the 2004/2005 school year, she was offered her current position as instructional facilitator and assistant principal at Fannin Elementary School. "I love my job," she enthused. "I get to work with the teachers every day and help organize and prepare curriculums."

"One thing I love about children and teaching is they [the students] keep you completely grounded," Sharon said. "I







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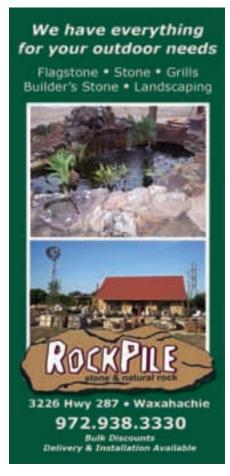
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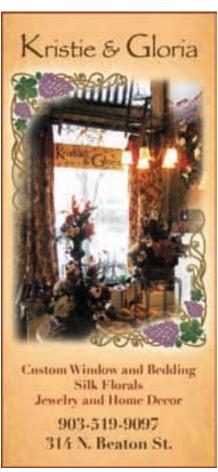
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Education

remember this one time, I was in a store, and this little girl tugged on her mommy's shirt and said, "That is the lady that delivers boxes at our school." The girl was referring to one of Sharon's duties of distributing testing books and supplies. These simple aspects of her job help Sharon to enjoy every moment of her career while still staying grounded.

"In life I have come to realize that whatever happens, happens." Sharon stated. "I am what you would call 'organized chaos." Her sense of humor and her outlook on life exudes that certain passion most of us only hope to achieve one day. "I learned from my kids [students] to appreciate the freshness of every day," she said.

One of Sharon's favorite books to read and teach with was *A Wrinkle in Time*. She used this book as a tool during her time as a gifted and talented teacher. She would have her students "convert the room into their own personal nests. They would have a particular area of the room they had to set up and be comfortable in for six weeks, while we studied the book," she explained. It was a tactile way to accommodate the students' learning needs.

"If I could create and teach at the perfect school, I know for a fact I would only need four books," Sharon said without hesitation. "One is the Bible, the second is an almanac, the third is a good standard classic novel, and the fourth would have to be *A Wrinkle in Time.*"

"I want my students to take advantage of the gusto of life when it comes down the path to them. But the one thing I have learned in recent years," said the teacher, who is now educating her second generation of students, "is that they are just shorter versions of their parents — meaning that for the most part, all kids look and act exactly the way their parents did at that age, good and bad."



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Around Town















Makayla Petterson, top left, celebrated her ninth birthday with family and friends at Ochoas Mexican Restaurant. The Corsicana High School Marching Band, top right, performed at the recently restored Halbert House. Camden Gorbet, second row left, waited on his mom to get off work from Roy's Café. A grand opening, second row right, was held at Sweet Tangerine. Mayor Brown and Wendy Huffman, third row left, attended a downtown event. Mayor Brown had just declared it Wendy Huffman Day. The Corsicana Education Foundation, third row right, celebrated the teachers at Fannin Elementary with a luncheon held in their honor. Third- and fourth-graders, bottom left, performed their fall show for the school.



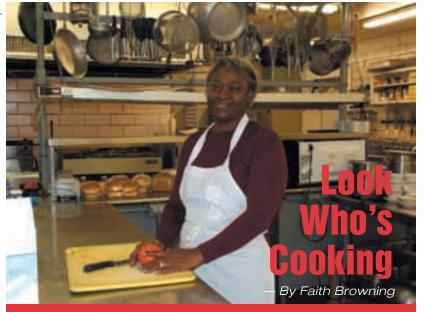




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GUARDIAN



IN THE KITCHEN WITH VICKIE SANFORD

hen it comes to family and friends, Vickie has more than her share. "My mom had eight kids, and we have a family dinner every Sunday," she said. "We all enjoy spending time together in fellowship." She also enjoys her church family at Sixth Avenue Baptist Church, where she loves to cook and sing in the choir. "I've been going there all my life," she said. "I'm pretty much a solid person. I like keeping everything the same."

Vickie finds some of her recipes in *Bon Appetite* magazines and various cookbooks. "I love garage sales! I'm always picking up cookbooks at garage sales," she exclaimed. "I try out new recipes and if it doesn't taste like I think it should, then I add the flavors I think it needs."

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

MADEIRA SAUCE

2 Tbsp. (1/4 stick) butter

3 shallots, minced

2 Tbsp. all-purpose flour

1 cup canned low-salt chicken broth

1 cup canned beef broth

1/2 cup plus 1 Tbsp. Madeira salt and pepper, to taste

Melt 2 Tbsp. butter in medium saucepan over medium-high heat. Add shallots; sauté until golden, about 3 minutes. Add broths and 1/2 cup Madeira. Boil until reduced to sauce consistency, about 15 minutes; strain into a small saucepan. Stir in remaining Madeira. Season with salt and pepper. Sauce can be prepared 1 day ahead, covered and refrigerated. Makes about 1 2/3 cups.

CHICKEN WELLINGTON WITH MADEIRA SAUCE

8 oz. fresh spinach, stems trimmed, rinsed and drained

2 Tbsp. butter (1/4 stick)

1/3 cup shallots, chopped 3 garlic cloves, chopped

6 oz. fresh shitake mushrooms, stemmed, sliced

6 oz. button mushrooms, sliced

3/4 cup dry red wine

1 tsp. dried tarragon

salt and pepper, to taste

4 chicken breast halves, skinless, boned

1 17 1/4-oz. pkg. frozen puffed pastry (2 sheets), thawed

1 egg, beaten (for glaze)

Sauté spinach in a large nonstick skillet over medium heat until just wilted, about 3 minutes; transfer to a bowl. Melt butter in same skillet over medium-high heat. Add shallots and garlic; sauté until tender, about 3 minutes. Add all mushrooms; sauté until they begin to soften, about 2 minutes. Add wine and tarragon. Simmer until almost all liquid evaporates, about 7 minutes; remove from heat. Season with salt and pepper; let cool. Preheat broiler. Arrange chicken on a baking sheet. Season with salt and pepper. Broil until almost cooked through, about 4 minutes per side. Chill until cool, about 30 minutes. Preheat oven to 375 F. Oil heavy large baking sheet. Roll out puff pastry sheets into 12-inch squares. Cut each square in half crosswise. creating four 12- x 6-inch rectangles. Place one chicken breast crosswise at short end of each triangle. Place spinach on top of chicken. Top each with 1/4 of mushroom mixture. Fold long sides of pastry over chicken. Roll up jelly roll style, pinching edges of pastry to seal. Brush some egg glaze over pinched edges. Place pastries seam side down on prepared baking sheet; brush with glaze. Bake pastries until golden brown, about 25 minutes. Transfer to plates and serve

with Madeira sauce. Serve chicken with Wellington.

MASHED POTATOES WITH PANCETTA LEEKS

12 oz. (2 medium) Yukon Gold potatoes, unpeeled 2 oz. pancetta, sliced, or 3 bacon slices, chopped

3 Tbsp. extra-virgin olive oil

2 cups leeks, chopped

(white and pale green parts only)

3/4 tsp. dried thyme

1/4 cup carrots, diced 1/4-inch

1/3 cup zucchini, diced 1/4-inch salt and pepper, to taste

Cook potatoes in a pot of boiling salted water until tender, about 30 minutes. Meanwhile, sauté pancetta in a large skillet over medium heat until crisp, about 10 minutes. Transfer pancetta to a small bowl. Add 1 Tbsp. oil to same skillet; reduce heat to medium-low. Add leeks and thyme; sauté until leeks are tender, about 5 minutes. Add carrots; sauté 4 minutes. Add zucchini; sauté until vegetables are crisp-tender, about 1 minute longer. Drain potatoes; peel and return to pot. Add remaining 2 Tbsp. of oil; mash to a chunky puree. Stir in pancetta and vegetable mixture. Season with salt and pepper. Can be prepared 2 hours ahead. Let stand at room temperature. Re-warm over low heat before serving. Makes 2 servings.



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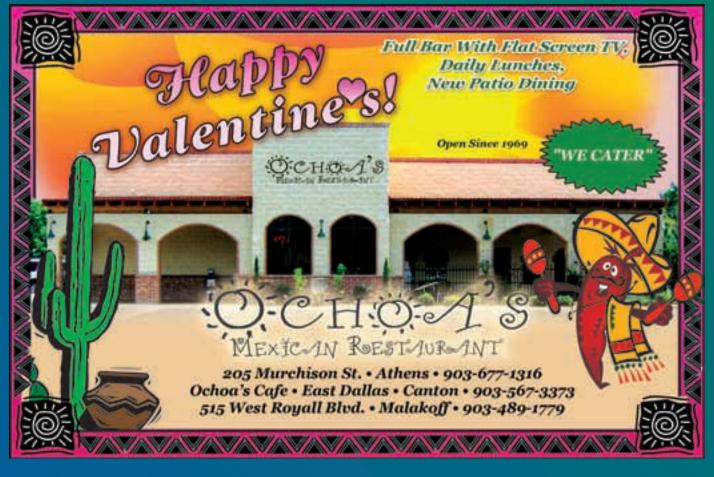
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Finance NOW

Preparing for Your Financial Future

By Lynda Housley

When most of us think of investing, we immediately think of investing for retirement. While that is an important aspect to be considered, there are other pieces of the puzzle that are also important. Establishing a budget, investing early and regularly, and saving for post-secondary education should also be considered.

remember that the amounts you invest do not have to be large, especially if the money is taken directly out of each paycheck. You will be surprised how little you miss money you don't see. If you're already investing every month, look for ways to contribute more through bonuses and monetary gifts.

Establish a budget

Establishing a budget is a great first step in planning your finances. A budget is a useful tool for recording all of your income and expenses. By writing down how much money you earn and spend each month, you can see where your money is going. This will assist you in being able to prioritize your expenses and needs. Any money left over can be used for saving and investing. Even a small amount of money invested regularly can help.



The value of starting early is illustrated by a 25-year-old investing \$2,000 per year for 10 years at a hypothetical eight percent fixed rate of return with all gains and dividends reinvested. This 25-year-old would accumulate \$314,870 by age 65. A 35-year-old investing \$2,000 per year for 30 years and reinvesting all gains and dividends will have \$244,692 when he or she

reaches 65. These hypothetical examples are for illustrative purposes only and are not intended to represent or imply the actual performance of any specific investment.

It is important to note that any investment involves risks that may result in the loss of principal and there is no

invest early and regularly, even small amounts

One reason to start a regular investment program early is to give your money as much time as possible to grow through compounding. If you haven't started investing yet, then consider starting now and getting into the habit. Just



Finance

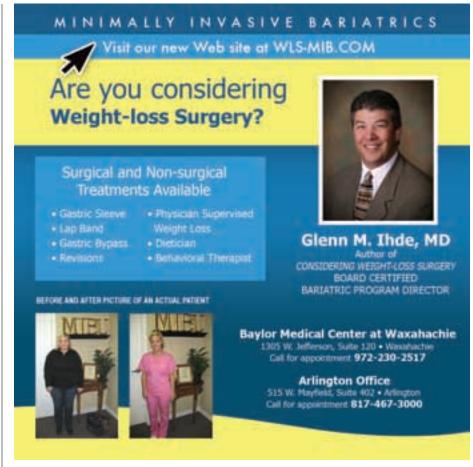
guarantee that the strategies illustrated will produce positive investment results.

College tuition planning

Preparing for your children's or grandchildren's college education is important, especially when tuition costs are rising every year. One possibility might include investing in a Coverdell Education Savings Account, which allows tax-free withdrawals for qualified education expenses. These can include room, board and tuition for elementary, secondary and higher education. You might also want to look into prepaid tuition plans. Many states offer programs that allow parents to lock in the cost of tomorrow's college tuition and fees for about what it would cost today. WOW

Lynda Housley is a State Farm agent based in Corsicana.









Health

By Deepak Patel, M.D.

Americans are constantly redefining what is considered "old." Sixty is the new 50; 70 is the new 60 and we all live longer than ever before.

As we age, however, we become more susceptible to illness and disease. For adults over the age of 60, these illnesses can be very serious. The good news is that many illnesses can be prevented through proper immunization.

In fact, adults over the age of 60 can lower their risk of developing influenza, pneumonia, shingles and tetanus through a simple injection. For older adults, vaccines are a preventative measure toward a healthier future.

Influenza

During flu season, it is important for older adults to make getting the flu vaccine a top priority. A flu shot is the best

prevention against contracting the flu. According to the National Institute on Aging, the flu vaccine reduces hospitalizations by about 70 percent and death by about 85 percent among older adults. The flu vaccine is recommended for adults age 65 and older, as well as persons of any age with chronic medical conditions, such as chronic heart, lung and kidney diseases.

Pneumonia

Pneumonia is a severe infection or inflammation of the lungs that, when combined with the flu, is the seventh leading cause of death in our country. Many pneumonias are caused by bacteria, and a vaccine is available that prevents pneumonia from 23 types of pneumococcus bacteria. According to the National Foundation of Infectious Diseases, more than half of pneumococcal cases, and nearly all deaths in adults, could have been prevented with the vaccine. The shot can also

> prevent some of the serious complications of pneumonia, such as infection in the bloodstream and throughout the body. The pneumococcal vaccine is usually given only once in a person's lifetime and can be administered at the same time as the flu shot.

Shingles

Shingles is a painful skin rash caused by the varicella-zoster virus, the same virus that causes chicken pox. For people who have had chicken pox, the virus remains dormant in the nerve tissues and reactivates when the body's immune system is weakened by age or physical or emotional stress. The shingles vaccine, which

was approved in 2006, is recommended for anyone over the age of 60 and for patients who have had shingles in the past.





Tetanus

When we think of tetanus, we often think of rusty nails. However, tetanus is much more than that. Tetanus is caused by bacteria that enter the body through wounds or cuts exposed to soil. Most people who develop tetanus infections are over the age of 65. It is recommended that children and adults receive the tetanus vaccine every 10 years.

Vaccinations are the best defense against illness. To receive additional information on available vaccinations, or to schedule an appointment to update your immunization, please contact your primary care provider. WOW

Dr. Deepak Patel, M.D. Navarro Regional Hospital

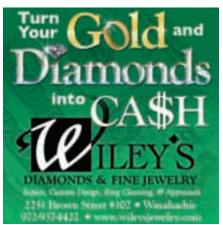
Sources:

National Foundation for Infectious Diseases www.nfid.org

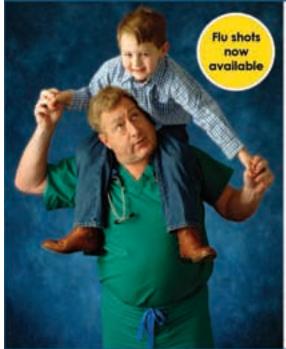
Centers for Disease Control and Prevention www.cdc.org

National Institute on Aging www.nia.nih.org





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February 2009

Community Calendar

All Month

"Cosmic Voyage" and "Star Signs," Monday-Friday at 11:00 a.m. and Saturdays at 2:00 p.m. at the Cook Center Planetarium. All seats \$3.00 per person. Planetarium closed 2-7 and 2-16 through 2-24.

Third Thursday

ABWA Empowering Women Express Network meeting: 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Guests are welcome. To RSVP for a seat and dinner reservation, visit www.abwa-empoweringwomen.org.

February 4

Navarro College SBDC Creating an Employee Handbook workshop: 11:00 a.m.-1:00 p.m., Corsicana/Navarro County Chamber of Commerce conference room, 120 North 12th St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

February 12

Navarro College SBDC Small Business Startup Basics workshop: 2:00-4:00 p.m., Corsicana/Navarro County Chamber of Commerce conference room, 120 N. 12th St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

91st Annual Chamber Banquet and Awards Ceremony: 6:30 p.m.-9:00 p.m. at the Corsicana High School Commons. Theme: "Denim & Diamonds." Attire: Elegant Western. Be Entertained and Inspired by Doc and Mike Blakely "Swing Riders Texas." Table for eight: \$300. Individual reservations: \$40 R.S.V.P. deadline is February 6, 2009. For reservations and more information, contact the Chamber of Commerce at (903) 874-4731.

February 15

Bye, Bye Birdie, Palace Theatre's first 2009 season show: 3:00 p.m.

Star Harbor Watercolor Society Art Exhibit will be on display at the Warehouse Gallery through February 15.

February 17

Corsicana/Navarro County Leadership Social Services Day.

Navarro College SBDC Creating a Business Plan workshop: 6:00 -8:00 p.m., Mexia Economical Development Corporation board room, 405 E. Milam St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

February 19

Navarro College SBDC How to Get Government Contracts workshop: 10:00 a.m.-3:00 p.m., Corsicana/Navarro County Chamber of Commerce conference room, 120 N. 12th St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

February 20

Navarro College SBDC Understanding Copyrights and Patents workshop: 10:00 a.m.-noon, Corsicana/Navarro County Chamber of Commerce conference room, 120 N. 12th St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

February 23-26

The Non-Toxic Band will be visiting several schools throughout the county, performing for grades pre-K - 5.

February 26

Navarro College SBDC Creating a Business Plan workshop: 10:00 a.m.-noon, Corsicana/Navarro County Chamber of Commerce conference room, 120 N. 12th St. To register, contact Ophelia Mendoza at (903) 875-7667 or ophelia.mendoza@navarrocollege.edu.

Through March 31

Corsicana Education Foundation Annual Drive. (903) 654-2838. www.corsicanaeducationfoundation.com.

For more community events, visit our online calendar at www.nowmagazines.com.

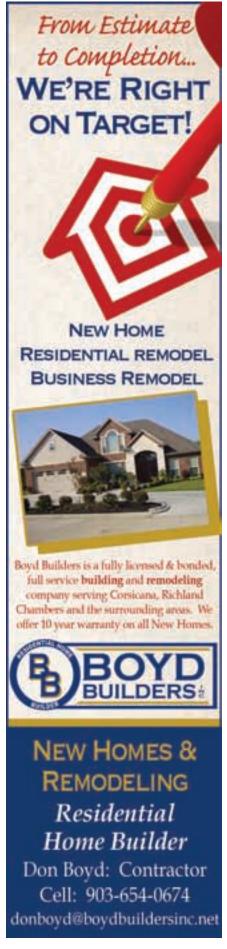














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