The Community Magazine Serving Corsicana and the Surrounding Are

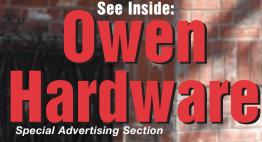
## Corsicana

March 2009

19

## Life-changing Brigade

## Strummin His Six-String



H

PRSRT STD U.S. POSTAGE PAID FT. WORTH, TX PERMIT NO. 1016 At Home With Kennelin and Main Foster

### THE BAD NEWS:

## Colon Cancer is one of the leading causes of death in the U.S.

# You can do something about it.



If you are 50 years of age or better or have a family history of colorectal cancer, you should have a regular colon screening. Shahzad Syed, M.D., is board-certified in gastroenterology and internal medicine and wants to help you reduce your risk for this preventable disease.

> Now Accepting Appointments Shahzad O. Syed, M.D. Gastroenterology 400 Hospital Drive, Ste. 207 • Corsicana (903) 654-1112

MEDICAL ASSOCIATES

Member of the Medical Staff at Navarro Regional Hospital

2/19/09 4:16 PM Page 1



RICHLAND CHAMBERS REALTY Country Homes, Farm & Ranch, Acreage, Waterfront Homes & Lake Lots 903-874-1200



290 Lincoln Dr. The Wilderness Ph II Gorgeous 4/4.5/3 on 2.62 acres of wide open water! Tons of custom amenities. fenced, ret. wall & boathouse. Call for amenities & pricing!



Waterfront Properties

1104 The Shores Drive Luxury waterfront home. 5 bedrooms, 6 baths, 3 car gar & porte-cochere. Wide open water and all the amenities you could want, brand new construction \$1,420,000



151 Stockton Point, Sweetwater Ranch Wide open waterfront! Awesome 4 bedroom, 4.5 bath home, open design, 4 slip boat house, over 200 feet of waterfront, tons of amenities! \$849,900



Lot 16 Chambers Landing Unbelieveable price on this 1 acre, open water lot! Mildred schools, gorgeous views, site built homes only, \$109,900



9.22 Acres & Cabin South side of lake. Exceptional open water property with 2 bed, 2 bath rustic cedar log cabin. Over 300 ft of shoreline, gated entry, \$599,000



307 Tonkawa Trail, Arrowhead East facing & sitting at the mouth of a large cove! 4/3.5/2 home with 3 living areas, 1.2 acres of space & single slip boat house. Gated subdivision. \$549.900



8513 Wilkie Way, Plettenberg Bay Beauthul 4/3.5/2 on 1.7 waterfront acres. Sits on a large cove & offers big views, secluded location/ \$445.000



15300 Sapphire Lane, Azure Bay Waterfront 3/2.2/1 with 2 living areas. Rustic design, lots of space, ret. wali & boathouse. \$398,900



817 Shoreline, Chambers Point New construction! 3/3.5/3, on a large cove, single slip boat house, retaining wall and lots of beautiful amenities! \$695,000



Lot 24 Tourmoline, Azure Bay Stunning views from this 0.58 acre home site! Site built homes only, and this property has the retaining wall and boathouse in place! \$159,000



The Woods at Richland Chambers Waterfront home sites, site built homes only. Several available, 1 ac to 2.97 ac. Pricing starts at \$109,000



Chambers Landing Waterfront homesites on open water. Site built homes only. Several to choose from with prices starting at \$105,000



Tract 3 SE CR 4210, Rural Shade 30 rural acres planted in pines! The perfect spot for your country cabin get away & located within minutes of the take. \$79,900

## Farm, Ranch & Acreage



19.5 Acres - SE CR 4210 Rural shade. Awesome country acreage, partially fenced, pond, scattered trees. RV use on the weekends ok! \$69,900



Tracts 7 & 8 — Estates at Midway 12 acres, heavily freed and a short distance from lake access! Cabin shell on the property is tucked in the trees! \$60,000



Call us at 903-874-1200 or Visit us at www.RCLake.com For a complete inventory of waterfront lots & area homes.





## Contents March 2009, Volume 6, Issue 3



Life-changing Brigade

ArtsNOW Strummin' His Six-String



**SportsNOW Setting High Goals** 



Life on the Farm At Home With Kenneth and Mable Foster

**BusinessNOW Serenity and Peace** 



48 FinanceNOW

**50** HealthNOW

Rick Ausmus . Linda Dean . Will Epps

Eddie Yates . Terri Yates

 $\overline{\mathbf{52}}$  Community Calendar

Advertising Representatives, Linda Moffett (manager)

Steve Hansen . Carolyn Mixon . Steve Randle

Graphic Designers/Production, Julie Carpenter

Allee Brand . Cherie Chapman . April Gann

Marshall Hinsley . Arlene Honza . Jana Jennings



On the Cover: The Fosters spend a lot of time enjoying their outdoor stone fireplace.

Photo by Terri Ozymy.

**42** Around TownNOW

**44** Who's CookingNOW

### 45 Dining Guide

Publisher, Connie Poirier Corsicana Editor, Samantha Daviss General Manager, Rick Hensley Contributing Writers, Faith Browning . Lynda Managing Editor, Becky Walker Housley . Joan Kilbourne . Dr. Syed Editorial Coordinator, Sandra McIntosh Photography, Terri Ozymy - Natalie Busch Creative Director, Jami Navarro Katie Huber . Ivey Photography Art Director, Chris McCalla Contributing Editors/Proofreaders, Pat Anthony Office Manager, Lauren De Los Santos Jaime Ruark . Beverly Shay

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 107 in downtown Corsicana.

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.



www.nowmagazines.com 3 CorsicanaNOW March 2009



#### Editor's Note

#### Hello Corsícana and Navarro County!

Spring is finally here! The weather is warming up and spring break is right around the corner. Some may have fantastic trips planned, while others may be using this time to catch up around the house or spend some great quality time with their children.



The month of March offers some wonderful activities around town. Remember — Derrick Days are coming up for the entire county to enjoy, along with the Corsicana Preservation Foundation's annual "Twilight Ball."

Check out our calendar for activities going on around town.

Love Always, Samantha Daviss CorsicanaNOW Editor samanthas@nowmagazines.com (903) 654-2838 P.S. I also want to bonor the memory of our beloved Dorothy Vacek. She was at one point in time a freelance writer for CorsicanaNOW Magazine, and her words will always be cherished. Dorothy was more than a writer; she was a trailblazer, a mother, a teacher and a humanitarian for this community. Our thoughts and prayers go out to her family and friends. She will be remembered in all of our hearts.



Helping Rural Texas Achieve Their Dreams CALL BILL PAGE • 903-641-6333 www.agtexas.com • bill.page@agtexas.com

### Get outstanding low prices on quality products.



Unique, Antique & Traditional Pieces

Guarantee!

Why Shop at Clancy's?

(Judge for Yourself)

**Interest Free Financing** for up to 3 Years with Zero Down

Professional Decorating Available

**Top Quality Mattress** Lines with Extended **Sleep Guarantee** 

**Home Furnishings** A Family Tradition Since 1962 - David & Kathleen Clancy

LANCY & C

Hwy 84 (Next to Wal-Mart in Mexia) 254-562-0667 New Arrivals Weekly!

503 E Commerce (Hwy. 84 in Fairfield) 903-389-8898 New & Good Quality Pre-owned Furniture

www.clancyfurniture.com



View all area listings at www.remax.com

Live in Color



Offer expires 03/31/2009. Must present coupon at time of purchase. Can not be combined with any other coupons or discounts.

MA





Tanning

3201 West 7th Ave. Ste. 103, Corsicana • 903-874-0055 Hours are: Mon.- Fri. 7am-10pm; Sat. 9am-9pm and Sun. 12pm-7pm

AN



# Life-changing Brigade

8

Nathan Paul could be considered your average American 13-year-old. His parents are completely devoted to his well-being and his success in life. The only difference is, Nathan studies, reads and learns all on his own accord at home. "He is very dedicated to his studies," his mother Monica explained. "He gets out of bed by 8:00 a.m. and starts to work. He is never distracted by his video games or anything like that."

Nathan is an extremely well-mannered and polite young man whose parents have instilled the best values imaginable, complete with sentences that include "yes ma'am, no ma'am" or "yes sir, no sir." His kindness and quietness are overwhelmingly soothing, a feeling not too many teenagers offer these days.

Nathan is homeschooled, yet he follows the exact same curriculum most school children receive. He will eventually take the SAT test and head off to college. Although his favorite subject in school seems to be typing, Nathan admitted to his interests in the outdoor world. "One day, I would like to study and manage a quail environment, in order to increase their population," Nathan stated, looking out his front door to the multitude of acres surrounding his family's home.

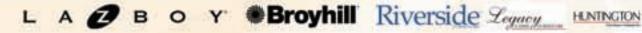
## "One day, I would like to study and manage a quail environment, in order to increase their population."

Although Nathan pursues his studies at home, he was once a part of the public school system in Corsicana. Nathan's family moved to Corsicana when he was a year old. He was enrolled in the Corsicana school district from

## **RED!!!** BOLD AND BEAUTIFUL ... and Always In Style.



Entering Our 91st Year of Serving Corsicana and the Surrounding Areas by Offering... Comfort ~ Quality ~ Affordability ~ Personal Service

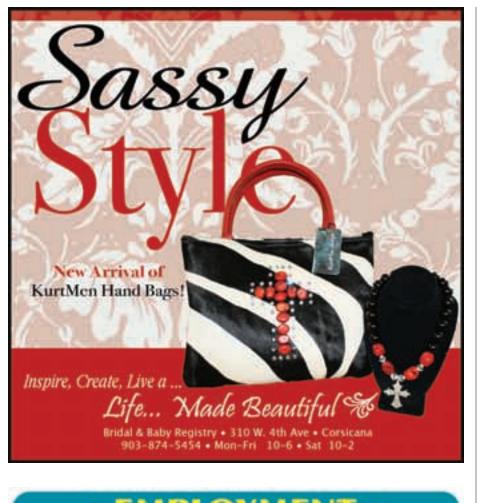


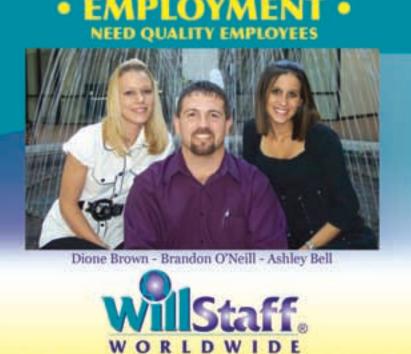
Sealy. Posturepedic



300 N. Beaton St. • Downtown Corsicana • (903) 874-8285

😂 🗮 🐖 Financing available





We Specialize In Light Industrial and Clerical 800 N. Main, Suite E at the Navarro Center 903.872.7428 • www.willstaff.net kindergarten to the third grade and Mildred ISD for the fourth grade. "We decided to homeschool him from the fifth grade to (now) the eighth grade," Monica said. "We felt like it suited his needs and personality a little bit better."

Beyond playing with his dog and doing his studies, Nathan discovered another passion, which has truly started him down an unexpected path in life. "This past summer, I attended the Texas Brigades Camp in Valera, Texas (just outside of Abilene)," Nathan said. "I was there from June 14th to the 18th."



Proudly displaying the work he did at camp last summer, it was quite obvious that this shy young man had truly tapped into his passion. "There are four different branches [of camp] you can select from," Nathan explained. "There is Bobwhite, Bass, Buckskin and Feathered Forces." Nathan decided to be a part of the Bobwhite group, or "covey," focusing on the conservation of the quail environment and how we as humans affect them, and they, in turn, affect us. The Bobwhite Camp teaches more about the quail species than any other bird.

Ultimately, the camp teaches you about leadership, self-discipline and respect for yourself, others and the environment. The Texas Brigades really helped improve Nathan's public speaking ability, which he admitted was lacking.

The camp was run in a subdued military style, and the campers were referred to as cadets. After earning their "stripes" as a cadet at the camp, the camper can be promoted to assistant covey leader, which is an honor recognizing dedication and hard work. To obtain that position, a camper must do additional outside work to earn the promotion.

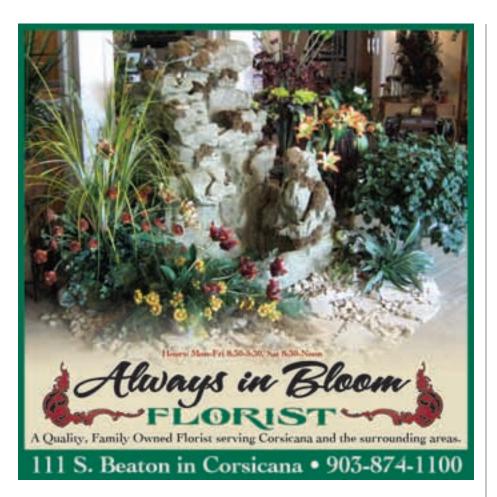


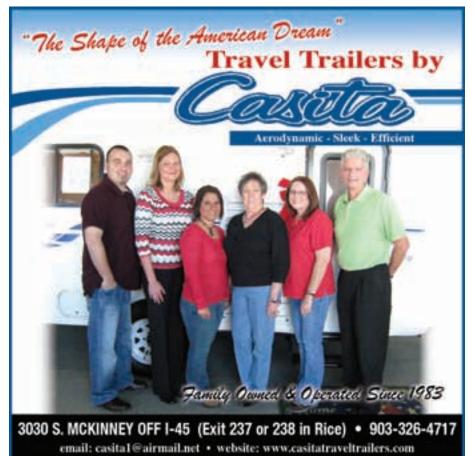
"We were taught how to walk in cadence with each other, how to really work as a team and depend on one another."

"We were taught how to walk in cadence with each other, how to really work as a team and depend on one another," Nathan said, as he explained one particular exercise. Each cadet had to sit on another cadet's lap with no chairs involved. If one cadet fell or stepped out of the circle, the entire tribe would collapse. The concept of the exercise was to instill trust in the support everyone needs from others. In addition, the "lap sit" exercise was meant to teach that each child is a component in not only life, but nature as well. "They told us that each one of us [represented] a component in nature - food, water, shelter and space," Nathan explained, with photograph in hand. "And if you removed one component, they wanted us to see how a habitat would or could



www.nowmagazines.com 11 CorsicanaNOW March 2009





function without that component."

In addition to learning self-discipline, self-respect and the knowledge of nature and how we as a world affect each other, Nathan, as a Bobwhite cadet, was fortunate enough to learn the details of quail genus, living patterns and habitat. "It was required that I take hunter safety before I went to the camp," Nathan said. "Some kids did it there, but I wanted to do it ahead of time. We attached radio transmitters to the quail to gain more research material on the quail," Nathan proudly explained. The cadets were also required to endure identification studies of plants which involved and



"There are four different branches [of camp] you can select from. There is Bobwhite, Bass, Buckskin and Feathered Forces. ... The Bobwhite Camp teaches more about the quail species than any other bird."

affected the quail. "We identified plants that they may use for food and shelter," he added.

Texas Brigades were extremely thorough with every aspect of their teaching experiences. They informed the cadets of their species' lifestyles, environment, how the environment affects us as humans, how we affect it, and they even went so far as to teach the cadets to understand the beauty of death, by way of taxidermy. "They showed us how to properly stuff and mount our quail onto a plaque,"



View all area listings at www.MarrsRealty.com





Nathan explained, proudly displaying his accomplishment, prepared on a beautifully carved Texas-shaped plaque.

Not only did Nathan learn more of his world and his environment, but he also learned a lot more about himself. "We could definitely see a difference in his confidence level," his mother said, with his dad nodding his head in agreement. "Nathan is an extremely quiet and shy boy, and he has always had difficulty with public speaking,

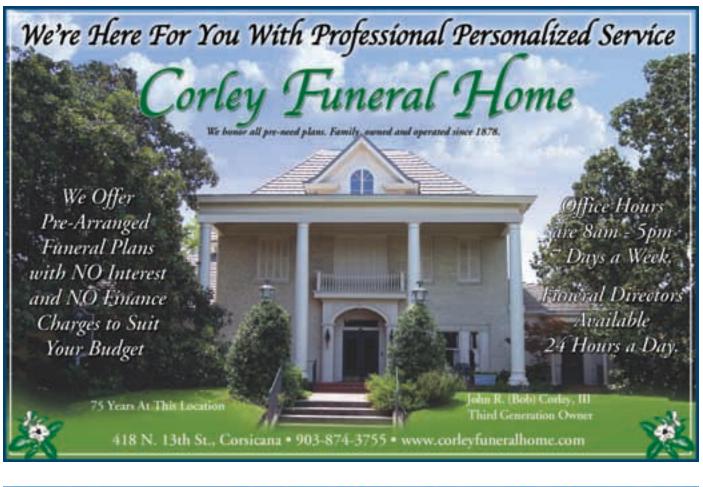


Ultimately, the camp teaches you about leadership, self-discipline and respect for yourself, others and the environment.

but this program made a change in his life. It made such a profound impact on him."

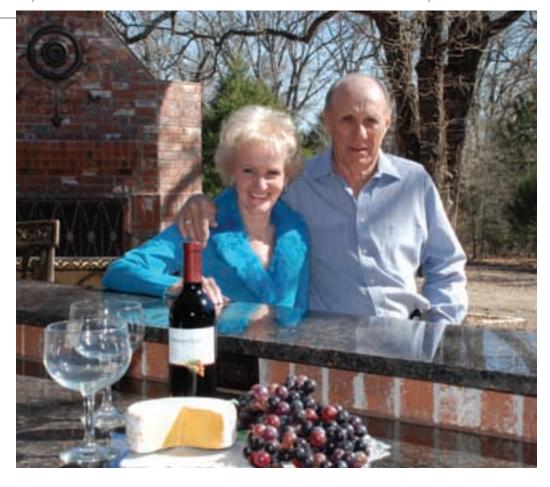
Nathan explained a trick he had learned from his camp leader: if he was ever afraid to give a public speech, which was required of every camper, all he had to do was hold his "magic quarter" in his hand and "rub George's head off."

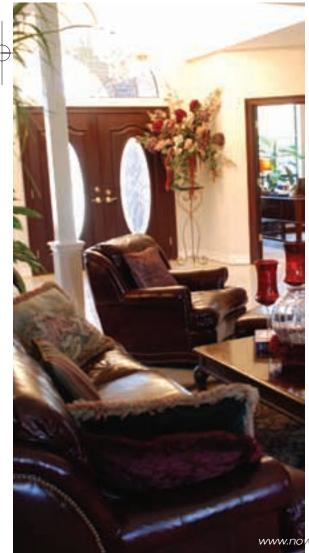
The confidence, support and general environmental knowledge given to these young cadets are gifts they will be able to carry with them for the rest of their lives. Lessons and experiences are invaluable, and can only be taught through the understanding, respect and beauty of nature.





www.nowmagazines.com 15 CorsicanaNOW March 2009





The approach to Kenneth and Mable Foster's home lends a sense of expectancy - of something special waiting to be discovered. A large, black, wroughtiron gate is opened from the house in response to a call button and speaker system. Ahead is a long drive encircling



— By Joan Kilbourne

a tall water fountain. When the massive wooden front door opens, a gracious and warm welcome draws visitors inside.

Ken was a commercial paint and wallpaper contractor in Dallas for 32 years. He was also the primary contractor who built three houses in Cedar Creek,



www.nowmagazines.com 16 CorsicanaNOW March 2009



Italy and Plano for clients from Dallas. Mable was the bookkeeper and office assistant and helped him deal with the constant paperwork. During that time, Ken also owned 80 acres and inherited 80 acres of land south of Dallas from his cousin. "My cousin and I raised Limousin, and later, Black Angus cattle," he said. "On weekends, I came down to take care of ranch business and stayed in the little house on the property."

The Fosters lived for 27 years in their Dallas house. "After all that time," Mable joked, "the attic was full and we



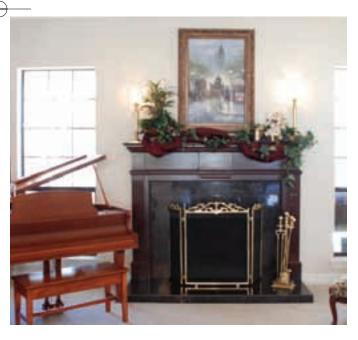


ww.nowmagazines.com 17 CorsicanaNOW March 2009

CORMar09p16-29Home.qxd 2/18/09 11:57 AM Page 18



had to move." The house sold quickly and the buyers wanted to purchase most of the furniture in the house. "That simplified the move," Mable added. Ken said, "For about two years, whenever I had a few minutes free in the office, I worked on plans for a house we would build on the ranch property. Mable and I usually agreed on the plans and the choices we had to make to finish the house." Mable smiled at that and said, "I liked the part about buying things." It was no small accomplishment for two people to agree on the long list of finishing choices like flooring, paint, cabinetwork and lighting, right down to the small things like faucets and door handles.



Ken and Mable moved into the small house on the ranch property for the seven months during which the new house was under construction. While they were living there, they hosted their annual Thanksgiving gathering of 55 people. Most of the guests were members of Mable's family. As the youngest of five girls and one boy, Mable is the designated hostess of her family holiday gatherings. The party, of course, also included Ken and Mable's three children and their families. One daughter lives in Houston; her two sons are in college. Their other daughter, who lives in Plano, has a son and daughter, also in college. Their son who works in financial planning lives in Red Oak with his two children.



## Who might be eligible for hospice?

Cancer Patients

Patients with end-stage Cardiac and or Pulmonary Disease

Stroke Victims

Patient with Aids or other Life-threatening Disease

The Hand in Hand Hospice administrative team is available to answer questions or take referrals Monday to Friday from 9am to 5pm, or you can check our website for more information at:

www.handinhandhospice.com





CENTRAL TEXAS BUSINESS MACHINES & OFFICE SUPPLY

СТВМ

"Serving the Central Texas Area for Over 26 Years"



421 N. Beaton St. Corsicana, TX 75110 903-872-7435 888-256-2025

www.nowmagazines.com 19



 $\oplus$ 

## Corsicana Real Estate - Richland Chambers Lake - Ennis 221 W. 6th Ave 903-874-1117 See all area listings at www.HarperSmithTeam.com



Building Lifetime Relationships with Trust, Integrity & Loyalty One Client at a Time.





"Luckily, the weather was good," Mable said, recalling how she managed the feast. "We set up a buffet in the garage and entertained everyone outdoors."

The new house is set among many tall, old trees that stand alongside a creek. Explaining how the cattle ranch happened to provide this oasis of green, Ken said, "My cousin did not clear all of the land for pasture like other ranchers did."

The house the Fosters created is a builder's showplace. A tour of the home's interior reveals a beautifully coordinated design, the result of careful planning. In the entry foyer, graceful strands of crystal give an airy look to a massive antique chandelier. "We found it in Plano and brought it to the house in a cattle trailer and then we took it all apart



www.nowmagazines.com 22

CorsicanaNOW March 2009



and cleaned it," Mable remembered. The white marble flooring in the entry shimmers under the many small lights of this treasure. Another smaller crystal chandelier of similar design hangs in the next room over the dining room table. Their fine china is displayed behind Mable's collection of Lladro figurines in a large china cabinet. Across the hall is a study in which the walls are lined with mahogany-finished cabinets and bookcases. "She uses this room more. She likes the computer better than I do," Ken said of his wife. The glamorous master bath looks like the set of a Rita Heyworth movie from the '40s. Lining the walls is a bank of built-in cabinets, painted white. Bold splashes of red in the draperies, a red-patterned rug and an elegant flower arrangement stand out against the mirrored walls and white fixtures. Mable is especially pleased, as most women would be, with the two walk-in closets that complete the master suite.

The Fosters are eager to show off the recently finished patio. The stonefinished outdoor kitchen has a large built-in barbecue backed by a granite topped serving bar where guests can sit on barstools and watch the master chef while he cooks. In another area is a tall, stone fireplace with comfortable chairs in front of it. "We spend a lot of time here by the fire," Ken said. Nearby, cascading water tumbles over an elaborate rock-lined waterfall providing a pleasantly relaxing sound. "We love to sit out here and watch the redbirds and squirrels come to bathe in the waterfall," she noted. "Sometimes, we see deer come to the creek that runs

VAN HORN DWD

brighten your smile.

Let us

#### Orthodontics Should Be:

High Quality: 20 years as an orthodontic specialist, certified by the American Board of Orthodontics, with an experienced, long-term staff that administers the latest techniques such as Invisalign, small metal, clear and self-ligating braces.

Convenient: We are FULL-TIME in Corsicana to serve you best! Affordable: Initial Exam FREE We strive to keep our fees as low as possible, offering the best financial plans with NO INTEREST or DOWN PAYMENTS. Most insurance accepted and filed.

Lots of Fun: Let us show you!

Families Have Been Trusting Corsicana's Orthodontist Since 1989 Darrell Van Horn D.M.D. M.S. 1450 W. 2nd Ave. Corsicana 903.872.1200



around the back of the patio area. We thought about making the patio larger, but we had more than 50 people here for the holidays and it worked well."

Just inside the row of French doors is the kitchen with granite countertops that match the counter on the patio kitchen. Tall mahogany cabinets circle the room and blend with the wall of entertainment cabinets in the adjoining living room.







Paintings and prints of ranch life by western artist G. Harvey are hung on the walls in several rooms. Artist Fredrick Remington's bronze sculptures in the living room are reproductions of lively cowboys, horses and other colorful characters of the Old West. These reminders of history seem to fit comfortably into the house designed and decorated in a more contemporary

The Only Distributor of Circle E Candles on the lake

Open 7 Days 6am + 8pm (Grill Closes at 7pm) 10620 FM 416 · Streetman 903-599-1175

**Homemade** Pies

We carry a full line of meats:

burger, chicken, steak.



Special Advertising Section

CorsicanaNOW March 2009

## **SPRING INTO ACTION WITH GREAT SAVINGS !**



Men's Leather Work Gloves With cotton striped back, safety culf. (GV-5224)



4-1/8-In. Pocket Knife Clip and spey blades. Trapper. (00161)





1350 PSI Electric Pressure Washer Kit Great for washing vehicles, stripping paint,

removing stains, cleaning siding and brightening wood. (PW135000AV)



11-Oz. WD-40\* Spray Stops squeaks. locens rusted parts, frees sticky mechanisms. (10011)

99

## WHETHER IT'S WORK OR RELAXING, WE'VE GOT YOU COVERED



32-Oz. Charcoal Lighter Fluid Clean burning, odorless, fast starting fluid (CLFP04)



18-Lb. Kingsford\* Charcoal Briquets Made with natural ingredients and real wood

Made with natural ingredents and real wood resulting in the authentic smoky flavor you can expect from KingsfordB. Ready to cook in minutes. Longer burn time. Easier lighting. (71702)



height. Ideal for cars and trucks. (JLT91203) 6-Ft. Type IA Fiberglass Stepladder 300 Pound duty rating. Traction-Tred steps for sure footing and safety. (6206)



Heavy-Duty Reciprocating Saw Kit

Powerful 10.0 Amp motor. 0-2,800 SPM. 4 Position blade clamp. Includes heavy-duty kit box. (DW304PK)



TRUE PRICES, REAL SERVICE, & SUPER BUYS

Special Advertising Section

**HindCraft** 

CorsicanaNOW March 2009

## Lawn & Garden needs ? Gotcha covered !



For large capacity leaf raking and general purpose clean up. 22-Tine. 48" Hardwood handle. (30992 EP22OR)



54" Garden Tools Garden Hoe, Rake or Shovels. Black welded head and black poly ferrule. Red fiberglass handle with 5" grip.

-----



5/8-In. x 50-Ft. Reinforced Vinyl Hose 4-Ply construction. Lightweight and flexible. Kink resistant. Weather and abrasion resistant. (15-58050)



39-Gal. Lawn & Leaf Bags

40 Count, black bags. (33485)

niCraft.

799

Over 'N Out

mounds. (8000)

Fire Ant Killer

colony. Prevents new!

#### Whatever the job, we help you do it right.





EZ Read Rain Gauge Accurately measures rainfall. Easy to install (820-1002)

Rain Gauge Tapered end for ground or can be post mounted. Clear. (2703)



2-Gal. Multi-Purpose Sprayer Ideal for many jobs around the home and garden. Ultraviolet resistant, translucent tank. (201P)



2-Oz. Insecticide Concentrate Kills pests on indoor & outdoor surfaces. (33100)



CorsicanaNOW March 2009

Special Advertising Section

---

GARDENTECH



Special Advertising Section

CorsicanaNOW March 2009



style. At every turn, some interesting piece of furniture, statue or flower arrangement catches the eye. Mable gives much of the credit for the polished home decor to her daughter, who is a professional interior designer.



Retirement in this beautiful setting is what Mable describes as her "first experience of farm life. I lived most of my life in the city, but now I am meeting new friends at Kinsloe house," she admitted. She also loves to travel with her daughters and friends. Ken prefers to tend to ranch business at home. He now has time to restore a Model A Ford and plans to continue attending the antique car shows he enjoys.

It's the little things you've always wished for. Like a first floor laundry room. Built-in bookcases. A workshop. You can even add a few guilty pleasures, like a heated floor in the master bath and a shower with eight showerheads. Whatever you can imagine, we can build! NEW HOME RESIDENTIAL REMODEL BUSINESS REMODEL e'll hammer out the details. Boyd Builders is a fully licensed & bonded, full service building and remodeling company serving Consicana, Richland Chambers and the surrounding, areas. We offer 10 year warranty on all New Homes **NEW HOMES & REMODELING** Don Boyd, Contractor Cell: 903-654-0674 donboyd@boydbuildersinc.net



www.nowmagazines.com 29 CorsicanaNOW March 2009



# Strummin' His Six-String



- By Samantha Daviss

If most of us are lucky, we are able to find our true passion or talent in life at some point. Brian Kirkpatrick is a young artist, who was able to discover his passion for music at the ripe old age of 13. A 2004 graduate of Corsicana High School, Brian first discovered his gift on a drum set he received when he was 13 years old and later, on a guitar.

"I first started playing guitar around the age of 15, I guess," Brian said, trying to recall his initiation into his

newly discovered passion. "I also started to sing and write music about the same time."

Brian headed off to Texas State University in the fall of 2004 in pursuit of a degree in advertising, which he anticipates receiving in May 2009. After settling into college life and establishing himself as a student and musician, as well as finding new friends, Brian was fortunate enough to land a few really fantastic "gigs," which happened to put him in the right place at the right time.

As he continued exploring the world of music, Brian discovered he really enjoyed a good blend of country-based music with a

"couple of added touches from different genres and types of music," he explained. After a few open mike nights and tinkering around with various bands, Brian finally found his fit, not only with a particular style of music, but some compatible band mates, as well. A friend of his, Andy Abbott, enjoyed the same style of music as Brian, and most importantly, they shared a concept of blending and experimenting with their acoustic talents.

Andy is a fiddle player with the most amazing gift and connection with his instrument. Most people correlate a fiddle with classical music or original country music, but Andy captivates an audience by blending those sounds with today's more modern music styles. Andy and Brian became friends

> through their fraternity and by playing together at various bars in San Marcos, where they received great recognition while playing for their peers.

> Thus began The Brett Crenshaw Band. "In 2006, The Brett Crenshaw Band really took shape," Brian recalled. "Two years prior to my joining the band, five guys from Texas A&M had started the band, but a couple of them graduated, so I was then linked to the group through a friend of mine. They asked me to join the band to fill the position of a needed bass guitar player." When Brian was offered the position

with the band, he had only been playing bass guitar for about a year-and-a-half, having previously concentrated his talents on rhythm guitar and drums. "I soon realized drums weren't really my style and weren't very conducive to being a part of a band. They were too awkward to lug around," he added.



Once the band had established themselves on the college music circuit and were becoming regulars in the clubs, they began to learn the ins and outs of the "Big Time" music circuit. "In the Texas music scene, everyone knows everyone," Brian said casually. That quick familiarity within the circuit gained Andy the recognition he deserved; he was asked by well-known Austin singer/songwriter, Curtis Grimes, to play in a competition, which turned out to be a "battle of the bands" contest. The winner would open for Kenney Chesney.

"I am just there to play my music and enjoy the moment."

The only problem was the competition, sponsored by Corona Beer, required all band members to be 21 years of age. One of Brian's band members, Andy Abbott, was in the competition and Brian went to watch him. Due to a disqualification of a bass player because of his age and a replacement who was not able to make the competition, Brian earned himself a spot in the band. "I remember we practiced on Sunday night and performed in the contest on Monday — and we got it," Brian exclaimed.

On May 1, 2008, Brian Kirkpatrick and his newly formed "battle of the bands" band were the opening act for a live concert in front of thousands of adoring and screaming fans, followed by LeAnn Rimes and headliner, Kenney Chesney. "The whole experience was absolutely amazing," Brian recalled. "The crew, the bands and the equipment arrived in at least 22 buses, 15 18-wheelers. It cost \$300,000 to break down, pack up and transport." Brian also discovered the entire production



Fill them with your favorite things! Caddies • Gadget Caddies • Clipboards and Mini Clipboards

> 301 E. 5th Ave. • Corsicana 903-872-5553 Mon - Fri 8:30 - 5:30



#### Make your TAX REBATE WORK FOR YOU.

Whether it's maximizing your efforts to reduce debt, saving for your retirement or protecting what's important to you, your tax rebate provides a perfect opportunity to explore your options.

Before spending for the short term, be sure to make an appointment to discuss your goals for your family's financial future.

Call or visit your local State Farm<sup>®</sup> agent to identify and discuss opportunities available to you.



Lynda Housley 1000 West Second Ave Consicana + 903-872-8444 Innta huwey Schulgeseitem.com

> Se Hubba Expanhil M - F 8:30 - 5 + Dar 9 -



#### LOCATED IN ENNIS DOCTORS CENTER 802 W LAMPASAS ENNIS, TX 75119

- Sports Injuries
- Arthroscopic Surgery
- Joint Replacement
- Fracture Care
- Carpal Tunnel Syndrome
- Second Opinion

 Most Major Insurances -Medicare, Medicaid Workers Comp



Kevin A. Williams, MD

### For an appointment, call 972-875-4700





grossed over \$90 million annually.

Even though Brian was opening for two of the biggest stars in country music, he insisted that he was never nervous. "I don't think about it in those terms. I am just there to play my music and enjoy the moment," Brian stated, recalling his time on the stage with the fans, the lights and the music. "We were up there for about 15 minutes, playing three songs. It was great."

After the concert was over, it was back to business as usual. The Brett Crenshaw Band continues toward their



## "In the Texas music scene, everyone knows everyone."

goals in a positive direction. "We have really done a lot in a short amount of time," Brian stated proudly. "This includes our record that came out in the summer of 2008, Another Late Night." In fact, Kent Finlay, owner of the Cheatham St. Warehouse in San Marcos and fellow colleague in the industry, gave the band a quote, which has become their motto: "The harder you work, the luckier you get." NOW

## Tim, Class of 2007 "It was the passionate instructors at the A&M-Commerce campus in Corsicana

that inspired me and helped me succeed in my career as an elementary teacher."

TEXAS A&M

UNIVERSITY

COMMERCE

A MEMBER OF THE YEARS ABN

tamu-commerce.edu 903.875.7619 FIND YOUR INSPIRATION CONTACT STEPHEN AT OUR CORSICANA CAMPUS TODAYI



With a record of 16-0, the 2008-2009 James L. Collins Catholic School girls' volleyball team are the DPL Division III Champions.



When you become a parent, you are not sent home with a manual on how the job is supposed to play out. You become so many different people in a short amount of time that it is actually astounding. You become a nurse, a coach, a teacher, a banker and a friend. Even though it may be exhausting at times, it is definitely the most rewarding position you will ever have.

Some of those positions, however, may require a little more thought and a little outside learning on your part. That is exactly what Shannon Andrews-Fielden had to do when her daughter, Maddie, decided to start playing volleyball in the fifth grade. "I really didn't know that much about the sport," Shannon admitted. "I had to do a lot of outside research when I volunteered to coach the team. I had played intramural volleyball in college, but that is really about it."

Shannon, a full-time employee with Kohl's Distribution Center in Corsicana, devotes all of her spare time to her daughter Maddie and the Collins Catholic School girls' volleyball team. She and her husband, Chris, the volunteer girls' softball coach at the school, work together to coach the team. "I am more like the assistant coach," Chris said with a smile. "I am the one that helps to keep her [Shannon] calm at all the games."

"We devote at least two hours every day during the season, from August to November, to help the girls after school, and then we spend all of our Saturdays driving to the games in the Dallas area," Shannon said. Collins Catholic School is a part of the Dallas Parochial League (DPL), so all of the school's sports are played in the Dallas area, necessitating driving the athletes up to Dallas most Saturdays.

The Catholic school is a smaller private institution and its athletic department is not as established as those of larger schools or school districts; therefore, all of the coaches are parents who coach on a volunteer basis. When Shannon started her new job as the head volleyball coach, she soon learned that, like parenting, it also meant wearing many hats.

Even though volleyball existed at the school prior to her involvement, Shannon really did not get involved in the program until 2005, when her daughter was in the fifth grade. "I really



like coaching the girls. It allows me to spend more time with Maddie, and I think of the girls as my own. After all, I have known them since they were in kindergarten and first grade," Shannon said. "The only problem [was] when the team first came together, most of the girls had never picked up a volleyball.

"We really didn't know what we were doing at the first game," Shannon admitted. "But as time has passed, the girls have really improved, and Chris and I have learned how to handle the girls. We know what buttons to push on them, individually, to really get them to perform."

The team's record for the past three years has improved dramatically, bringing them to their phenomenal season this school year. In 2005, their record was 2-12; in 2006, their season record decreased to 0-14. "But four of the girls on our team at the time were sixth-graders playing against eighthgraders," Shannon pointed out. In 2007, the girls' record was a fantastic 12-2, and the team made it all the way to the semifinals.

Victory was really achieved in 2008. The James L. Collins Catholic School Girls' Volleyball team were the DPL Division III Champions with a record of 16-0. "There are 14 teams in Division III, and eight teams made it to the play-offs," Chris explained. "In Division III, every member of the team has to play. There are eight girls on our team, with six on the court and two on the bench, but everyone has to play. No one is ever benched the entire game."

The girls really earned their victory after having worked together for the past three years to get where they are today. They epitomize the meaning of the word team. Seven of the girls are in the eighth grade, while one is a seventh-grader. "So, next year the girls will be moving on to the high school," Shannon said, "but I have no doubt they will be able to play on the high

#### MINIMALLY INVASIVE BARIATRICS

Visit our new Web site at WLS-MIB.COM

#### Are you considering Weight-loss Surgery?

#### Surgical and Non-surgical Treatments Available

 Gastric Sleeve Lap Band
 Gastric Bypass
 Revisions

#### BEFORE AND AFTER PICTURE OF AN ACTUAL PADENT





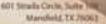
Glenn M. Ihde, MD Author of CONSIDERING WEIGHT-LOSS SURGERY BOARD CERTIFIED BARIATRIC PROGRAM DIRECTOR

**Baylor Medical Center at Waxahachie** KrS W. Jefferson, Suite 120 • Weizhach Call for appointment 972-230-2517

> Arlington Office 515 W. Mayfield, Suite 402 • Arlington Cell for appointment 817-467-3000





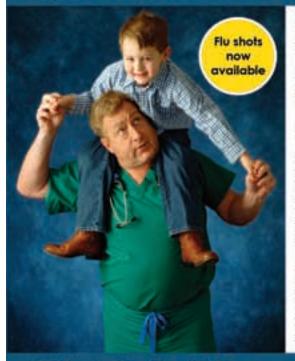


MANSFIELD 817-477-9000 www.mansfieldcosmeticsurgery.com

www.nowmagazines.com

CorsicanaNOW March 2009

#### Bringing the family back into family practice.



#### Dr. Craig Yetter Family Practice

Board Certified in Family Practice

20 years of experience

Dr. Yetter has been taking care of your friends and family in Ennis' emergency room for years - and now he has a family practice.

Offering a full spectrum of care for all ages, from pediatric to adolescent, to adult and geriatric medicine

601 South Clay Street (at Lampasas), Suite 106, Ennis Phone (972) 875-2424 / Fax (972) 875-1244





www.nowmagazines.com 36

## Sports

school team with confidence."

Shannon can back up her prediction with a few known facts: at least half of her team plays for a private ball club in Corsicana called the Golden Circle Volleyball Club, and with the skills they have learned over the past few

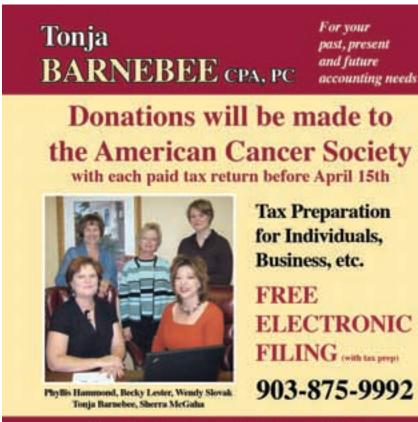


### "They **epitomize** the meaning of the word *team*."

years and the fundamentals that Chris and Shannon have taught them, they are sure to succeed on the high school team.

Due to the fact that Shannon and Chris consider the team a part of their extended family, they have upheld their family values both on and off the court. "Our girls have no grade issues, and that is because academics always come first," Shannon said.

Another life lesson that Shannon and Chris have taught the girls can be found in the team's motto: "The will to win is worthless if you don't have the will to prepare." This team proves that hard work and perseverance really do pay off.



900 West Ennis Avenue #103 • Ennis, TX Monday - Thursday 8 - 5 • Friday 8 - 3

## Be a Teacher!

Texas A&M-Commerce at Navarro Alternative Teacher Certification Program

- You Must Have a Bachelor's Degree
- Online Graduate Courses

You Could be Teaching in August!

Contact Ron Golden at 214-564-3502 ron\_golden@tamu-commerce.edu https://www.tamu-commerce.edu/teacher/AlternativeCertification/Navarro/



842-A West 7th Corsicana, Texas 903-874-5611

U L



# Julie Teel is no stranger to the real childs

estate world. As a graduate of Baylor University with a degree in real estate finance, she is quite comfortable in the agent role as well as the broker role. "I feel that I have gained ample education and knowledge to be of considerable use to my client(s)," Julie said.

Julie has been in the real estate world since 1997. "I worked for Ronnie Willis, where I learned a lot," she stated. "But then in 2001, I decided I was ready to open my own business, and RE/MAX was the place for me. So, I decided to purchase the Corsicana franchise. And during that purchase, I was able to contract to reserve the RE/MAX Richland Chambers Lake office for five years, until I knew what I wanted to do."

Most married couples make great teams when it comes to rearing their children or making big financial decisions, but Julie and her husband, John, take teamwork to a whole new level. They own and operate their thriving real estate business together. Before joining the RE/MAX team, John was a successful contractor. He brought that experience and customer dedication to real estate in 2007. "John has 18 years in management experience. So, he helps with the operations side as well as being a full-time agent, whereas I am happy being an agent and dealing with the customers. That is just what I really enjoy," Julie explained.

Since the Teels' reserve clause was up for the lake contract in 2006, RE/MAX of Texas gave them a courtesy call in 2007, asking if they were interested in starting the Richland Chambers Lake office. "So, we decided to go for it and build an office out by the lake," John said. "It is all about change, adapting and growing."

Samantha Daviss

"The lake area is growing so much, and it is so wonderful out here," John said. "It is so peaceful out here in this office," he said. "I feel life is too short

#### "It is all about change, adapting and growing."

to spend your weekends in Dallas." So on January 23, RE/MAX of Corsicana opened its Richland Chambers Lake office, "with an extremely soft opening," John said with a smile.

It is a beautiful 2,000-square-foot building finished with intricate details in the kitchen, the countertops and even in the foyer. You are immediately greeted by a 15-foot-tall, hand-painted

www.nowmagazines.com 38 CoriscanaNOW March 2009



mural of Richland Chambers Lake detailing every cove, every subdivision, and even the best spots to catch particular types of fish in the lake. "We commissioned a man out of Athens to do this, and we are so excited and proud of it," John said. "It really helps



us explain to potential clients where things are on the lake and where they are in relation to their current location," Julie explained.

In addition to their new lake branch, RE/MAX of Corsicana has a central office in Corsicana, on Seventh Avenue. It is a beautifully renovated home that was built in 1912, with all the charm and intrigue a home from that era has to offer. Aside from their gorgeous, welcoming offices, the RE/MAX team gainfully employs six knowledgeable agents, in addition to John and Julie, Office Manager Anne Burgess and Lacy Ogburn, Julie's indispensable assistant. With the opening of the new office, RE/MAX is a great opportunity if you are interested in a full-time career in real estate. For more information, contact Re/MAX of Corsicana at (903) 874-0007.

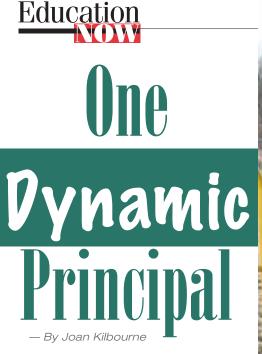


#### CAREER OPPORTUNITIES WITH STABLE EMPLOYMENT

Applications accepted Mon.-Sat. 8am-5pm at the plant located at 3801 S. Hwy 287, Corsicana,TX or apply on line at www.guardian.com/corsicana



An Equal Opportunity Employer



In August 2008, Darla Nolen had 24 hours to drive to Corsicana from Little Rock, Arkansas, for her final interview for the position of Carroll Elementary School's new principal. "The dominos started to fall while we were in Arkansas at my son's national baseball tournament," Darla said.

During a game, she received a call inviting her to interview with the school district's superintendent. She packed a bag and drove to Corsicana. "The interview lasted about 45 minutes," she said, "and my husband was in the car with the engine running." As soon as the interview was over, Darla jumped into the car and they drove straight through to Little Rock to be at the night game. "The following day, the team ended up winning the entire baseball tournament where I was the scorekeeper, so I wasn't able to answer a phone call that offered me more good news, and that was the job offer. They told me to report to the school the following Monday, so we loaded up the car and drove back to find a hotel room and a real estate agent to help us find a house, while I worked on preparations for the school year," she added.

Darla remembers her initial welcome.



"It was great and it all fell into place for me to be here," Darla smiled. "My husband, Brian, received his job teaching and coaching at Corsicana High School, and our boys started school, and we found a house." Darla was well-prepared to take on her new responsibilities. She had earned a bachelor's degree in English at Sam Houston State University, then a master's degree in education at

#### "We want to send students out of here ready to handle the challenges of the sixth grade and beyond."

Stephen F. Austin State University. She had learned the multitasking that would be required of a principal when she was working at a school, attending night and summer classes and doing all a wife and mother must do. Darla recalled, "It was like an endurance contest to juggle everything."

She credits her ability to function under hectic circumstances in her new job to the time she worked as an administrator under a really good principal. "One of the most important lessons I learned was how to relate to the teachers and staff who make a school a desirable place to be every day. The talented teachers who work at Carroll Elementary could work elsewhere for more money, but they choose to be here where their students' success is so fulfilling," she stated. "Also, this is a

very generous community. The businesses and churches here are always ready to respond when I ask for help to provide uniforms and school supplies to the children who need them."

There are 700 students and 90 staff members at Carroll Elementary. The campus has a Head Start program, eight pre-kindergarten classes and kindergarten through fifth grade. "I couldn't manage all of it without my very effective assistant principal, Sue Tolbert. She takes a lot off my plate," Darla further explained. "We have a heart-of-gold counselor, Debbie Powers, who helps our young students cope

## Education

with the transition from home to school. And there is the school secretary, who directs office traffic all day. She provides that all-important positive first impression of a school for parents and visitors. I have such respect for the janitors, who keep the campus a pleasant place for all of us, and for the cafeteria workers and secretarial staff who make this a safe, nurturing environment for the students."

Because Carroll Elementary has a population that is 65-percent Hispanic, it is a designated bilingual school. This means classes are taught in both Spanish and English from kindergarten through third grade. As students progress in their ability to work in English, they transition to an all-English language classroom environment. Students who enter kindergarten as bilingual are usually ready by fourth grade to make the transition to English only. Some who enter later may need additional time to be ready for the next level.

"If I had three wishes, I would like to see technology integrated into the classrooms. I want computer access to be a normal part of everyday learning, using things like document cameras and smart boards," Darla admitted. "I would also like to double the size of the library collection. We have a wonderful librarian, who leads students to the books they need to investigate the topics they choose to learn about."

Darla's third wish involves preparing her students for the future. "I guess I would want some way I could help the teachers take the pressure of the TAKS testing off their students, so they could concentrate on the goal of preparing them to be successful at the next level. We are not just about testing. We want to send students out of here ready to handle the challenges of the sixth grade and beyond. We have to think about preparing our students to be capable, contributing adults," she said. **WINY**  Interior Ideas, Inc.

Beautiful Home Decor • Residential and Commercial Design Antiques • Art Gallery • Accessories • Gifts

MARCH RED TAG LAMP SALE 20% to 60% off on selected lamps.

Enjoy Lunch at the Wildflower Cafe Monday - Saturday 11 - 2



211 W. Knox • Ennis • 972-878-6868 • shop Hours: Mon-Fri 9 am - 5 pm • 5at 10am - 2 pm





















Students, top left, worked hard at Agape Academy. Leah and Stephen Blackard, top right, took a step back in time during the '70-'80s Bash. Doug Coursey and his date, second row left, also took a trip back in time. Several individuals, second row center, attended the Navarro County Go Texan fundraiser. Lowell Dunn, Pam Dunn and Paul Hooper, second row right, enjoyed the After Hours event held at Cantebury Court. The Derrick Days Committee, third row right, met to finalize plans for this year's event. Several students, third row left, received scholarships during the Go Texan fundraising event. Old School Girls, fourth row right, attended the '70-'80s Bash held at the Shriner Building. Many local residents, bottom left, gave donations during the Go Texan event. The Navarro County A&M Club, bottom center, held a ring presentation for graduating seniors. The Navarro Elementary Bell Choir, bottom right, played during the Corsicana Education Foundation's Annual Spaghetti Supper Kick-off.

www.nowmagazines.com 42 CorsicanaNOW March 2009





#### IN THE KITCHEN WITH ANN STITES

ooking for many people, including family and friends, is a valuable blessing to Ann. "This is when I enjoy cooking the most. I love the whole process of planning, cooking and decorating," she expressed. "I have fun doing it, and usually, everyone leaves full and happy."

Ann's friends at the First United Methodist Church call her "The Food Lady." For the last six years, she has been in charge of the kitchen for her church's annual bazaar and luncheon. "I have a crew of loyal friends who meet me at the church at 3:00 a.m. the morning of the bazaar to cook turkey spaghetti for the luncheon," she explained. "People think we are nuts, but we have a blast, and it has become a fun tradition!"

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

#### ENCHILADAS SUISAS

My favorite for friends and family!

1 medium onion, chopped 1 clove garlic, minced 2 Tbsp. butter 2 Tbsp. flour 1 1/2 cups chicken broth 1 14-oz. can green salsa 1 small can green chilies 1/4 tsp. ground cumin garlic powder, to taste salt, to taste oil for frying 12 corn tortillas 1 1/2 cups chicken, cooked, chopped 1 1/2 cups grated Monterey Jack cheese, grated 1 1/2 cups cheddar cheese, grated 1 cup heavy cream 8 oz. sour cream 2 green onions, sliced

Prepare sauce by sautéing onions and garlic in melted butter for about 2 minutes. Stir in flour and chicken broth. Add green salsa, green chilies, cumin, garlic powder and salt to taste. Simmer for about 15 minutes to blend flavors; remove from heat and set aside. Heat oven to 350 F. Grease 13 x 9-inch glass baking dish. Put enough oil in frying pan to cover bottom and a single tortilla. Set on medium-high heat. When hot, briefly fry each tortilla one at a time, about 10 seconds. Be careful they do not get crisp. Drain on paper towels; then dip each tortilla until covered in prepared sauce. In one hand, hold tortilla, adding chicken in a strip down the center. Next, add 2 to 3 Tbsp. mixed cheeses; roll up enchilada and put in prepared baking dish seam side down. Repeat until all 12 tortillas are filled and in the baking dish. Pour remaining sauce over enchiladas. Whisk together heavy cream and sour cream; pour mixture over enchiladas. Sprinkle with remaining cheese and sliced green onions. Bake for about 20 minutes, until bubbly and hot. Serve hot with salsa. Spanish rice. refried beans and chips go great with these enchiladas. This dish can be assembled the day before cooking. (Work time: 30 min. Total: 1 hour) Makes 12; serves 6.

#### MY MOM'S MEAT LOAF

This is one of my favorite family dinner recipes.

2 lbs. ground sirloin 1/2 medium onion, chopped 1/2 bell pepper, chopped 1 egg salt and pepper, to taste 1/2 cup milk 1/2 cup ketchup 3/4 sleeve saltine crackers, smashed in a baggie Preheat oven to 350 F. Grease bottom of baking pan or line with foil. Add everything in a large bowl except crackers. Mix with your hands or beater. When all is mixed together, add crackers and mix again. Form into a loaf; put into pan and bake uncovered for 1 1/2 hours. Serve with ketchup. I like mashed potatoes, green beans and rolls with mine.

#### STUFFED MUSHROOM CAPS

1 lb. medium mushrooms 1/4 cup green onions, chopped with tops 1 clove garlic, finely chopped 1/2 cup butter 1/2 cup dry bread crumbs 1/4 cup grated Parmesan cheese 2 Tbsp. parsley, snipped 1/2 tsp. salt 1/2 tsp. dried basil leaves 1/4 tsp. pepper Preheat oven to 350 F. Clean mushrooms, remove stems from mushrooms and finely chop stems; set mushroom caps aside. Cook and stir mushroom stems, green onion and garlic in butter over medium heat until tender, about 5 minutes; remove from heat. Stir in remaining ingredients. Fill mushroom caps with stuffing mixture. Place mushrooms filled-side up in greased baking dish

and bake for 15 minutes. Makes about 24 appetizers.



**SINCE 1928** 



## Where Can You Get Pancakes At 2 O'Clock in the Afternoon???

## Roy's ... Of Course!

Eat with us on March 10th – 5% of Gross Proceeds from that day go to support the Corsicana Education Foundation ....additional donations will be accepted as well....

## Breakfast Served All Day! To-Go Orders Welcome

Hours: Monday-Friday -- 6:00 am til 2:00 pm Saturday -- 6:00 am til 1:30 pm

## Daily Specials New Menus

306 North Beaton St. • Corsicana, Texas 75110 (903) 874-6791





Pantastic Zakeview Dining

ATFISH

Lunch Buffet ... \$5.99 (7 Days a week)

Summer Palace

**Chinese** Food

Dinner Buffet ... \$7.59 (Sunday, Monday, Tuesday, Thursday)

Wednesday Dinner Special ... \$6.75 Friday Night Seafood Buffet ... \$8.29 Saturday Night "All You Can Eat" Crab Leg Buffet ... \$11.99 No Smoking

2110 W 7th Ave. • Corsicana

903-872-5061

Sunday Buffet 11:30 am - 2 pm Friday Nights are all-you-can-eat catfish Sat. Nights come for our Ribeye Special Saturday, March 28 - All You Can Eat Seafood Buffet - 5:30 - 9:00 PM Label State State

The Lighthouse Café

al Fishennan's Point Marina

35 acres of fun - food - fishing

230 FM 416 • South Side of Richland Chambers Reservoir 903-389-2423 Restaurant Closed on Monday Hours: Wed - Thur 11 am - 8 pm • Friday 11 am - 9 pm Saturday 8 am - 9 pm • Sunday 8 am - 8 pm • Closed Mon & Tues Live

Music Every Saturda

## Experience the Best Steak in Town! Cooked to Your Perfection!



Come Experience the History

20200

Now Open ... Mon - Thurs 4:00 pm - 12:00 Midnight Fri & Sat ... 11:00 am - 12:00 Midnight

> In Downtown Historic Corsicana at 105 S. Beaton St. 903-872-0050



# Is a Rollover in Your Future?

— By Lynda Housley

Have you recently left one employer to begin working for another? Were you covered by an employer-sponsored retirement plan, such as a 401(k)? If so, you may be wondering about the future of your account.

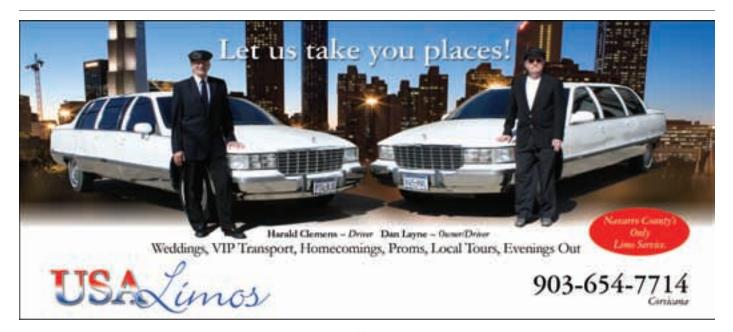
In the event of a job change, there are many options available to you regarding your employer-sponsored retirement account assets. The options you have will depend on the provisions of your former employer's plan. Sometimes your money can stay in the plan with your previous employer until you reach a specific age and you then can begin taking withdrawals without a tax penalty.

Remaining with your old plan may have drawbacks. Sometimes fees are charged to former employees to offset managing the account. A minimum asset balance may also be required. Other times, you must take your money out when you terminate employment. You should contact the Human Resources department or benefits counselor of your former employer to determine your options. If you withdraw plan assets, you may need to find another funding vehicle.

Transferring the balance of the assets in your previous employer's tax-qualified account to a plan sponsored by your new employer may be an option. This can be done without paying taxes if the money goes directly to the new account (known as a "direct rollover"). However, your new employer may not allow a rollover, thus you will need to look at further options.

One choice to consider is rolling the balance of your account to a Traditional Individual Retirement Arrangement (IRA). With this choice, you are able to control the investment options within the IRA. You can also avoid the need to make a further rollover if you change jobs again. Rolling your 401(k) assets into a Traditional IRA can be costly if not done correctly. If you take a withdrawal, the trustee of your old plan must withhold 20 percent of the money for federal income tax purposes. You have 60 days to roll the distribution to a new qualified retirement vehicle if you do take a withdrawal. The 20 percent withholding will count as a distribution if you do not roll over that amount to an IRA or other qualified plan. A 10 percent tax penalty will usually apply if you are under age 59 1/2 and you don't roll the entire amount into an IRA or other qualified plan.

In order to avoid the 20 percent federal income tax withholding, a direct rollover should be considered. The assets of your employer sponsored plan are transferred directly from your former employer's plan to a Traditional IRA or other qualified plan. You don't touch the money, and neither



## Finance

does the government. Your assets can grow tax-deferred until you begin withdrawals.

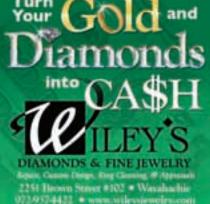
To complete a direct rollover, contact a finance professional to discuss your options. Once you determine where you want the money to go, the IRA custodian can request the money from your employer-sponsored plan in the form of a check or wire transfer.

Your current IRA contributions are not affected by a rollover. You may contribute the allowable limit to an IRA even after rolling a substantial amount from your previous plan.

With so many choices available, it may be in your best interests to discuss a Traditional IRA rollover with a financial professional. You have some options. Take advantage of one with which you are comfortable.

Lynda Housley is a State Farm agent based in Corsicana.







Antique Treasures Exhibit Fiday, March 13 through Sunday, March 13 Render Fit, March 14 through March 10 March 10 forder Larry & March 15 neon to 400 Fit. Patrice Fitzer Fitzer Auto 14 through No 400 FM and Sun, March 15 neon to 400 FM. Patrice Fitzer Fi

www.nowmagazines.com 49

 $_{
m 1}$  49 CorsicanaNOW March 2009

Health

## Wisdom of a Colonoscopy – By Dr. Syed, Gastroenterology

There are approximately 130,000 new cases of colon cancer diagnosed and 56,000 deaths from the disease each year, making it the second-leading cause of cancer death in the United States. It is estimated that increased awareness and screening could save 30,000 lives each year.

One of the most important precautions is to get a colonoscopy, since early detection of the disease may increase the survival rate. The procedure allows a physician to visually examine the entire colon and rectum for abnormalities such as inflamed tissue, irregular growths and ulcers. It is also used to look for causes of changes in bowel habits and to evaluate symptoms like abdominal pain, rectal bleeding and unexplained weight loss.

For the colonoscopy assessment to be accurate, the colon must be clear of stool and fluids that may obscure the view of the colon and rectal lining. Therefore, your physician will likely ask you to do the following at least 24 hours before the procedure.

• Avoid eating solid foods.

• Drink only clear, nonalcoholic liquids such as black

coffee, tea, water or clear broth.

• Stop taking iron pills or medications containing iron, as it can alter the color of the colon lining.

• Take laxatives or enemas prescribed by your physician.

It is important to inform your physician if you have diabetes or take blood thinners, including aspirin or other pain relievers, as your preparation for the colonoscopy may be slightly different.

A colonoscopy is usually painless, but can sometimes cause anxiety. Therefore, most people opt for either anesthesia or a mild sedative to minimize any discomfort during the procedure.

According to the American Cancer Society there are five myths about colon cancer that people need to be aware of:

Myth One: Colorectal cancer is a man's disease.

*Truth*: Colorectal cancer is just as common among women as men.

Myth Two: Colon cancer cannot be prevented.

*Truth*: In many cases colon cancer starts with a small polyp. If the polyp is found early, physicians can remove the abnormal growth and stop colon cancer before it begins.

**Myth Three**: African-Americans are not at risk for colon cancer.

*Truth*: African-American men and women are diagnosed with, and die from, colorectal cancer at higher rates than any other U.S. racial or ethnic group.

**Myth Four**: Age is not a factor in developing colon cancer. *Truth*: More than 90 percent of people diagnosed with colon cancer are age 50 and older. The American Cancer Society recommends people start being tested for the disease at age 50, or under 50 with a family history or other risk



www.nowmagazines.com 50

CorsicanaNOW March 2009



factors, even if they are experiencing no problems or symptoms. The lifetime incidence in patients at average risk is about 5 percent.

Myth Five: It is better not to get tested for colon cancer because it is fatal regardless.

Truth: Colon cancer is treatable. If the cancer is found early, the five-year survival rate is 90 percent.

Myth Six: A colonoscopy exam typically requires an overnight stay in a hospital.

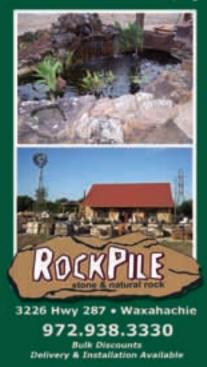
*Truth*: Colonoscopy is almost always done on an outpatient basis.

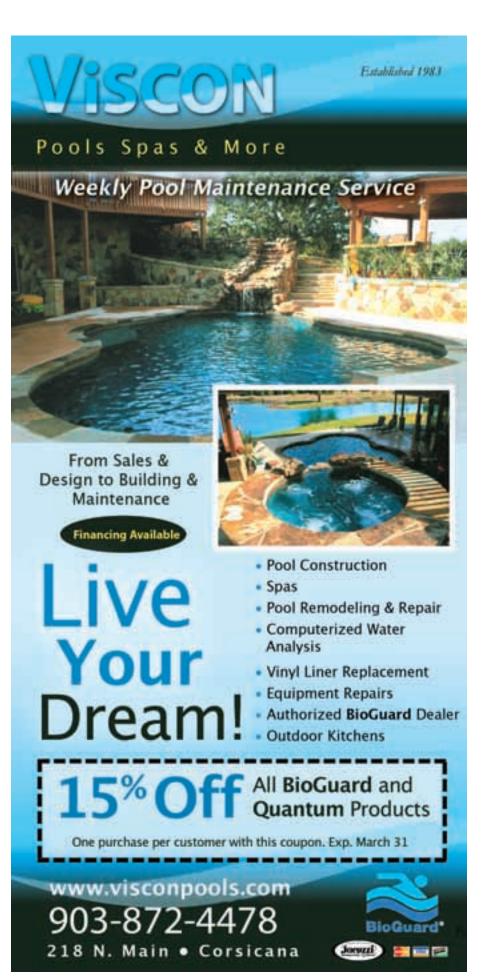
If you have questions about a colonoscopy or would like additional information about the procedure, contact your physician.

Dr. Syed Navarro Regional Hospital

#### We have everything for your outdoor needs

Flagstone • Stone • Grills Builder's Stone • Landscaping





www.nowmagazines.com 51 CorsicanaNOW March 2009

## **March 2009 Community Calendar**

#### All Month

Corsicana Education Foundation (CEF) Annual Drive. March sponsorship restaurants: March 5, Napoli's Italian Restaurant; March 10, Roy's Café; March 30, CiCi's Pizza. A portion of the proceeds will go to benefit CEF. (903) 654-2838. www.corsicanaeducaitonfoundation.com.

#### Third Thursday

Corsicana Education Foundation Board Meeting.

#### Fourth Thursday

Corsicana Education Foundation Campus Celebration.

#### March 3, 10 and 17

Childbirth preparation classes: 6:00 p.m. at Navarro Regional Hospital, Contact Lindsev Barak at (903) 654-6885 for details.

#### March 4

Customer service business seminar "Keys to Keeping Customers": 8:30 a.m.-11:30 a.m. or 1:30 p.m.-4:30 p.m., Corsicana Public Library meeting room. (903) 872-6571.

#### March 7

Marriage Workshop: Kaufman County Library, 3790 South Houston St., Kaufman. Spanish speaking classes are available. Reservations required. (903) 874-0077. www.marriagemanagement.org.

Waxahachie Civic Center Lifestyles Home and Family Expo: 9:00 a.m.-5:00 p.m. Hosted by the Waxahachie **Chamber of Commerce and Convention and Visitors** Bureau, Event features a Taste of Waxabachie, with wine and cheese sampling and cooking classes from local restaurants and an Ellis County SPCA indoor merchandise/information booth and adoption trailer in parking lot.

#### March 10

Day in Austin. Contact Corsicana Chamber of Commerce.

#### March 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.

#### March 15

Red Oak Bridal Show, a Dallas Area Bridal Show: noon-5:00 p.m. at the Red Oak Municipal Center. For information, call (972) 617-1933.

#### March 16-20 Corsicana ISD Spring Break

#### March 21

PINKS All Out: Texas Motorplex. \$18,000 prize. Particpate in qualifying races on March 7 and March 14. (972) 878-2641. www.texasmotorplex.com.

The Christian Music Festival will be held from 4:00-10:00 p.m. at the Ellis County Expo Center. Children's activities

will begin at 4:00 p.m. Dinner will begin at 5:00 p.m. Musical groups will begin performing at 6:00 p.m.

51st Annual Navarro County Youth Exposition at the Navarro County Expo Center.

#### March 26

#### March 26-29

"I Do! I Do!" will be presented at the Warehouse Living Arts Center at the Palace Theatre, 112 W. 6th Ave. (903) 872-5421.

#### March 28

p.m., Waxahachie Civic Center. Call (972) 814-0699 or e-mail expo.ecmga@yahoo.com for details.

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

and Ou

st Give Us & Shout

Derry Shelton





52

March 23-28

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

Master Gardeners Lawn and Garden Expo: 9:00 a.m.-5:00

# Stop Wondering.

## Start Asking.

t Community National Bank & Trust, we understand that the economy has a lot of people uncertain about investing. Do I continue to add to my portfolio? Should I sell? Should I reallocate my funds? Act now or wait?

The Investment Officers at Community National can help answer these specific questions, and more, for your unique situation. Drawing on their decades of collective experience, they will work alongside you to invest your funds wisely, making sure you have a sound investment plan to meet your financial needs and retirement goals.

So, whether you are just starting to invest, are wondering what to do next with your portfolio or need to roll over an IRA or 401(k), you can trust Community National for sound advice, Just another reason why people are proud to say, My Community - My Bank!

#### COMMUNITY NATIONAL BANK & TRUST OF TEXAS "My Community. My Bank."

Corsicana · Fairfield · Frost · Richland Chambers · Buffalo

www.mycommunitybanktexas.com

Not FDIC insured. Not bank guaranteed. May lose value.

