The Community Magazine Serving Corsicana and the Surrounding Area orsicana March 2010 Forging **Futures** Together Mexia Adopting a **Best Friend** At Home With Jule and Lucille Waterman



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On The Cover

Donald and Jackie King's chow/retriever mix dog, Hank, enjoys life at P.O.P Acres Ranch.

Photo by Terri Ozymy.

Editor's Note

Dear Readers.

As a relatively new resident of Corsicana, I am frequently delighted by chance encounters with interesting people doing interesting things. I spotted a standout performer in the play, *Oliver*, at the Palace

Theater. In the theater lobby, I was introduced to a man who has some reputation as a gourmet cook. On the college Web site, I discovered that there is a woman who teaches athletic training and works in that capacity with the college teams. A casual walk through the Winter Farmer-Rancher Market led to a discussion about organic cattle ranching. A stroll through the Christmas Tour of Homes led to a meeting with a family living on historic Third Avenue, and a conversation I had with a teacher neighbor, as we were leaning on our rakes, revealed something new happening in the schools. I believe you will enjoy meeting all of these folks as much as I did.

Joan Kilbourne
CorsicanaNOW Editor







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Forging Tutures Together

— By Virginia Riddle

When Donald and Jackie King met, they quickly found that they both had fond memories of the agrarian lifestyle practiced by their respective sets of grandparents. Shortly after their marriage in 2001, the Kings began turning memories and dreams into reality by buying acreage and moving from the Dallas Metroplex to the Pursley community. "I like to see the open land; what a freedom! But we do have to make a living," Jackie stated.

Not only have the Kings established their growing business, but they are sharing their experience with farmers, ranchers and consumers in the Corsicana area by forming the Farmer-Rancher Network and the soon-to-be-announced new Farmer-Rancher Network Farmers Market in Corsicana's Main Street area. Jackie



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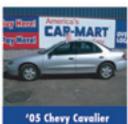


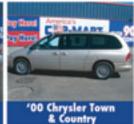






















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is the coordinator of the farmers market and is considered to be the "go to" person. "Jackie's strong suit is to talk to every farmer and rancher in this county," Jim Howard, a local business owner and participant in the farmers market and network, said.

As the owners of P.O.P. Acres Ranch and Farm, Donald and Jackie are raising grass-fed, cross-bred, Red and Black







Angus and Limousin cattle using their grandparents' methods combined with their skills in business and technology. Their goal is to become fully certified as organic beef producers. Jackie has long been studying organic farming and ranching methods through the Texas Organic Farmers and Gardeners Association and was labeled the "organic lady" at the Dallas Farmers Market while she sold organic products produced around Texas by farmers and ranchers.

Converting from the use of modern commercial methods to receiving organic certification is a lengthy process. The Kings are raising their beef "naturally." Their cattle are grass fed instead of



grain fed, they reside at home, instead of in feedlots, and they receive no added hormones or antibiotics. The only supplements that the cattle receive are natural minerals and certified organic hay, as needed. The resulting lean beef has a slightly different taste because of the grass, and it cooks slower and at a lower temperature than grain-fed beef.

Forage varieties that Donald and Jackie are introducing to their acreage are grown from certified organic or untreated, open-pollinated, non-GMO seeds to

"Jackie's strong suit is to talk to every farmer and rancher in this county."

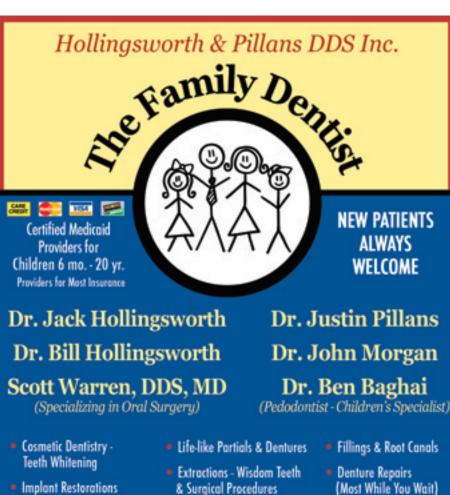
insure that their cattle have the best "salad bar mix" upon which to graze. The need to irrigate, chemically fertilize the pastures and use synthetically produced pesticides and herbicides has also been eliminated by reintroducing prairie grasses. Eighty acres of their property are already certified organic, and the other 43 acres are in transition. "We expect our calves born this spring to be eligible for organic certification," Donald stated. "Our beef is processed in this area and is USDA approved."

Donald and Jackie bring their bank of experience and expertise to their fellow farmers and ranchers in the Navarro County area. Donald, a CPA, still actively working in the business world, has the greater experience with animals and farming, having been actively involved with his parents' farm while growing up. Jackie, fully retired from her career with State of Texas Offices of the Comptroller and Attorney General, is



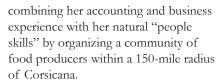






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The Farmer-Rancher Network began with its first meeting in January 2007 and has had as many as 30-40 people in attendance. The network is creating a business and community infrastructure that will help local small farmers succeed. Through the network, smaller acreage producers can communicate with each other and share equipment, knowledge and expertise. Drawing upon her experience with the Dallas market and visits to Austin area markets, Jackie and



"like-minded" farmers are creating this new "full-service" farmers market for the Corsicana area. Additionally, they are networking with representatives from the city of Corsicana's Departments of Economic Development, Planning and Zoning, Events and Tourism and Main Street Project, as well as the Small Business Development Center (SBDC) at Navarro College, Viable Options In Community Endeavors (VOICE), Texas Land Bank and other local businesses to help grow their individual farming businesses through cooperative and collective marketing efforts.

The market works closely with local and state health-regulating authorities to assure that all public health requirements are met. Sellers within the 150-mile radius of Corsicana are invited to participate as long as each seller grows or produces the product themselves. Products to

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be offered in the new spring-to-fall market include grass-fed beef, poultry, pork, eggs, cheese, honey and organic produce in season. The Market's initial Winter Market during November and December of 2009 featured, in addition to food products, handmade items such as quilts and pet treats. Community service groups, such as VOICE, Habitat for Humanity and the Pursley VFD, were invited to participate with activities and information for children and families. "We feel part of a group happening," lackie stated.

Donald and Jackie have hopes that the community feeling that has begun with the Farmer-Rancher Network and the Farmer-Rancher Network Farmers Market will result in a steady growth of small farms that will generate a return to the vibrant lives that many of the small area farming communities, such as their own Pursley, once enjoyed. "I would love to see these old towns come back alive again," Jackie remarked wistfully. They believe that these hopes can be realized as fellow, reinvigorated baby boomers "retire" to the country ready to try farming the old-fashioned ways they remember. The Farmer-Rancher Network is also ready to welcome and help young farmers who "have a passion for making a living from the land." Through the network, Donald and Jackie can see a time when, with a cooperative and coordinated effort, small acreage niche farmers in the Corsicana area could become steady suppliers of food products for Dallas and Fort Worth area markets and restaurants. The Kings plan on doing their share of "growing" their farm by expanding to organic certified turkeys, herbs and vegetables this year.

Just as the flowers on rose bushes and flowering bulbs that were planted long ago by farmers' wives return every spring to the Texas prairie to bloom where farm houses once stood, Jackie and Donald's memories have returned them to the land. With one foot planted in using the best of the old-fashioned, natural farming practices of the past and the other foot moving forward into the future, the Kings are also helping other farmers to grow and prosper. By working with their fellow farmers, they are planting seeds of change, prosperity, hope and a cooperative community spirit. WDW







Turning House Jento House

At Home With Jule and Lucille Waterman

— By Joan Kilbourne

After serving 12 years of active duty in the Army, Jule Waterman had to choose between a job offer as a nurse anesthetist, at the Medical Arts Clinic in Corsicana, and a

tour in Vietnam. Jule, also known as "J," opted to enlist in the Army Reserve and become a resident of Corsicana. After 14 more years, he retired with the rank of full Colonel; only the third male nurse ever to achieve this rank.

Lucy, Jule's wife, had made 18 moves in 12 years, "with a swing set tied on the back of a van full of furniture. [It seems like] we had a baby every move," she added. Lucy



was ready to settle down. The Watermans needed a four-bedroom house for their three daughters and a son, but not many houses with four bedrooms were available at that time. When their agent found one, they hurried out to look at it. Searching for their son to come and



see his bedroom, they found him in a tree house, prepared to stay there. That's when Jule and Lucy knew they had found their home.

Over the years, Jule would build several tree houses. The first construction was a platform and then walls and a roof and an electric outlet were added. Adding windows, screens and carpet made the tree house a place where the children could invite their friends in to listen to a radio. They could even plug in an electric blanket so they could sleep outside. Jule carefully planned a metal ladder, salvaged from a train caboose, which gave access









through the trap door that could close from the top to secure the sleeping children. Awake, the children were less secure. One day Jule heard Lucy call from the kitchen, "They fell out of the tree house!" A moment later, she called again, "They're coming back up!" On investigation, they discovered that the children had aligned the trampoline under the tree house and were jumping down from the 22-foot high platform and bouncing back up.

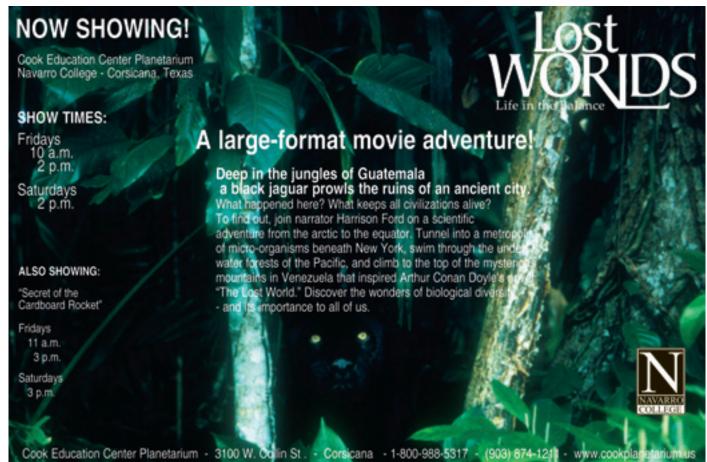
Lucy grew up in South Dakota, and Jule lived in North Dakota. They met at Sioux Falls College in South Dakota. When Jule went to Baylor, Lucy followed him, and like her husband, she earned a four-year nursing degree. Jule never regretted his decision to work in Corsicana under Dr. Gibson. "He was good to work for," Jule said. "He set up a retirement plan for the doctors and nurses and a college fund for their children. That was a big help when we had three at Baylor at

the same time."

One daughter became a nurse, like her mother; one became a teacher; and one works with computers. Their son works in construction. Jule tells of when, at the age of 3, his son emptied a box of nails he found in Jule's workshop, and with his dad's hammer, pounded the nails into a tree stump in the yard. When asked, "What will I do when I need a nail," he replied, "Just pull one out of the tree." An interest in building was fostered by













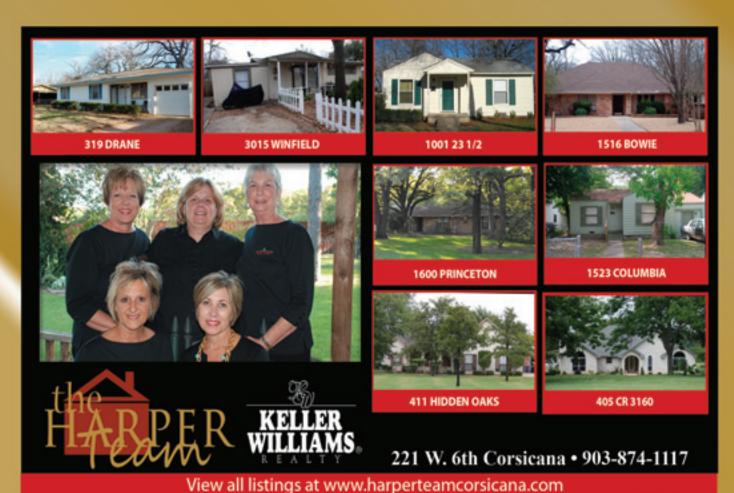
his father, who first did woodwork in a woodworking shop on an Army base and won a prize for the tables he made. Since then, Jule has built bunk beds and furniture for the house. In the front room, you can see a beautifully detailed model of the Constitution, a wooden hulled, three-mast frigate that he created.

The front room, which lies just off the entrance hallway, has double doors to close off the room when needed. "This used to be the children's music room when the children were learning to play the piano," Lucy said. "Then it became the teen's date room." Now the room serves as Mom and Dad's computer and TV room.

In the master bedroom, the bed is covered with a quilt made by one of the daughters to honor the parent's 50th wedding anniversary. Lucy pointed out her "wedding wall." There is a wedding photograph of Jule and Lucy, who is wearing a dress that she made herself. Two other photographs are pictures of her daughters wearing the same wedding











dress. Lucy also made the wedding gown worn by the third daughter. Beneath the picture display is a chest that belonged to Lucy's grandmother. When Lucy inherited the chest, she found the grandmother's wedding dress in it.

In 1972, Son Bowden built an addition to the house. A storeroom off the kitchen became a dining room. At one end of the room is a wallto-wall hutch featuring a lighted stained glass in the center and lighted aquariums for tropical fish on each side. The glass walls of the aquariums appear to be flat against the back wall of the hutch. The rear portion of the aquarium and the opening for

maintenance, however, are actually in the garage. Son also built the mahogany cabinetry in the kitchen, dining room and den. He was the artist who built the imposing grandfather clock that Jule gave Lucy on their 25th anniversary.

Part of the bedroom addition is a workroom that would be the envy of any homemaker who sews. Cabinet shelves hold fabric, and conceal an ironing board. There is a thread drawer

and one for buttons and other findings. A small Singer sewing machine sits on the long countertop. "I have a serger and another machine that does fancy stitching, but what I always use is the old Singer that just goes forward and back," Lucy said. "I even sewed the wedding dresses on that old machine."

The Waterman family has been 45 years in this house. It looks like they intend to stay.

Jule is a golfer who enjoys playing in the senior scrambles. Every day of the week some club within 50 miles has a senior scramble event going on. For a small fee, a golfer is assigned to a four-player



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team and provided with a golf cart. Some courses also include a meal. In the front room, there is a display of golf balls with the names of clubs where Jule has played all across the U.S. and Canada. Involved



in his community, Jule served on the City Council for seven years. In 2005, he was appointed to fill a vacancy as mayor of Corsicana.



Lucy is content to be in a town where "you will meet someone you know when you go to the store. I like knowing the people who work on our house. We also know our church members over many years. We love our house, and we have plenty of room for our four kids to visit with the 12 grandchildren, and now one great-grandchild."



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MexiaNDW

Adopting a Best Friend — By Joan Kilbourne

Limestone Animal Rescue and Adoption Shelter (LARAS House) is a vision that is becoming a reality in more and more concrete ways. Local residents of Mexia and Groesbeck

recognized that unwanted dogs and cats were routinely dumped in the country. Whether the residents regarded these animals as a nuisance or as a cause for concern, there was awareness that something needed to be done. Four concerned people got together to find homes for a litter of Great Pyrenees puppies that were abandoned in the lake area. They shared stories about other unwanted animals they had found, starving and diseased. "Dogs don't

do well in the wild," Jay Posey said. "They just don't understand when they are left alone."

In April 2008, the group began in earnest to work toward creating a shelter in Limestone County. They were able to purchase a five-acre piece of land, and soon after, they were given an unused mobile home that they could refurbish to provide office space, a cat habitat, and a place to bathe animals. The county committed to building a culvert and a road to the future permanent shelter building.

At any one time, as many as 100 to 130 animals come into the care of this dedicated team. The large number of animals in need

gives urgency to the task of raising funds to build a permanent shelter. Such fundraisers as "shelter showers" and brick sales help generate the funds needed so that construction can begin on an environmentally friendly building with solar power.

The most important work of the shelter sponsors is placement of the animals into homes where they will be loved and cared

for. People from as far away as Houston, San Antonio, and Dallas can look at the LARAS House Web site and choose a dog that is currently living in a foster home. Once or twice a month, on a Saturday, there is an Adoptathon on Highway 84 where interested families can see and interact with the animals available for adoption. The date of the next Adoptathon is also found on the Web site. Last year, 357 animals found new homes through this process. All kinds of animals find their way into this shelter: dogs, cats, goats and

horses. There is even a foster home for hamsters and guinea pigs. There are 25 or 30 foster homes where dogs are cared for. The foster families often find it difficult to part with an animal that is preparing to move to a permanent home. "We cry," Jay said. "When you bottle feed a puppy or a kitten you get attached. You have to remind yourself you are only keeping it healthy for its future family." Until the building is possible, the group is working

with local veterinarians, public officials and private citizens to be

Editor's Note: For more information, contact LARA's House at (903) 644-5275 or e-mail limestoneshelter@gmail.com.

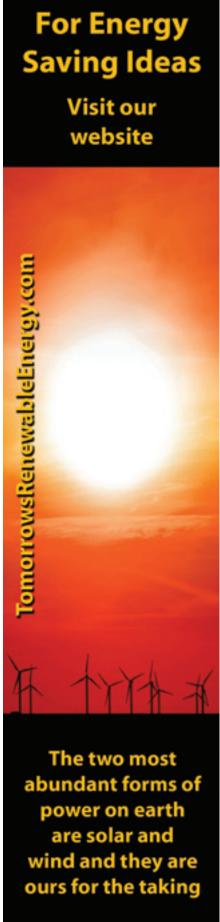
sure rescued animals have what they need.



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An Artful Actor

— By Joan Kilbourne

In a recent production of the musical, *Oliver*, the role of Artful Dodger, played by Kyle Montgomery, captured the audience, from his first appearance to the end. It was not the first time this veteran actor turned in a standout performance. Kyle, a 17-year-old high school junior, has been acting in Warehouse productions since he was 10. "I was walking along with my mom, and we saw an announcement of auditions at the Warehouse," Kyle said. "She asked me if I wanted to try out for the play. I was nervous, but I did it." He was chosen for a role in *Cheaper by the Dozen*. "What I liked about that role," Kyle said, "was that I got to play with the dog in the show." That same year, he also had a role in the Children's Theater production of *The Best Christmas Pageant Ever*. He also played in *Do Not Go Gentle Into That Dark Night* in a Warehouse Theater production. "I liked playing the role of 'Nobody,' Kyle said.

His mother, Tamera, who is the music and theater arts teacher at Frost

Elementary School, inspired Kyle's early involvement with theater. Under her direction, Kyle and her other students have many opportunities to perform. "I was doing skits starting in the first grade," Kyle remembered. "I studied piano and played in a chimes group, and we did productions in church and in nursing homes. At first I was singing and playing the chimes, but now I run the sound system."

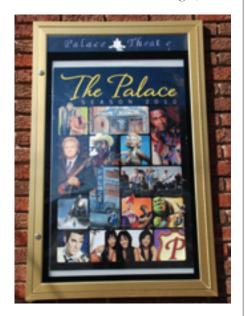
The University Interscholastic League (UIL) in Texas oversees educational extracurricular academic, athletic and music competitions among Texas' public schools. Teachers, like Tamera Montgomery, take advantage of these contests to provide highlevel performance experience to their students. Kyle's natural talent and early on stage experience have won him many honors in these competitions. In the seventh grade, he won All-Star Cast as the narrator in a play. The Best Actor winner from each group in a contest competes with other Best Actors for selection to

the All-Star Cast. "It is like the Best in Show prize for dogs," Kyle laughed. In eighth grade, with his mother as director, Kyle won Best Actor in *Flowers for Algernon*. The following year, as a high school freshman, Kyle appeared in the play *Do Not Go Gentle Into That Dark Night*. The play was condensed for the one-act play competition. Once

-Arts VOW

again, Kyle won a place in the All-Star Cast selection for that role. He won Best Actor at the zone (local) in a one-act play called *Living the Life*, and then he went on to win All-Star Cast at the district level.

Kyle is a little vague about the number of plays he has appeared in at the Warehouse. "It's seven or eight, I



think," he said. "I was in Music Man, but the Norma Russell play, Home to Roost, was special," Kyle said. "My mom often worked backstage, but this was her first time on stage, and I liked being in a play with her." For a while, Kyle took acting lessons from Helen Griffith, whose professional connections in the theater arts allowed him to secure an agent and do auditions for commercials and one time for a movie. "I am not ready to devote the full-time effort necessary to do professional work," Kyle said. "The UIL rules do not allow students with professional status to compete, and I want to remain in school competitions until I graduate."

Kyle's demanding school schedule should keep him busy enough. He plays on the teams in basketball, baseball, track and tennis. He has played at the state level tournament in tennis. He competes in the UIL speaking competitions, "But I don't play football," Kyle explained. "That means that in football season, I take a break." During his "break," Kyle is often in rehearsal for a play five or six days a week, doing







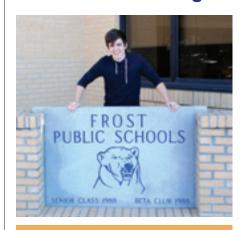


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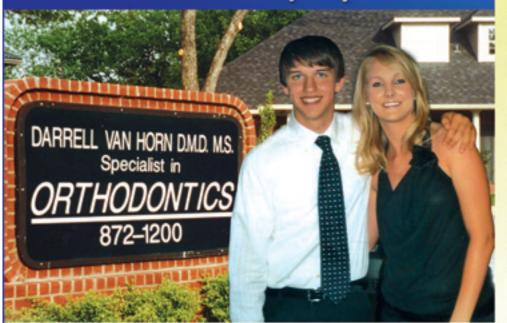
homework backstage until 10:00 p.m. when he goes home to eat and do more homework. With all this activity, Kyle maintains a straight A average. He is enrolled in Advanced Placement precalculus and physics classes and in dual-credit classes in English and history.

Kyle is considering a theater arts emphasis in college or possibly business or education. "I also think about ministry," he said. "I have attended Sunday school since I was very young, and now I lead youth services on Wednesdays. I see every day what it is

"I have people skills, so I could teach, and I like when I am called on to give ideas to other acting students and explain how to do something because I have done it so long."



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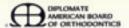
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TRAINING ROOM Keeping Them in the

— By Joan Kilbourne

Sierra Deary, MAT, ATC, LAT, was not surprised to be asked questions about the work that an athletic trainer does. "The only time people notice us is when an athlete is injured and we run out on the field to help." When the National Athletic Trainers Association (NATA) raised its standards to require a more academic approach to teaching athletic trainers, Navarro College adopted the new regulations, and Sierra is responsible to teach three classes. "Before 2004, students only did observations in internships. They would carry water at the games, but did no taping. Because there was such a high failure rate on the certifying examination, the association changed the emphasis from internships to a more academic focus," Sierra said.

"Students come into the program thinking they want jobs in the NFL and other professional teams," Sierra said. I remind them that they will pay a price for

"The students who enroll in these classes are typically interested in being athletic trainers and coaches, and some of the students are interested in allied health professions."

the time those jobs require. I miss out on family time and some of my kids' little league games.

I teach them that this job is not just about ice and ibuprophen. I teach classes on tape and bandages, on care and prevention and an intro class on athletic training. The classes include some kinesiology, safety issues and using heat and ice. I show them how to use the whirlpools, but I also tell them why they make these choices."

The students who enroll in these

classes are typically interested in being athletic trainers and coaches, and some of the students are interested in allied health professions. Navarro College takes its sports medicine program seriously. The sports medicine enrollment form advises students in advance, "student trainers are expected to be at work every day, on time. ... Be prepared to work as many as five to six hours a day during the week and limitless hours on game days. This is a full-time job. Athletic training is not a club or extracurricular organization

Sports **NOW**

that you attend when you have time." Sierra added, "Students may discover that this work is not what they thought. They find out that there is more work to do, and they are expected to work longer hours than they anticipated. I guess it is a good thing that they find out how it really is before they spend more time and money going in the wrong direction."

In the 1990s, the American Medical Association (AMA) recognized athletic trainers as members of the allied health professions. Like physical therapists, they offer rehabilitation after surgery or injury. Recognition by the AMA means that members can work in clinics and in industry. Sierra observed, "Work in those places is 9 to 5, while I sometimes work more than a 60-hour week here. But then I get summers off and holidays on a school schedule, which works well with my own three boys."

Sierra was in high school when a friend became paralyzed after an accident. She became interested in the kind of care he needed. The summer after high school graduation, she took a job in a nursing home doing physical therapy for elderly patients. "I found that it was not really what I wanted to do," Sierra said. "A friend of mine knew that I was a sports fanatic and suggested I go to Graceland University to study in the allied health field, in which physical therapy training included study in neurology."

Sierra lived in a tiny town, Pattensburg, Missouri, until she moved to Graceland University in Lamoni, Iowa. The move to Texas Tech in Lubbock was a big move. "Lubbock looked like a really big city," Sierra said. "But by the time I finished my master's degree at Texas Tech University Health Science Center, I felt at home with the family-friendly, church-oriented people that I met there." As a graduate assistant, Sierra got her first job as an athletic trainer at Crosbyton High School in Crosbyton, Texas.

In 2003, Sierra Deary, now state licensed and certified by NATA, was appointed as Navarro College head athletic trainer. Her husband, Clint Deary, and three boys, ages 11, 9 and 2, attend the college games. The oldest boy may even act as ball boy. Each year, Sierra recruits student trainers to work









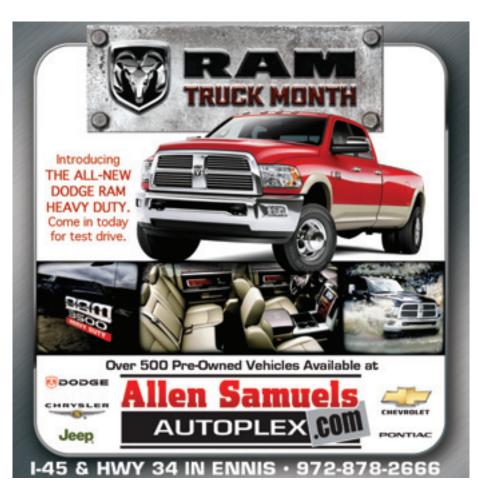
Sports MDW

with her just as the coaches recruit athletes. She can offer scholarships to students each year and assign them to different sports. The head athletic trainer is responsible to care for athletes on all six college teams: football, soccer, volleyball, baseball, softball and coed cheerleading. All together, more than 200 student athletes come under the care



"This is a full-time job"

of Sierra and her assistants. This means that she teaches classes in the daytime and attends games nights and weekends. She is also responsible, along with two team doctors, to tend to injuries on the visiting teams during a competition on campus. In whatever time she can find between theses events, Sierra keeps medical records and documents student visits to her workroom for rehabilitation and therapy. "When they [the athletes] get dinged up, there is pressure to get them healthy by game time." Sierra said. "There is even more stress at playoff time because there is a shorter turnover time between games to tend to injuries and get players ready for the next game." How does she do it all? "I love schedules," Sierra said. "I depend on my BlackBerry." TOW







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Business NOW



Making Their Mark

Keller Williams Real Estate is making its mark as a successful newcomer to Corsicana. — By Joan Kilbourne

Two years ago, Stuart Smith and Denise Harper and four agents opened the doors of the Keller Williams Real Estate office in Corsicana. They were attracted to what they describe as a faithbased family business whose priorities are ethical operations in a client-centered business. They became a top-producing agency in the first 18 months of operation. There are now 11 agents in this fast-growing franchise. According to the Keller Williams Web site, "Keller Williams Realty International now ranks as the third largest real estate franchise organization in the United States. Total North American associate count stands at close to 73,000. Our rapid growth trajectory is a result of our unique culture, team spirit and a passionate

conviction to serve our clients with the highest standards of integrity and professionalism."

"There are three keys to our success," Stuart said. "There is emphasis on team, on community involvement and on client service." He described the support for the agents' success saying, "Our broker in Waxahachie does not function as an agent in competition with other agents. Instead, the broker's role is to guide and instruct agents to support their success. Denise added, "He is always accessible to us day and night. He is the one who teaches the classes." There are classes available twice a week and online. Another aspect of the team concept is the Agent Leadership Council. Agents have input to the marketing decisions made by the



From left:

Back row: Stuart Smith, Terry Ann Holcomb, Patty O'Neal, Jeri Richards. Middle row: Denise Harper, Debbie McElhenney, Phyliss Jones. Front row: Lynn Gatlin.

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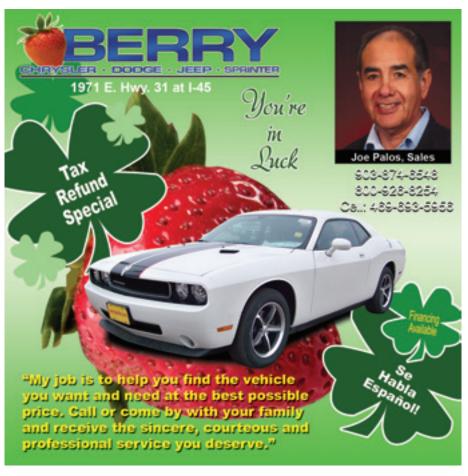
A second key value is about helping those in need. Agents are urged to identify their personal interests in the community, and they are encouraged to take part in helping with activities. "We are room mothers at Carroll Elementary School," Denise said. "We work with the children and make parties happen. We also have an angel gift tree at Christmas."

All of the Keller Williams associates in the United States and Canada are asked to donate their time working in the community on a designated RED Day (Renew, Energize and Donate). Each agency chooses an activity in its community and, on RED Day, associates all over the country are working at the same time. Another team-building event is the Gary Keller conference at the headquarters in Austin. "The speakers at the conference are not experts invited to talk to us," Denise said. "The speakers are associates who share their own techniques for success with their colleagues." Stuart added, "There is also an international family reunion day when agents from all over the United States gather. It's all part of the team concept."

The third key to success is about client service. Denise said, "We get to work in all aspects of real estate transactions, commercial, land and home sales." In order to provide this high standard of client service, associates take advantage of training opportunities and share information with one another so that they will be knowledgeable in all of these areas. "We have to educate our clients about what they need to do to secure loan dollars. We also have to be knowledgeable about the properties at Richland Chambers Lake." Stuart takes prospective clients on a boat tour of the lake. "That's the best way to get a picture of what is available there," he said. Twice a month associates attend the Realty Board home tour so that they will be familiar with available properties.

An associate pointed out, "You get out what you put in. One month, I had seven contracts working at one time. We really care about our clients. We go above and beyond to meet their goals. United as a team, we make it happen. We really care about Corsicana."





Education NOW



Treasures of Teaching

— By Virginia Riddle

Teachers bring their lifetime experiences to the classroom each day, and that is true of Deborah Scott, a keyboarding teacher, mentor and University Interscholastic League (UIL) prose and poetry coach at Collins Middle School (CMS) in Corsicana. Her life experiences have taken Deborah from being a cook to the business world, and even to Africa. "I just want kids to succeed and give them skills to be successful people," Deborah

stated emphatically.

Future teachers come into the profession by various career routes, and Deborah is no exception. She has worked as a cook, a medical assistant and a data processor. She has also worked with her husband in their insurance and accounting business as an insurance agent. Her first teaching experience was in a private school in Nashville, Tennessee. When the couple moved to Corsicana, she joined Corsicana

Independent School District in the technology department for her first 10 years, but found her true calling in the classroom during the following 10 years. While enjoying all of her work efforts, teaching is her true passion. "I like watching kids 'get it," Deborah said. "I want them to be employable."

Students find keyboarding classes interesting and practical. "I have very few discipline problems because the kids like to be on the computer," Deborah stated. Some students can earn dual junior high and high school credit for the classes, which enables them to further their course selection in high school. To do so, the student must be able to do touch typing and create business letters and memos, a skill required in high school. Deborah said, "Out of all the things you do in school, this is something that you can do in life."

Teaching the curriculum is not enough for most teachers. They realize that they are teaching students how to live a successful life; however, each person may personally define success, and Deborah, with her business world experience, is no exception. "I just want kids to succeed and give them skills to be successful people. Good social skills are as important as academics. I want them to respect people." Her classroom instruction is reflective of that goal as she focuses on students gaining business etiquette skills, such as appropriate greetings, shaking hands and looking at people eve-to-eve with confidence and poise.

Deborah goes further into business etiquette training with the four eighth grade students who are selected each year for the UIL prose and poetry team, which she coaches. Each student must present a prose or poetry selection by reading it aloud and making the three judges "experience it." The six-minute reading is presented not only to the judges, but also the other contestants. Students coached by Deborah learn how to work under pressure, make a public presentation and use excellent diction — skills students will use throughout life.

Another aspect of Deborah's teaching at CMS is mentoring a first-year teacher, Chris King, who teaches the class called

Education NOW

Present Yourself with another teacher, Amy Rogers. Their course curriculum is very important to Deborah since it also emphasizes teaching poise and presentation skills to students so they can succeed in obtaining and maintaining employment. As a mentor, Deborah not only passes on the knowledge gained in her many years of teaching to a new teacher, but is also uniquely qualified to offer input into the course curriculum through her business experience.

Deborah uses her summer vacations to seek adventures that enable her to learn even more about the world. During the summer of 2007, she volunteered with a medical mission in Zambia, living in a village in the African bush only 30 miles from the Congo. Chief Mumena, who was educated in England, invited the group to teach his people about work. Deborah found the poverty to be overwhelming, but the people had just accepted their lot in life and were not inspired to do much for themselves. She worked closely with the women, using her skills as a cook for large groups of people. Together with the women and Pat Varner, who was affiliated with Helping Hands, Deborah fixed native and American foods for everyone to share.

Many aspects of the trip surprised Deborah. There were very few wild animals since they had already been killed for food. Extreme poverty had become acceptable, along with the isolation of the villagers, who lived 60 miles from the nearest town and had only one car with which to go for supplies or to use in a medical emergency. Also, the night chill surprised her, since it was winter in Africa and summer at home. From that trip, she tries to emphasize to students just how fortunate they are to live in America. "I want them to understand they are not the center of the universe. They have to fit into the world," Deborah said.

An ancient Chinese proverb states, "Learning is a treasure that will follow its owner everywhere." Deborah's treasured experiences follow her each day into her classroom where she passes them on to her students and fellow teachers who will continue her legacy well into the future. Therein lies the true treasure of teaching.





Around Town NOW



CTA Cheer's Senior-coed Level 3 team swept the United Cheer National Championship in Galveston.



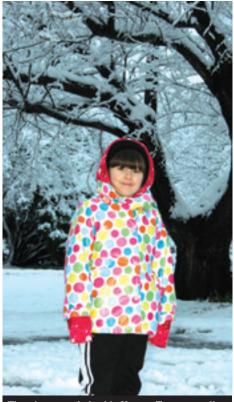
Carrie Coker and Katie Abay enjoy the snow in front of T & Company.



The Tuesday night bunch at Old Mexican Inn is bigger now that Steve Randle is back in town.



Volunteers at Two Doors Down Coffee House served a cake made by Three Sisters Sweets & Eats.



The winter wonderland in Kerens, Texas, was all white and all right for Emmy Lane.

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Who's Cooking WOW

In The Kitchen With James and Karen Wood

— By Faith Browning

James and Karen Wood moved eight years ago from Plano to Lake Richland Chambers. James is a local real estate agent and Karen is a flight attendant for American Airlines. They both love to cook and entertain for their many friends.

Paula Dean and Bobby Flay are two of James' favorite chefs. "I grew up in Georgia and always liked the Southernstyle comfort foods," he said. "When

I moved to Texas, I learned how they grill and smoke meats and blend the foods with different peppers, spices and sauces." Currently, James belongs to a men's dinner group in Corsicana. "Each month, one of our 10 members cooks a gourmet meal at their home for our group," he explained. "Many people consider this to be some of the best food in Navarro County." NOW



BRUSCHETTA

- 5 Roma tomatoes, diced
- 1 sweet onion, diced
- 3 cloves garlic, minced
- 2 small cans chopped black olives
- 1 pkg. shredded Parmesan cheese
- 3 Tbsp. distilled vinegar
- 1 Tbsp. garlic salt
- 1 Tbsp. black pepper
- 1 loaf baguette bread
- 1 small carton pesto with basil (Buitoni is good.)
- 1. In a bowl, combine tomatoes, onion, garlic, olives and 1 1/2 cups of Parmesan cheese; mix well.
- 2. Add vinegar, garlic salt and pepper to mixture. The mixture can be made the night before.
- 3. With electric knife, slice baguette loaf into approximately 25-30 thin slices (1/3inch thick) and place on a cookie sheet in preheated 425 F oven. Very lightly toast baguette pieces.

4. Remove from oven and lightly spread each piece with the pesto with basil. 5. Top each piece with one teaspoon of the mixture; place in preheated 425 F oven for 20 minutes. Remove and serve

KILLER ORIENTAL SALAD

- 1 small pkg. sliced almonds
- 1 oz. sesame seeds

warm ... it's great!

- 2 pkgs. plain Ramen noodles (seasoning removed), crushed
- 1 stick butter
- 1 head Napa cabbage
- 1 bundle green onions
- 1 cup sugar
- 1/2 cup vinegar
- 1/2 cup salad oil
- 2 Tbsp. sov sauce
- 1. Place almonds, sesame seeds and crushed Ramen noodles into pan with a stick of butter. Cook to golden brown. (Watch closely; it can burn.) Drain and

set aside to cool.

- 2. Chop Napa cabbage and onions; place
- 3. Combine sugar, vinegar, oil and soy sauce in container. Shake well and refrigerate.
- 4. Before serving, combine all three mixtures into mixing bowl and mix well. You can prepare the salad dressing and the browned mixture the night before and assemble the salad at the last minute; very easy and delicious.

GREEN BEAN BUNDLES

8 slices bacon

2 cans whole green beans

16 wooden toothpicks

8 Tbsp. butter

8 Tbsp. brown sugar

1/2 tsp. minced garlic (2 cloves)

2 tsp. soy sauce

1. Cut bacon strips in two and partially cook them.





- 2. Roll approximately 8-10 of the longest beans into a bundle, wrap bacon around the bundle and secure with toothpick.
- 3. Mix all other ingredients into pan; warm until the mixture is liquid.
- 4. Pour mixture over bundles and bake at 350 F for 30 minutes. Place under broiler to cook bacon for another 3 to 5 minutes.

ROAST PRIME RIB WITH THYME AU JUS

6-7-lb. bone-in prime rib 8 cloves garlic, thinly sliced Salt and coarsely ground black pepper, to taste 2 cups red wine

- 4 cups beef stock
- 1 Tbsp. fresh thyme leaves, chopped
- 1. Remove prime rib from refrigerator 45 minutes before roasting and bring to room temperature. Preheat oven to 350 F. 2. Make small slits all over the prime
- rib and fill each slit with a slice of garlic. Season the prime rib liberally with the salt and coarse pepper.
- 3. Place on a rack inside a roasting pan and roast for about 2 hours until mediumrare, or until thermometer inserted into the center of the meat registers 135 F.
- 4. Remove the meat to a platter and tent with foil to keep warm.
- 5. Place the roasting pan on top of the stove over 2 burners and set on high. Add the wine to the drippings in the pan and cook over high heat until reduced, scraping the bottom of the pan with a wooden spoon.
- 6. Add the beef stock and cook until reduced by half.
- 7. Whisk in the thyme and season with salt and pepper to taste.
- 8. Slice meat, as desired, and serve with thyme au jus.

SOUR CREAM PEACH PIE

1 unbaked 9-inch pie shell 1 lg. can sliced peaches, drained 1/3 cup all-purpose flour 1/2 cup sugar 1/4 tsp. salt 1 cup dairy sour cream 2 Tbsp. sugar

1/2 tsp. cinnamon

- 1. Bake pie shell at 350 F for 10 minutes to partially cook; let cool.
- 2. Drain peaches; slice into smaller pieces. Fill pie shell with peaches.
- 3. Blend flour, 1/2 cup sugar and salt. Stir in the sour cream and pour over peaches.
- 4. Mix 2 tablespoons sugar with cinnamon; sprinkle over pie.
- 5. Bake in preheated oven at 350 F for 35-40 minutes. Remove and let cool and place overnight in refrigerator to set. Serve with vanilla ice cream on the side.

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







Finance NOW

Life Lessons

— By Lynda Housley

Mike Thompson died in a car accident leaving behind his wife, Amanda, their two boys and stiff financial challenges. "After that," Amanda recalls, "I put the house up for sale and we moved in with my mother." About six months later, she purchased life insurance on herself telling her agent, "I don't want this to happen to my children."

Amanda's story illustrates how being without life insurance can leave families vulnerable to financial hardship. However, the need for life insurance is not limited to families.

When you're single with no dependents, you may not need much life insurance. But you should at least have enough to cover final expenses, so your parents or siblings aren't burdened with these costs. Once you're married, you share a life and

a home with someone else. Now if the worst happens, your spouse may be left with a rent or mortgage payment they can't afford. At this point, it's time for both spouses to get individual life policies.

When you have children, you have their future to think about. Life insurance can help your spouse keep up with child care and other expenses, as well as save for education and retirement. In retirement, life insurance becomes an important part of your estate plan allowing you to pass wealth to future generations or a charity.

There are two basic categories of life insurance — term and permanent. Term insurance can be purchased in large amounts for a small initial premium. It is well suited for short-term goals. Coverage lasts for a specified term. After this term has ended, it expires unless renewed by paying higher premiums.

Permanent life insurance provides a death benefit while the policy is in force. The premiums are initially higher than those of term insurance, but in many cases they can be cheaper over the life

of the insured. Permanent life insurance usually builds up a tax deferred cash value and is well suited for long-term goals.

Whichever option you choose, make sure your policy coverage keeps pace with your life stage - now and in the future. WOW

Lynda Housley is a State Farm agent based in Corsicana.





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Health NOW

A Foundation for Hope

— By Betty Tryon, R.N.

When the body turns on itself, it can be as devastating as outside forces. Autoimmune diseases are diseases where the body actually targets normal cells for destruction — a haunting prospect for a system created to protect and defend the body from harmful invasion. Multiple Sclerosis (MS) is an example of things gone awry. However, today with the vast amount of resources available for the research, treatment and supportive care of patients with MS, the picture is far from bleak. The course of MS varies greatly from person to person with progression of the disease and relapse of symptoms. The range of disease progression can go from benign symptoms with little or no disability to a severe progressive form of the disease.

Some of the symptoms experienced with MS are weakness in one or more limbs, double or blurring of vision, tingling, dizziness or loss of balance and tremors. In multiple sclerosis, the brain and spinal cord are damaged by the body's own immune system. In the simplest terms, a protective sheath called myelin covers your nerves, and in a process called demyelination, the body attacks and damages the sheath. The purpose of the myelin is to facilitate the transmission of electrical signals along

the nerve cells. The disruption of this communication pathway is what results in symptoms of MS, such as loss of muscle control with impaired mobility, speech, vision and balance.

Facing possible immobility or disability can be overwhelming. Information can provide a foundation of hope that life can be as normal as possible. For those coping with this disease, perhaps the most important resource available to them is a health care provider specializing in the treatment of multiple sclerosis. When developing a treatment plan, educating family and close friends to this disease will be beneficial in allowing the patient to live a more productive and active lifestyle. Joining support groups and even using online chat rooms devoted to this issue can be greatly beneficial to a patient's well-being. Many of these resources serve a great need for family members who must learn how to cope with the changing environment of MS. Communicating with others who deal with this can be a source of comfort, strength and support. In talking to others, many will find there is great reason to hope and, even to rejoice, at the many breakthroughs in this area.

With the assistance of fundraisers, research continues to rapidly advance for more viable therapies, new drug treatments and possibly a cure. Being aware of the manifestations of this illness can help prepare you to be as active as possible every day.

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





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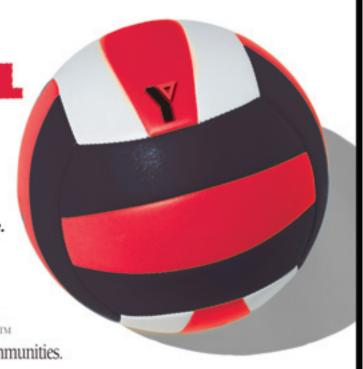
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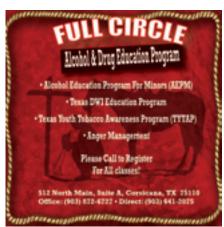


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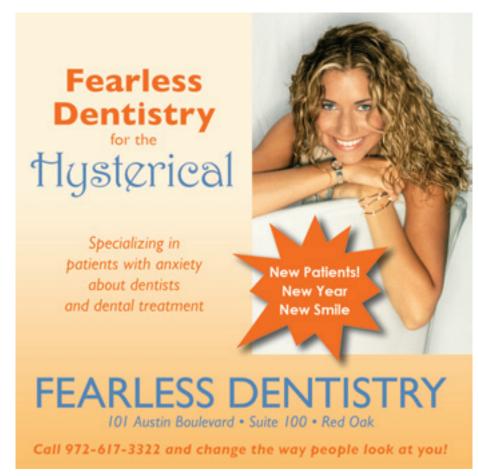


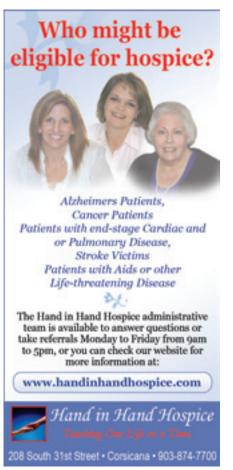
























Happening M

All Month

Elyse Delfor artist showing at the Warehouse, 119 W. 6th Ave. Sponsored by the Navarro Council of the Arts.

Mondays

Free Lunch at First Baptist Church, 11:30 a.m.-1:30 p.m., First Baptist Church, 510 W. Colin St.

First and Third Mondays

Support Group for victims of domestic violence. For more information, call (800) 283-8401.

Tuesdays

Depression and Bipolar Support Alliance meeting: 7:00 p.m., St. John's Episcopal Fellowship Hall, 101 N. 14th St. For more information, call (903) 872-6302.

Second Tuesdays

Navarro County NAACP meeting. Martin Luther King Center.

Second and Fourth Tuesdays

I.O.O.F. Rebekah Lodge meeting: 6:00 p.m., 3330 W. 2nd Ave.

Every Tuesday, Thursday and Saturday

Volunteer Income Tax Assistance (VITA) free tax preparation services: 2:00-5:00 p.m., office at the end of YMCA parking lot.

Second and Fourth Thursdays

I.O.O.F. Lodge No. 63 meeting: 7:00 p.m., 3330 W. 2nd Ave.

March 4

American Red Cross Corsicana community blood drive: 12:30-6:30 p.m., Navarro Shriner's Building, 323 N. Commerce St. Donors must be at least 17 years old, weigh at least 110 pounds, be in good general health and have a photo ID. For an appointment or information, call (800) 448-3543.

March 6

Ben Vereen's Vereen Sings a Tribute to Sammy Davis Jr. one man show: 7:30 p.m., Palace Theater. Ben was the first simultaneous winner of the Entertainer of the Year, Rising Star and Song and Dance Star awards from the American Guild of Variety Artists and has earned a coveted spot in the Casino Legends Hall of Fame. For more information, contact (903) 874-7792 or corpalace@sbcglobal.net.

Family Fun Day: 10:00 a.m.-4:00 p.m., Heart O' the Hills Camp for girls and



Boys & Girls

Ages: 4-7 (as of 4.1.10)

Cost \$25.00 for member & \$50.00 for non-member. Financial Aid & Sibling Discounts available. Registration Deadline is May 15th.



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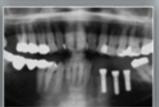


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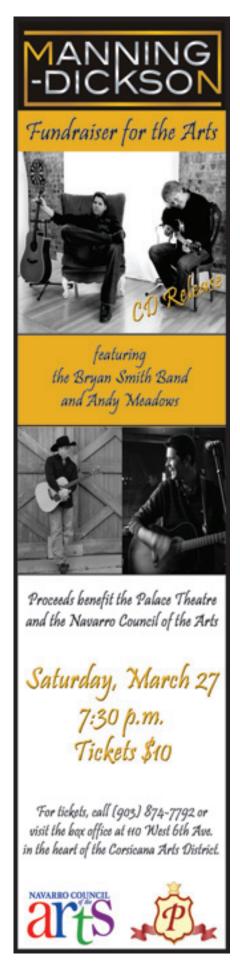






For Appointment Call: (903) 872-6685

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Happening M

Camp Stewart for boys ages 6 to 16. Come to either location for tours and snacks. For information, contact (830) 238-4650 or office@hohcamp.com.

The Second Annual Dudley Davis Memorial Relay for Life Barbecue. The Lonestar Barbecue Society sanctioned cook-off will be at American RV Park with the dinner at Star Hall at 6:30 p.m. Adult tickets: \$8. Children's tickets: \$6. Live entertainment. Tickets may be purchased from any relay team or committee member or by calling Tammy Broome at (903) 872-3931.

March 13

Coyote Squadron monthly meeting: 10:30 a.m., C. David Campbell Air Field.

March 15-19

Corsicana Independent School District Spring Break.

March 15-20

Navarro College Spring Break.

March 22-27

52nd Navarro County Youth Expo: Navarro County Expo Center, 4021 W. State Hwy. 22.

March 27

Family Series *Shrek the Movie*: 2:00 p.m., Palace Theater. (903) 874-7792.

Ellis County Master Gardeners 10th Annual Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, I-35E and 287 bypass. Features speaker Neil Sperry, Master Gardner workshops and plant sales, 100 vendors and door prizes. \$3; children under 12 are free. For more information, contact (972) 825-5175 or www.ecmga.com.

March 29-April 1

Navarro Council of the Arts for children presents "Kid Prov." A comedy improvisation troupe will travel to the schools for third- and fourth-grade students.

March 30

Impact Navarro will host a town hall meeting: 6:00-7:00 p.m., Martin Luther King Jr. Community Center, 1114 E. Sixth Ave. With the theme "Keep Our Kids Safe," the meeting is open to the public and will focus on important drug and alcohol information for parents and other adults. Speakers will include Corsicana Police Chief Randy Bratton and Sgt. Kenneth Authier of the Texas Highway Patrol. For more information, contact Alvis Reeves at (903) 875-8727.





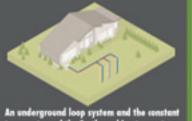


Jyavon King underwent ACL reconstruction utilizing some of his own hamstring tendons. In addition to it being the strongest graft available, this type of procedure reduces the risk for disease transmission or graft rejection. With no appreciable hamstring weakness relative to the uninjured leg, Jyavon will return to the high level of athletics he loves so much.

The Sports Medicine Program at ERMC is home to advanced routine diagnostic imaging, post-injury treatment, high-touch Physical Therapy to surgical procedures ranging from minor surgery to total joint replacement.

For more information call 469-256-2340.





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