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The Ballard family smiles with pride for their home.

Photo by Kevin Painter.

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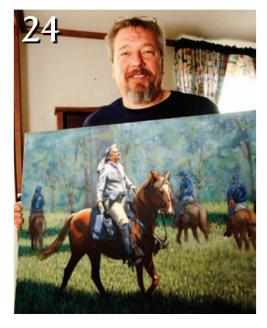
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#### Editor's Note

Feel the love, Corsicana!

Yes, love is definitely in the air. February is the month to celebrate Valentine's Day, and it is also Chocolate Lover's Month and American Heart Month. Hot chocolate and valentine candies help us persevere through these cold days and long nights. A trip with friends or family members can take us to Mardi Gras celebrations only a few hours away in Galveston or New Orleans, and our history is remembered through the events planned in honor

of Black History Month and President's Day.

It's time to face two undeniable facts that I have discovered about this county. First, this is a community of people who care about each other and, secondly, there is an unending supply of great folks here who do great things. Take care, stay healthy and stay warm. Spring is just around the corner!

### Virginia

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Baseball is a longstanding tradition in American culture. Many have watched it, and others have played it. However, very few have had the opportunity to experience the game from the official's point of view, one which entails a different understanding and perspective of the game, according to Elton Raney, Monty Casbeer and Rob Jones. As members of the Corsicana Chapter of the Texas Association of Sports Officials (TASO), these three men share a passion and drive to give back to the sport they love through umpiring. "It's not for the money. It's for the love of the sport itself. Respect for the game between the lines — that, for me as an official, is what it's all about," Elton said. "If you don't love what you do, don't do it."

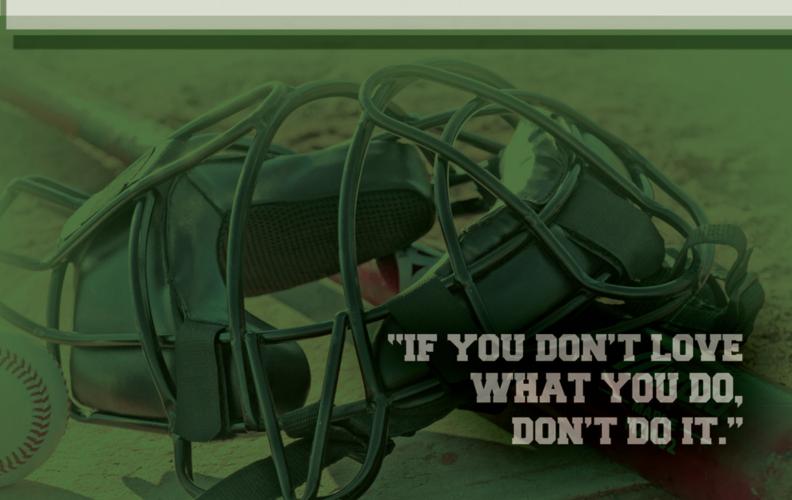
The Corsicana TASO Chapter covers games for 20 schools in Texas, with Rob, a 20-year member, serving as the current president. In addition to covering high school baseball, members also officiate Little League, summer and select ball, showcases and even some college games. "We can actually start at the end of February and call ball all the way until the first of December," Rob noted.

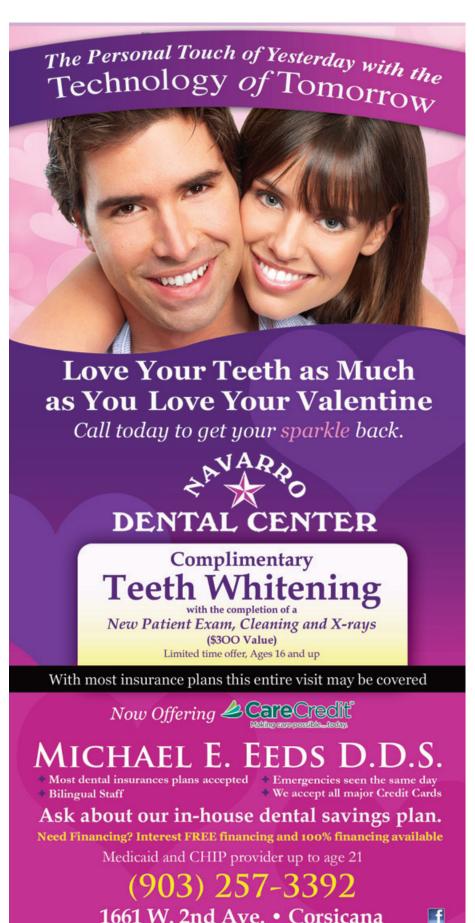
Monty joined the chapter 17 years ago and serves as the chapter's clinician. He is licensed by the state to teach umpiring to the new members who must complete training and take the state test before joining TASO to embark on a journey that will change their perspective of baseball. "I tell a lot of new guys they are the only ones who can show up to the game and have fans on both sides," Monty said. "They may love you one minute and hate you the next, but you're the only one with fans on both sides of the field."

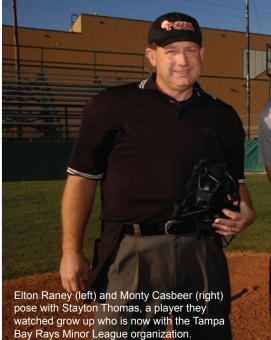
The chapter meets monthly and then on an as-needed basis once the season starts to review new state rules, specific techniques, mechanics, interpretations, case studies and more. Of course, the actual hands-on experience of calling a game is critical in becoming a professional, but these clinics are just as crucial to an official's position. Annually, each member has to retake the 50-question state test and then is ranked by their scores. These rankings influence game assignments. "You take that state test each year with hopes to improve on your score," Elton said.

Elton, a 12-year member, is the chapter's secretary, treasurer and game assigner, as he delegates the games to members. "We rate each of our officials, and based on their ratings, I make assignments according to the level of games we feel they are capable of handling," he shared.

Although schools try to use their local officials as often as possible, they generally end up with neutrally assigned officials given by TASO. "Usually, if you get a neutral assignment, it's because you've got two very good teams looking for an unbiased ump," Elton noted. Officials also travel for select ball games and







showcases. In showcase tournaments, aspiring athletes pay to play in front of college scouts in order to showcase their talents.

"You know it's going to be a good game when you walk up and four out of five guys behind you have radar guns," Monty added.

Elton, Monty and Rob all played baseball as boys, and since then, they've coached their own kids in Little League and select ball. "That's another thing we all have in common," Rob said. At one point or another, they've all experienced the game as a player, a parent, a coach, a spectator or announcer, and now, as officials, they've developed a unique perspective of the game unlike anyone else involved.

"The first thing that comes to my mind is that as a player you think you know the rules, but as an umpire, you have to know the rules," Elton stated.

The trio agreed that when you are talking about the officials' view of the game, it is essentially the same in all sports. They are hired to do a job. "You are going to have fans that boo you," Elton shared. "You might have coaches upset and moms that think you're crazy, but we're there to call the game as fair as possible. We can't let anything sway our decision. All we want is for a good, clean game to be played and for the best team to come out on top."

In some situations, there are bang-bang plays that could go either way, but there are no ties in baseball. "You know the old saying, 'The tie goes to the runner?' Not

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true," Rob stated. These are judgment calls, and it's the sole responsibility of the official to make the decision.

"One thing we try to do, as a chapter, is to interpret every rule the same way," Monty noted. "Consistency is important."

Ultimately, an official's goal is to ensure that a fair game is called throughout. "We want to get that call right, and a big part of that is honesty and integrity on the field," Elton said, Communication with fellow umpires during a game is essential in maintaining respect. "You hate to see two officials who haven't talked before the game. Suddenly, they're at the same base and one yells safe while the other rings up an out," Elton explained.

"Communication is important. If we don't have it, we can look very bad very quickly." With two veteran umpires on the field, this rarely happens, because they know to check with the other before making the call. "It's just nature, because you've been there," Monty said. "You've been the one calling an out call while your partner is saying safe."

Officials must also refrain from becoming a spectator on the field. "We

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love to watch, but if we're going to do that we might as well buy a ticket and sit in the stands," Elton said. Additionally, it is equally important to walk onto the field with a clear mind. To stay focused is very important.

"Walking onto the ball field is stress release for me," Rob added. "If I've had trouble that day, it's gone once I step onto that field."

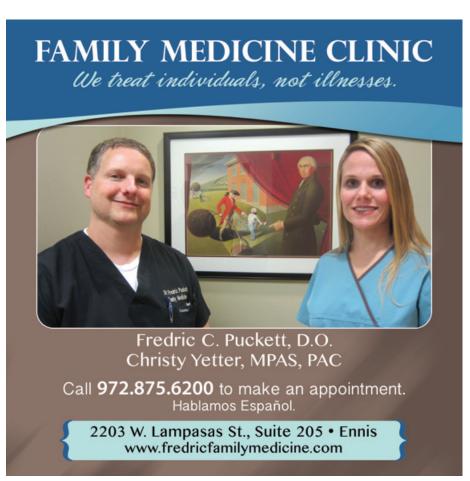
For veterans like Elton, Monty and Rob, officiating baseball is important for many reasons. They umpire for the love of the game and for the service they provide to the athletes. "A lot of times we have called these kids since T-ball, in this area, and we know them," Monty said. "They've grown up in front of us, so we want to do our best job for them, and that's why its so important to get the call right."



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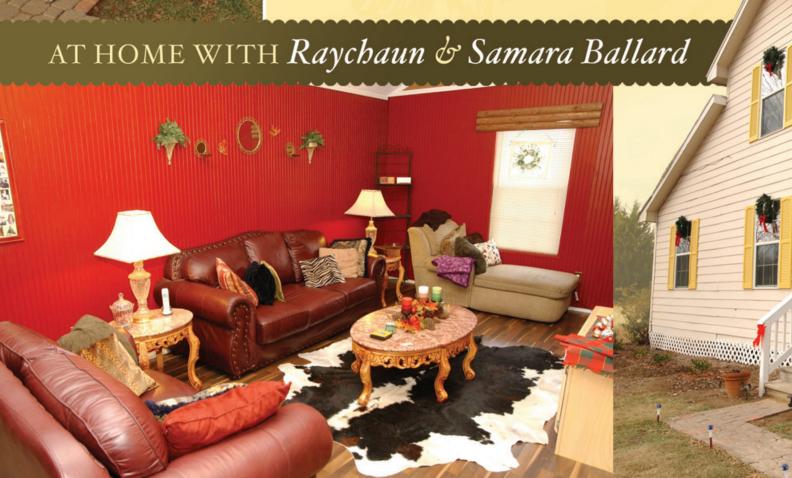


— By Virginia Riddle

Neighbors started driving a little slower as they passed by the two-story country house. The addition that had been started on the home had never been completed, but now it was obvious something wonderful was happening to the structure. Even on some of the coldest days last winter, work

was ongoing, and the home was becoming a treasure for all to enjoy. "We did as much work as we could without electricity and water," Samara Ballard remembered.

By the time Raychaun and Samara Ballard moved into the home on March 31, 2012, they had made real progress on the largest do-it-yourself project they had ever tackled, and neighbors, and



even some strangers, had stopped in to admire the interior and meet Raychaun, Samara and their children: Jeremy, 17, and Sasha, 14. The home was barely livable with still more work needed, but Raychaun and Samara kept to the task as the hot days of summer arrived.

"We have no before and after pictures." There is no time to take photos when it's DYI," Samara said. Prior to purchasing the house, the family had lived in a manufactured home in the same rural area in which they now reside. They cited the initial winter phase of the project as the hardest part of the process. Not only was it cold, but the family was living in one house while fixing up another one. "The transition from one home to another was grueling," Samara said. "We had to take time to do other things, like see the kids' games, go to work, take care of two houses and sleep somewhere," she explained.

Raychaun and Samara were experienced do-it-yourselfers. Raychaun, a Corsicana native and former Tiger



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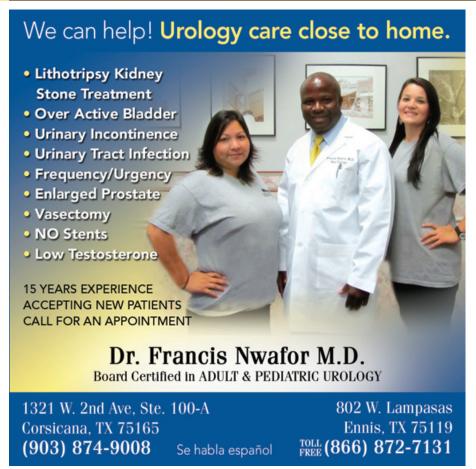
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football player, enjoys working on show cars and has the trophies to prove his success. Samara, a native of Palestine, Texas, likes to make many of the items in her home, even homemade laundry detergent, and loves crafting. She makes jams and jellies, breads and goat milk ice cream that Sasha agreed is "the best." Samara has an artist's eye and received training at the The Art Institute of Houston. Raychaun attended Navarro College. The couple met through a mutual friend at the Navarro County Sheriff's Department where Raychaun is an administrator in civil processing. Samara is an administrative assistant in the accounting department at Community National Bank.

However, remodeling and finishing construction on a house was a daunting task, even for this couple. Together, and with occasional help from friends, they have met the challenge. "We kept thinking, What have we gotten ourselves into? Are we ever going to finish?" Samara remembered. What is now their comfortable living room was an unfinished add-on when they purchased the home. The couple installed insulation, drywall, wood plank flooring and painted. "We painted quite a bit — three coats," Samara said. Raychaun, with help from a friend, climbed scaffolding to hang drywall and paint the soaring ceiling. "Ray looked like a ghost from the sanding dust that fell on him," Samara said laughingly. At one point in the painting, Raychaun, inspired by the Sistine Chapel, painted his own interpretation of Picasso's painting style on the ceiling. The reaction was mixed. Jeremy thought it was cool, but the ladies in the family weren't impressed. The ceiling was repainted. The living room is now home to Raychaun's collection of miniature cars. "We are a











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Mustang family," he said.

The kitchen needed little work but still received fresh paint. As with the nearby dining room, the family took all the carpet out, replacing it with wood plank flooring and painted. "My husband has bought me every contraption, from a dehydrator to bread makers," Samara said. The dining room is enhanced by Samara's collection of copper molds displayed proudly on the wall. A hutch was a garage sale find that Samara has refinished. The hutch, along with several other furnishings in the room, plays backdrop to her crystal collection.

The downstairs bathroom's walls are colorfully dressed in a warm pumpkin spice color. "I love fall colors," Samara said. Located conveniently nearby is the utility room.

The stairwell operates as the family's "Walk and Wall of Fame" where family photos throughout several generations are proudly displayed. One wall of the staircase is decorated with Raychaun's plaques, which recognize him for several honors, including Correctional Officer of the Year.

Sasha's room was the first of the bedrooms to be redecorated to taste. Her favorite color — pink — defines her room in every hue possible. "I love to wear pink," Sasha explained. A student and clarinetist in the band at Mildred Junior High School, Sasha follows in her brother's footsteps, while earning honors of her own in academics and sports. Her walls are lined with 7th-grade track medals. Sasha's bright room reflects her smile when she plays hostess during frequent sleepovers with friends.

The walls of Jeremy's room are decorated with ribbons and medals, starting with his peewee football days and culminating with the state medal from Mildred's winning football season in 2011. Jeremy plays football, runs track and power lifts for the Mildred Eagles. He is a member of the Christian Fellowship of Athletes, and he shares his dad's love of cars. A senior, Jeremy is looking forward to attending Navarro College and/or a major university on a scholarship and plans to major in computer technology.

An upstairs bath and the master suite complete the upper story. "These rooms are still works in progress," Samara said. Even when they complete this area, the family is not going to be finished. They recently installed a fence, and plans are in motion for a built-up vegetable garden area.

Raychaun had worked on other homes before, but this project presented new



learning curves. "We read how-to books and magazines, watched TV and just started connecting the dots," Samara said.

Neighbors can now join the couple in their outdoor seating area located in front of their home with its bright vellow shutters. Joining the humans are the family's two cats: Reese's Pieces and Taupy, and the two dogs: Chewy, a Pomeranian, and Brock, a German Shepherd. "Brock is the head of security," Raychaun said.

The family loves attending the kids' activities, festivals and car shows in the spare time they are once again finding now that they have turned their do-ityourself home into a work of function and beauty. "My goal has been to work hard now and play hard later," Raychaun explained. "We have good Christian family values, and I am very proud of our accomplishments, but we are only going to do this once." NOW











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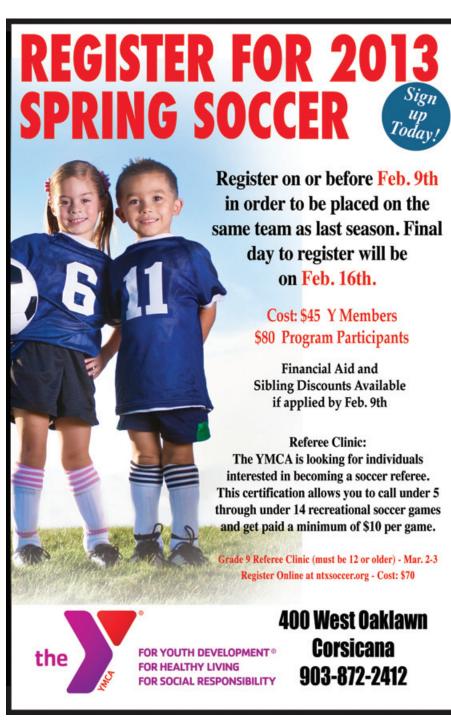


such awe and wonder from the few people who have been lucky enough to gaze at his creations. "Looking back, I've been drawing my whole my life," Steven reflected. "I started painting at 10 years old, when a friend of my mom taught me how to paint using acrylics. She gave me lessons all through the summer. I remember having to ride my bike clear across Seagoville to get to her house for lessons twice a week."

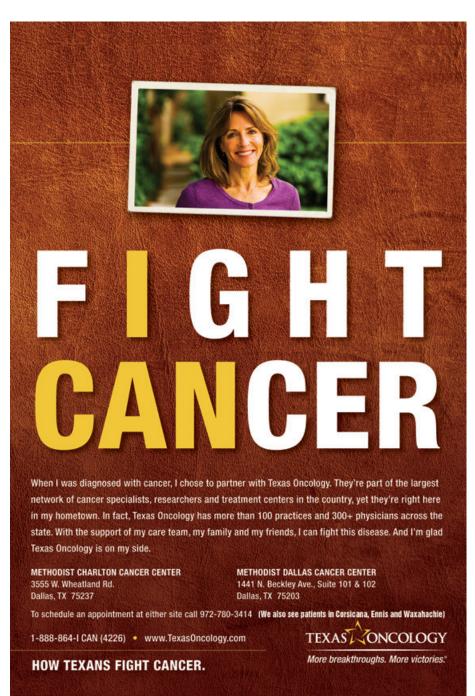
Then, around nine years ago, Steve began studying the Bob Ross method of painting, as seen by millions on television. That was when his education in form and











colors really began. "I gradually started painting more often, thanks to watching the Bob Ross show, and my favorite subject then was boats," Steven said. "Around that time, I began practicing with watercolors and found out pretty fast I preferred painting in oils."

Steven also started taking courses at the Creative Arts Center in Dallas on Tuesday nights, where he goes after he finishes work at Autoschade Collision Services in DeSoto. "I've worked there



for the last five years, mostly doing collision repair work and restoration, as well as custom paint jobs," Steven said.

When he goes to the arts center, he brings his current project along. "I'll set up and start painting, and the instructor will help me through any issues I encounter, so I get to paint and learn at the same time," Steven explained.

Born in Garland 44 years ago, Steven graduated from Seagoville High School in 1987 and took junior college courses in drafting, auto paint and body repair. He became interested in cars at a very early age and began drawing them while still in elementary school. Realizing he wanted to live in the country where the peace and quiet is conducive to the creative process that goes into his artistic endeavors, Steven moved to Barry.

Steven has thought a lot about how he wants to move forward with his art, as well as the pitfalls he hopes to avoid. "I'm not in any galleries yet and have no plans to paint full time," Steven said. "I'm waiting on the economy to improve before I take the next steps with my painting. In the meantime, I really love getting the chance to learn from other painters and refine my craft."

The life cycle of a new painting is one Steven has perfected over the years. "First, I find a subject that I like. Then, I take a lot of pictures of it using my digital camera. I pick the best picture of the group, the one that really speaks to me, and take some time to get attached to it. I figure out the story I want to tell and decide on the kind of generic background I need to create that will present the subject in the best possible way. I print out the picture I've selected onto copy paper, cut out the different sections and place them where I want them on the canvas. Once I'm satisfied with the dimensions, I'll tape each section where I want it and trace it onto the canvas," Steven explained.

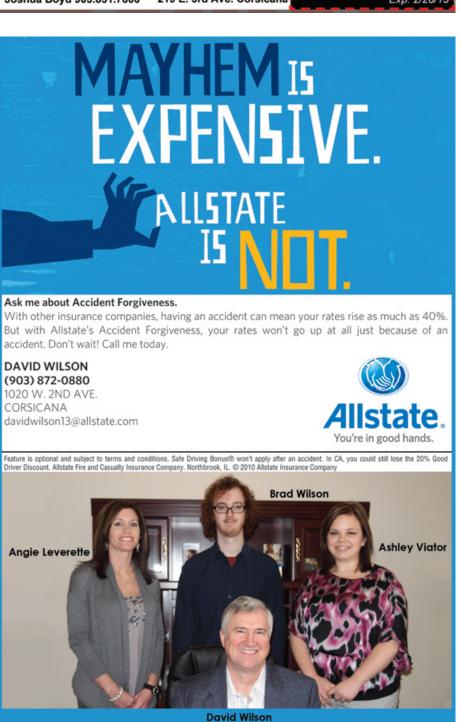
"I start painting the subject and gradually spread out to the background. Once the background is in, I will come back to the main focal point and start

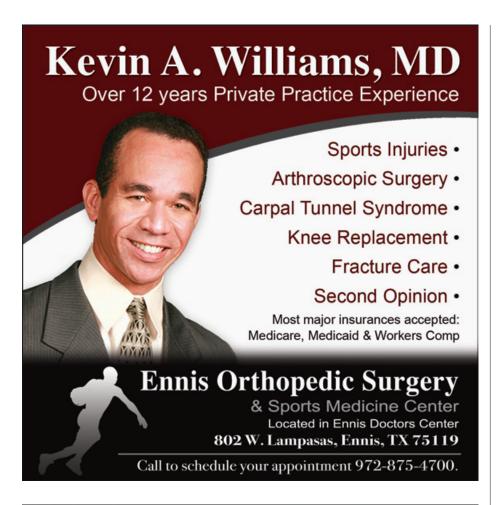


lightening and darkening based on the light source. Then I just work my way around the painting until I'm satisfied with it," he said. "I let it sit for about a month, maybe add a few more strokes of paint, until I decide that it's done."

After having experimenting with acrylics and watercolor, Steve now paints about 99 percent of the time with oils. "I personally think watercolor painting is harder to do, because you have to think backwards and paint lighter to darker," he said, adding he hasn't done any work in acrylics in quite a while either. "With oils, I find I can paint up to a point, then,









if I want, let it sit and dry for maybe two or three days. That's not the case when painting with watercolors or acrylics. They dry really quickly!"

While he's interested in a wide range of subjects, Steven confessed he's particularly attracted to western art. "I've got a lot of pictures I've taken at Civil War reenactments, and a couple of my finished works have soldiers as subjects," he said.

Throughout his home, his finished works hang in soft light, most of them unframed. There's a small canvas of three colorful fishing boats on a sandy beach; a large depiction of a soldier on a horse, with brush strokes so meticulous and detailed that it looks like the horse could gallop right off the canvas; a realistic depiction of a cattle drive, done in earth colors of brown, tan and gold; an auction scene full of people titled *Auction in* 



*Trumble*; the mournful face of a cowboy painted from a photo Steven took at the Fort Worth Stockyards; and an old barn. All are signed with a distinctive *Sscott*.

For his next artistic endeavor, Steven said he's thinking seriously about returning to one of his very first subjects — boats. "One thing I really want to do next is paint old Spanish sailing ships, the kind from the 15th and 16th centuries," he said.

Whatever the subject, paint will be applied to canvas only after careful planning, design and the proper inspiration is achieved — a process Steven has used time and time again to great success in creating all of his prior masterpieces. "Painting is my favorite thing to do," he confessed. "I really get caught up in the moment, and when I'm painting, nothing else matters except what I'm creating."

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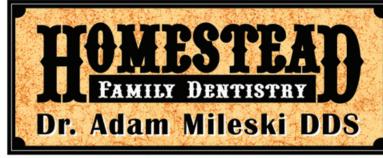






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The students at the helm of the local SGA for 2012-13 are President Scott Gillfillan and Vice President Ashley Scholten. Both Scott, a native of Corsicana, and Ashley, a native of Ennis who lives with her grandparents, Lyle and Joyce Scholten in Corsicana, are commuting students, but they jumped into activities and leadership roles quickly during their freshman days as they adopted the SGA goals and its motto: Sculpting Influential Leaders. Now as sophomores, they represent Navarro College outside the county. Ashley serves as the 2012-13 president of the Texas Junior College Student Government Association (TJCSGA), and Scott serves as parliamentarian of the TJCSGA's Region III. TJCSGA represents 72 member colleges in Texas at the local, regional and state levels of governance. In reference to her dual roles, Ashley remarked, "I have to focus on both levels at all times while trusting in and delegating duties to the other officers at every level."

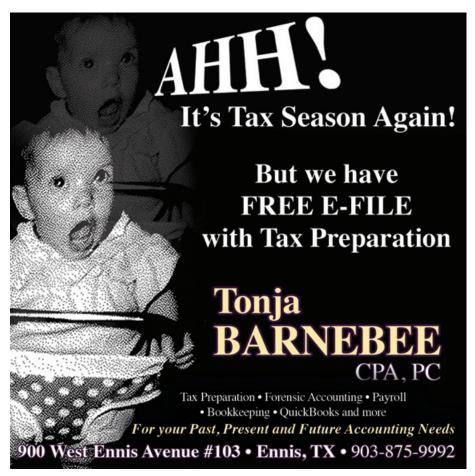
Ashley will be playing a key role as president on February 5, as TJCSGA, in conjunction with TACC (Texas Association of Community Colleges), hosts its Community College Day on the Texas State Capitol grounds. On this day, students and administrators, as in previous years, will meet with their state representatives and senators while the legislature is in session. Ashley, along with her fellow officers and members, has worked long and hard to prepare for this event.

By working through TJCSGA, student members learn powerful lessons on how to make changes in a meaningful way and develop their own leadership skills. Students lead at meetings, regional conferences and the annual state convention. Student concerns rise from the grassroots, local level to the highest levels in the state through TJCSGA. Ashley follows a consecutive seven-year tradition of having a member from Navarro College on the TJCSGA state executive board, and Scott and Ashley can proudly point out the many awards and plaques the local SGA has won at all levels.

Another goal of the Navarro College SGA is met by being focused on the concerns of local students. Meetings are











"As the Student Government, we are the voice of the students to the administration."

scheduled regularly with advanced notice posted. There is always an open forum, so any student may express a concern he or she may have. "As the Student Government, we are the voice of the students to the administration," Scott said.

"We have to work together to achieve results," Ashley added.

"Dr. Sanchez is very understanding of the student issues and needs," Phil said.

"We know that what we say matters," Scott added.

A fourth goal is commitment to their community. SGA members must complete 10 hours of community service each year. "I like the culture in Corsicana and Navarro County. People take pride in the county," said Ashley, who has volunteered at the Warehouse Living Arts Theatre.

To meet the first mentioned goal, SGA has annually sponsored the fall semester's Bulldog Bash, which is full of educational and social events designed to encourage students to become active on campus. Incoming freshmen also participate in Beau Camp. Finally, The Big Howdy is co-sponsored with the Baptist Student Ministries (BSM) and the United Christian Fellowship (UCF) to help incoming international students get acquainted with Texas, Corsicana and Navarro College.

But these events are just the start of the year! Homecoming week is full of events, and there are other special weeks such as T.R.U.T.H. Week and Dress For Success Week. Special upcoming events will celebrate the diversity in the student body. Black History Month in February highlights the contributions that Black-Americans have made to society, while featuring college students in the fine arts department and hosting a special guest speaker. After spring break, Micronesian and Hispanic students will share their cultures through special events.



Additionally, Phil and the members of SGA took care of the recently deceased Beauregard V, Navarro's live bulldog mascot. SGA officers walked the lovable mascot, a wonderful ambassador for the college, at college events. "Beau" lived with Phil and his family. SGA, along with the student body, is hoping to have a Beau VI soon to continue the legacy of Beauregard.

Assisting Phil and the students is a newly hired staff member, Orlandrus "OL" Kelly. Other faculty and staff members volunteer and campus clubs interact to bring about many of the events. "There is always something going on," Ashley observed.

This year, as sophomores, both Scott and Ashley find their plates full. In addition to his role with SGA, Scott is also a debate club officer and works part time at his family's business, Gillfillan





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"The things that we are learning now, we will definitely use later."

Paint and Hardware. Next year, he plans to attend The University of Texas at Austin to major in government. "I believe that it is important for me to set a good example for other students," Scott said in regard to his leadership role.

In addition to her dual level SGA duties, Ashley is the secretary of the honors program and president of the debate club. She plans to attend Baylor University and eventually attend law school. "It takes a lot of time management," Ashley said, referring to all of her activities. With their busy schedules, both Scott and Ashley feel they have mastered time management techniques. "We communicate with each other, and I have learned to have trust in the other officers at every level. The things that we are learning now, we will definitely use later," Ashley remarked. "It's a joy to be involved and get to know so many people."

As they prepare, during their final months at Navarro College, to move onward in their studies, both Scott and Ashley had words of advice for students soon to follow in their footsteps. "It's very important that students know their voices make a difference," Scott said.

"Dip your feet into every club possible," Ashley added. "Get involved." NOW













#### Business NOW







#### **OT Sports Bar & Grill**

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Paul and Glenda Novak provide a pleasant place to enjoy food and sports at OT Sports Bar & Grill. Bar staff Carina Mercado, Dee McCulloch and Diana Leija offer service with a smile.

## GREAT FOOD = GREAT FUN

Guys and gals can find great food and a fun, relaxing atmosphere at the only restaurant in Navarro County that overlooks a golf course.

— By Virginia Riddle

Area golfers know they can enjoy the great food and atmosphere that owners, Paul and Glenda Novak, are providing at the OT Sports Bar & Grill, but diners don't have to be golfers or even sports enthusiasts to enjoy this restaurant, which opened in June 2012. It is located conveniently at the entrance to Oak Trail Golf Course, which has been a public nine-hole golf course in Corsicana since 1935. Diners can eat inside or outside on an all-weather covered patio or at picnic tables, while enjoying Navarro County's natural surroundings and still be only minutes from downtown Corsicana. "We offer a very affordable and pleasant place to eat and enjoy the only true sports venue in Corsicana," Paul said.

With 10 big-screen televisions lining the walls, sports fans can catch their favorite teams' games and matches while eating lunch,

dinner or just dropping in for a snack. The OT Sports Bar & Grill is a fully licensed bar with an ever-expanding menu. A favored item on the menu is the OT Fried Trio, which consists of beerbattered pickles, jalapeños and onion sticks. Other items offered are hamburgers, tacos and sandwiches that please even the most discriminating palates. For the more health-conscious diners, the menu offers the OT Salad and grilled chicken sandwiches. For an up-to-date and complete menu, visit www.otsportsbarandgrill. com. Patrons can call in their orders, and food and beverages are delivered to golfers on the course.

Pool tables and dart boards are popular in the indoor bar and grill portion of the restaurant, allowing patrons to show their competitiveness in a friendly game. The only public golf driving

#### Business NOW

range in Navarro County is just out the door, while the public golf course awaits those who wish to play a full round of golf. Lights on the driving range afford extended hours of practice to busy golfers. The course offers lessons for the young and old, novice to experienced golfers, through a PGA-certified instructor. Oak Trail Golf Course has played host to youth clinics offered through the Corsicana Boys & Girls Club and the Corsicana Parks and Recreation Department. "We really want to promote youth, as this course has had a long history in youth golf in the past," Paul said. Five area high schools currently send their golf team members to practice on the course.

#### "This business is SOMETHING DIFFERENT

**AND PROYIDES AN OPPORTUNITY** TO MEET NEW AND INTERESTING PEOPLE EACH DAY."

Paul and Glenda have lived overseas for more than 30 years due to Paul's career in the petroleum service sector, but they have maintained a ranching operation in Navarro County during that time. Glenda is a graduate of Corsicana High and met Paul while they attended Navarro College, from which they both graduated. After semi-retiring, they decided to call Corsicana home. They saw the opportunity to invest in their community through the Oak Trail Golf Course and further invested by establishing the bar and grill. "This is where we pretty much have our roots," Paul stated. "This business is something different and provides an opportunity to meet new and interesting people each day."

OT Sports Bar & Grill is a true sports bar where everyone is welcome whether they are young or old, golfers, couch potato sports enthusiasts, arm chair referees or umpires. The friendly team of Diana, James, Carina, Dee and Juana look forward to hosting all events at the golf course bar and grill. Diners and new golfers can enjoy the relaxed atmosphere, cheer their favorite sports team onward and find downhome competition in this family-friendly atmosphere. NOW





#### Around Town NOW



Patty Knauth presides during a meeting of the Navarro County Retired Teachers Association.

Zanada Schoppert entertains members of the

Corsicana Newcomers' Club.



Focus is the name of the game for these Navarro College basketball coaches.



Cana Tigers 9u team shows off their championship ring, ending the fall season as state runner-up.



Melissa Lopez said "yes" when Omar Sanchez proposed.



Sammie Vonderschmidt of the Navarro College cheer squad flies high while cheering the baskethall team on to victory.



Ladies from the Navarro Soccer Team take a break outside from therapy with Dr. Suzanne Castles at Lott Physical Therapy.



Members of "The Fog" play to the crowd at a recent show held at Northshore Marina.



Lillian and Lucille Ogburn take a moment from nature to pose for the camera.

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### Are You Financially Prepared for the Death of Your Spouse?

Death isn't an easy topic, but it is important to discuss it. When developing financial plans, couples need to consider what will happen when one of them passes away.

The Census Department reports that in 2009 2.4 percent of all men were widowed and 9.3 percent of all women were. After age 65, 41.3 percent of women were widows. The death of a spouse isn't a theoretical number: It's something that could very well affect your family.

As part of your financial plan, you should consider what will happen to your family's income and expenses when one spouse passes away. If the spouse was working, that income will be lost. If the spouse was retired, the pension could be lost. Social Security benefits may make up some of the lost income, especially if there are minor children in the household.

Expenses may go down, but don't depend on it. If there are minor children, then child care expenses are likely to increase with only one parent in the household. If the family received its health insurance from the deceased spouse's job, then those costs may rise. On the other hand, some of the deceased's expenses will be eliminated. With retired couples, research by the Department of Health and Human Services on widows shows that household costs decreased about 20



percent when the husband passed away; in some cases, the widow's income decreased by 50 percent or more when her spouse's income was gone.

Careful planning for savings, pension elections and life insurance may help your family avoid a financial crisis on top of personal sorrow. The proper option will be different for each couple, but the first step should be a discussion about what would happen should tragedy hit tomorrow.

Lynda Housley is a State Farm agent based in Corsicana.





#### Porch Orchids in Texas?

— By Nancy Fenton

Some rumors have been running around about orchids. In many of our minds (mine included), they are delicate parasites and difficult to grow. Since I am still bending very gingerly, I am going to try plants I can grow on my porch for a while. Growers in Dallas swear several orchids native to Mexico will flourish outside in our zone. They are not parasites, but they do get their nourishment from the air and water. These orchids are the ones that have pseudo bulbs (false bulbs) and a six-month dormancy period from November to April. They take off in the spring and bloom through October! These are not usually the disposable orchids found in large stores, but are a more pure species that, with proper care, will outlive a person! The best way to cultivate success is to go through local stores in our general area and ask for a specific plant. Dallas Orchids and Gunter's (in Richardson) are both highly recommended sources. Le Selve Orchids in Bryan also keeps a good stock on hand.

One of the many reasons to put these orchids on the porch is their susceptibility to harsh sunlight. They grow naturally in shaded forests, so to even put them on the edge of a porch would create unwanted problems — burn, baby burn! They are

better mounted on a rough branch (detached, of course) with some coconut fiber (sold for use in lining baskets), securing it with nonrusting galvanized wire. Then the orchid can be placed on the branch with its roots spread out over the whole thing. Wet sphagnum secured over the roots with more wire will complete the mount. You are now ready to hang this on your porch! Keep your sprayer bottle with rain or regular tap water ready and give them a spray when you walk by. New roots should appear to really anchor the new plant within a few weeks. The hotter the temperature the more sprays it will need. If the temperature does drop into the 20s, be prepared to cover the plant or bring it into the garage overnight just to be safe! More next month on species that have been grown successfully in our area. NOW

Nancy Fenton is a Master Gardener.







## ATIA Can be a Wake-up Call to an Impending Stroke

#### Healthy lifestyle choices can help reduce risk

Each year, 700,000 men and women in the United States suffer a stroke about one person every 45 seconds and nearly one-third of these strokes are repeat events. Unfortunately, more than half of those under age 65 who suffer a stroke die within eight years, according to the American Heart Association (AHA).

A stroke is caused by the interruption of blood to the brain, either from a blood clot or the rupturing of a blood vessel, and results in the death of brain tissue due to oxygen deprivation. Oftentimes, a full-blown stroke is preceded by a "mini-stroke," also known as a transient ischemic attack (TIA), a stroke-like event in which the symptoms resolve within 24 hours. TIA symptoms are temporary and produce no lasting damage to the brain. However, a TIA should be considered a warning sign that a full-scale stroke could follow in the near future: days, weeks or months.

### TIA signs and symptoms can

- A severe headache
- Weakness, numbness or paralysis of the face or limbs on one side of the body
- · Difficulty walking
- · Loss of balance or coordination
- Dizziness
- Blurred or double vision
- Trouble speaking clearly
- Confusion or difficulty understanding verbal communication

Anyone can have a stroke, regardless of age, race or gender. But the chances of having a stroke increase if a person has certain risk factors, or criteria, that can cause a stroke. Controllable risk factors - high blood pressure, high

cholesterol, heart diseases, tobacco and alcohol use — can usually be changed with a doctor's help. Uncontrollable risk factors — age, male gender, ethnicity (African-American, Hispanic or Asian/ Pacific Islander), a family history or previous stroke — cannot be treated but can be effectively managed, again with a doctor's help.

According to the AHA, coronary artery disease and stroke share many common lifestyle-related risk factors: hypertension, high cholesterol, smoking, physical inactivity and obesity. These lifestyle choices play an important part in determining — or reducing — your risk of stroke and cardiovascular disease. Making choices to support heart health also reduces stroke risk. If you are at risk for stroke or heart disease - or have experienced a mild stroke or stroke-like event — talk with your doctor about the risk factors that you can control. NOW

#### Sources:

American Stroke Association, www.stroke.org. American Heart Association, www.heart.org. National Institutes of Health, www.ncbi.nlm.nih.gov.

This information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

Eron Crouch, M.D., FACC Member of the medical staff at Navarro Regional Hospital











#### February 2, 9, 16

"Galaxies": Saturdays, 1:30 p.m., Cook Center Planetarium. For a \$2 per person admission, viewers may explore fantastic galaxies filled with billions of stars, huge clouds of dust, and other features on a fascinating tour across the universe. For more information, call (903) 875-7596.

#### February 5 through 28

Corsicana Volunteer Income Tax Assistance (VITA): Tuesdays and Thursdays, Corsicana YMCA, 2:00-7:00 p.m.; Wednesdays, Kerens Library, 1:00-4:00 p.m. This free service is provided to low income or the elderly who are in need of tax filing assistance. Clients with appointments will be seen first. For more information or to schedule an appointment, contact George Burell at (903) 879-2091.

#### February 7

Corsicana and Navarro County Chamber of Commerce 95th Annual Awards Banquet and Silent Auction: 6:00-8:00 p.m., I.O.O.F. Event Center. For more information, contact Semonna Battenfield at (903) 874-4731 or e-mail chamber@corsicana.org.

#### February 8

Navarro County Retired Teachers Association meeting: 9:45 a.m., Northwest Apartments Community Center. The speaker is Herbert O'Neal, CHS Principal. For more information, contact Patty Knauth at pk2@airmail.net.

#### February 9

James L. Collins Catholic School's Boot & Heels Event: 6:30 p.m., The Cook Center. Steak dinner, live and silent auctions, raffle and door prizes, western attire. For more information, contact Stephanie Folmar at (903) 872-1751 or e-mail sfolmar@ collinscatholicschool.com.

#### February 12

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, e-mail Ron Wright at rwkwjj@hughes.net.

#### February 14 through 23

The Marvelous Wonderettes: The Warehouse Living Arts Center. This off-Broadway hit musical takes the audience to a 1958 senior prom where the Wonderettes perform '50s and '60s classical hits. For more information or to reserve tickets, call (903) 872-5421.

#### February 17

Star Harbor Watercolor Society Annual For the Love of Art Show and Sale: 1:00-5:00 p.m., Star Harbor City Hall, Malakoff. Refreshments served. For more information, contact Sharon Benningfield at lbfield12@gmail.com or call (903) 489-0091.

#### February 23

Navarro College Foundation's "Evening of Dreams...Celebrating Education": 6:00 p.m., The Cook Center. Join the celebration of past accomplishments and help provide the academic pathway for future Navarro College students. For more information, call (903) 875-7380.

#### February 28

Corsicana Newcomers' Club Meeting: 11:00 a.m., Kinsloe House. The speaker, Connie Standridge, Corsicana City Manager, will share all the upcoming happenings in town. For more information and confirmed reservations, call Marge Oslick at (903) 872-3508.

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







## Cooking NOW



#### In The Kitchen With Cheamka Azema

— By Virginia Riddle

During career days at her Louisiana high school, Cheamka Azema always went to sessions that the parish child nutrition director conducted. Even though she was taught to cook Southern comfort foods by her father, Cheamka was also interested in foods that were healthy choices. "I like to bake cakes, pies and cookies, and I love red beans with rice and gumbo," Cheamka admitted.

Through Morrison Healthcare Food Service, Cheamka is the registered dietician for Navarro Regional Hospital. Cheamka inspires and teaches clients and patients to eat their favorite foods in moderation and look for alternative recipes that are healthier. She co-teaches a class for diabetics and designs menus for patients with special dietary needs. "Patients just have to experiment until they find the right flavors and fit," Cheamka revealed.

#### **Grilled Chicken With Herbs**

1/4 cup Italian parsley, chopped

1/4 cup basil, finely chopped

1/4 cup oregano, chopped

1/4 cup chives, chopped

1/4 cup cilantro, chopped

1 tsp. olive oil

1 lb. boneless chicken breasts

- **1.** Combine first five ingredients to make a fresh herb mix. Store in an airtight container for up to 24 hours.
- **2.** Preheat grill to 425 F. Lightly spray grill and chicken breasts with olive oil.
- **3.** Coat the chicken on all sides using 4 Tbsp. of the fresh herb mix. Pat down mix, so it sticks to the chicken.
- **4.** Place chicken on hot grill for 4-8 minutes, or until juices run clear.

## Sautéed Green Beans and Cherry Tomatoes

2 tsp. extra-virgin olive oil, divided use 1 lb. green beans, trimmed 1/2 cup water 1 garlic clove, minced 1 1/2 cups cherry tomatoes, halved 1 Tbsp. balsamic vinegar Salt and freshly ground pepper, to taste

- **1.** Heat 1 tsp. oil in large skillet over medium-high heat.
- **2.** Add green beans. Cook, stirring often, for 2-3 minutes.
- **3.** Add water, cover and reduce heat to medium. Continue to cook (3 minutes for tender-crisp texture or 6 minutes for tender texture), stirring occasionally.
- 4. Push beans to one side. Add remaining

oil and garlic. Cook 30 seconds.

- **5.** Add tomatoes and stir. Cook for 2-3 minutes.
- **6.** Remove from heat. Stir in vinegar, salt and pepper.

#### **Heart Healthy Spanish Rice**

1/2 cup white onion, chopped 2 garlic cloves, minced Cooking spray

3 cups water

1 1/2 cups brown rice

I small green bell pepper, diced

2 celery stalks, diced

2 jalapeño peppers, deseeded and diced

2 cups tomatoes, deseeded and diced

2 Tbsp. chili powder

1 tsp. cumin

1/4 tsp. cayenne pepper

- **1.** In large pot, over medium heat, sauté onion and garlic in cooking spray until the onion is translucent.
- **2.** Add water, rice, bell pepper, celery, jalapeños and tomatoes to sautéed onion and garlic.
- **3.** Bring mixture to a boil. Reduce heat. Add chili powder, cumin and cayenne pepper. Simmer an additional 50 minutes before serving.

#### Fajita Style Vegetables

Healthy Tip: To help control the amount of fat used in cooking, add olive oil to a spray bottle. Lightly mist the pan.

1 tsp. olive oil

1 tsp. garlic, minced

I yellow onion, sliced

1/2 tsp. ground cumin

1/2 tsp. chili powder

2 red bell peppers, sliced

2 Tbsp. hot water or stock

- **1.** Heat a medium sauté pan over medium heat. Lightly coat the bottom of the pan with olive oil
- **2.** Add the garlic, onion, cumin and chili powder. Cook about 2 minutes, or until the onion is softened.
- **3.** Add peppers and water or stock. Stir. Cook 2 additional minutes to sauté peppers.

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

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Texas College of Osteopathic Medicine
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## IN 1957, THE WORLD WAS LOOKING UP AT THIS.



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