

ANNIVERSARY ISSUE • 10 YEARS

CorsicanaNOW

M A G A Z I N E

MARCH 2014

Art Beat

Generations of Carol Randle's family have treasured her handiwork

Just the Right Fit

At Home With Jordan and Shelley Golden

So How Does Your Garden Grow?

Prepare for spring with these tips for vegetable planting

Staying on the Path

Revving Up Great Service

In the Kitchen With McKenna Watkins



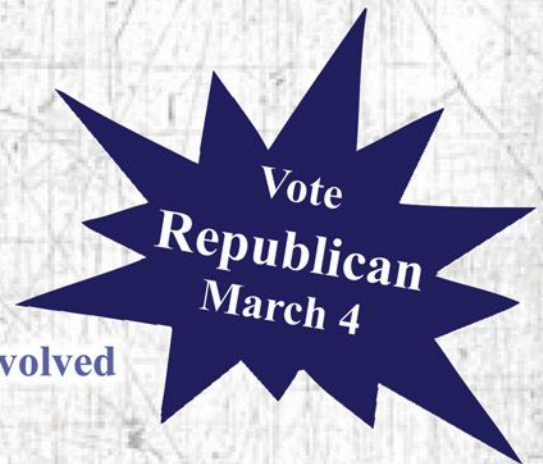
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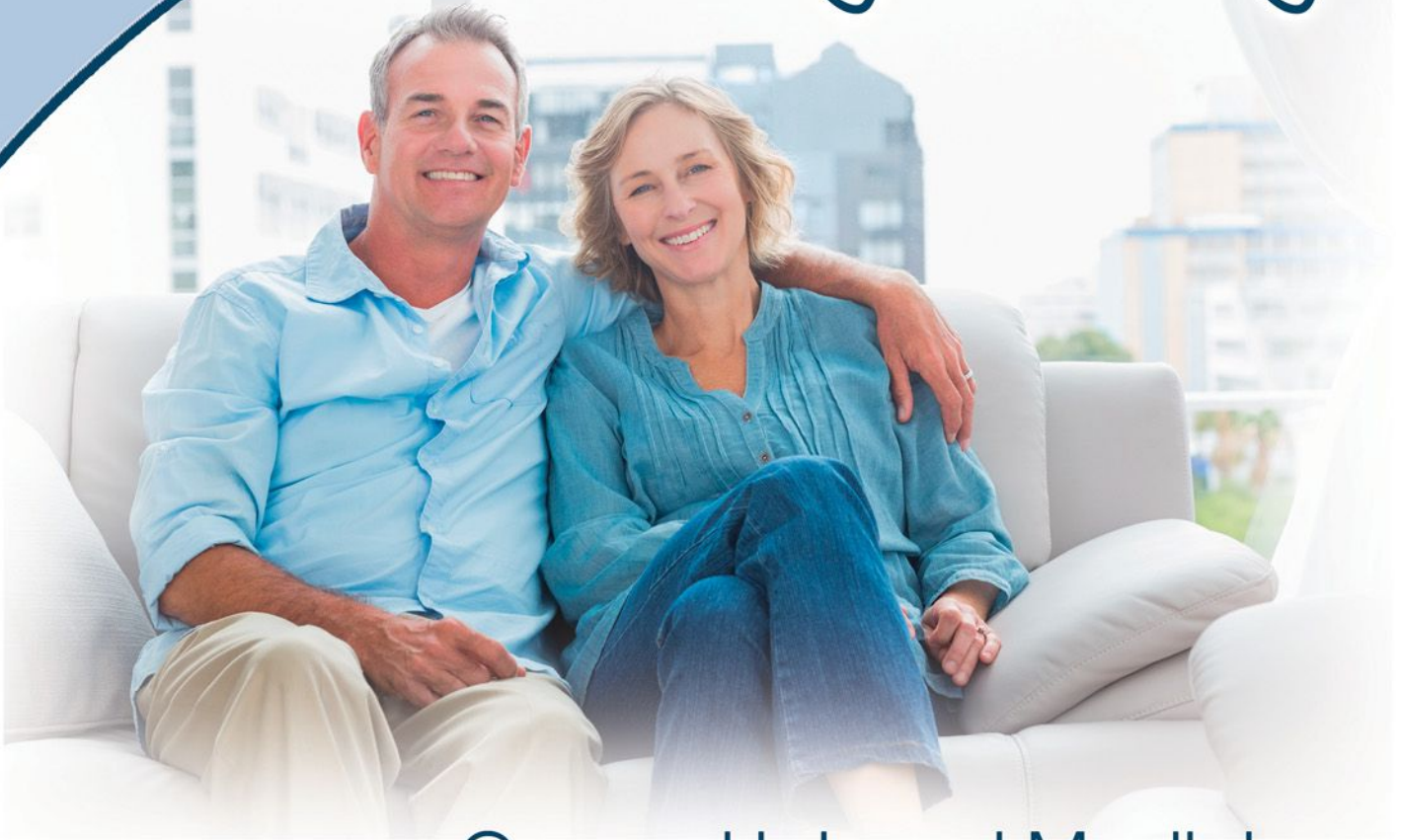
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ON THE COVER



In honor of CorsicanaNOW's 10-year anniversary, we reshot the photo of Jose Navarro's statue that appeared on our first cover.

Photo by Amy Ramirez.

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Publisher's Note

What an amazing decade!

Ten years ago a dream became a reality. On March 1, 2004, NOW Magazines' first publication, *CorsicanaNOW*, made its debut. With a concept not yet attempted outside the larger metro areas, we launched this community magazine with the mission of combining positive, uplifting articles and well-designed, full-color ads into a direct mail advertising product that really works. And really work, it did! With steady growth, our publication group has grown to include 10 community magazines: *CorsicanaNOW* – March 2004; *WaxahachieNOW* – November 2004; *EnnisNOW* – December 2004; *MidlothianNOW* – August 2005; *MansfieldNOW* – March 2006; *North Ellis Co.NOW* – April 2006; *SouthwestNOW* – November 2006; *BurlesonNOW* – August 2007; *WeatherfordNOW* – February 2011; *GranburyNOW* – October 2012.

Today we distribute our magazines to over 260,000 addresses every month free of charge, and have a readership of more than 600,000 across the 10 markets. Our readers are so kind to express their enjoyment in reading about their friends, neighbors and the good things happening in our communities. Thank you all! And to our more than 650 monthly advertisers — many who have been with us from the very beginning — thank you! We couldn't do this without you! I'd also like to thank our wonderful NOW Magazines staff, whose hard work and dedication make this all happen every month!

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Connie

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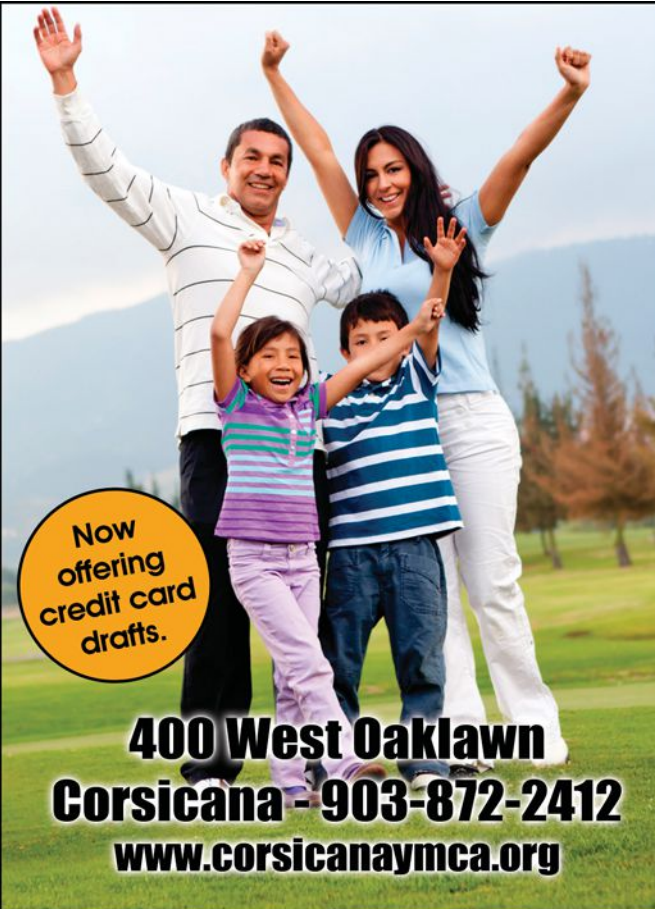
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Art Beat

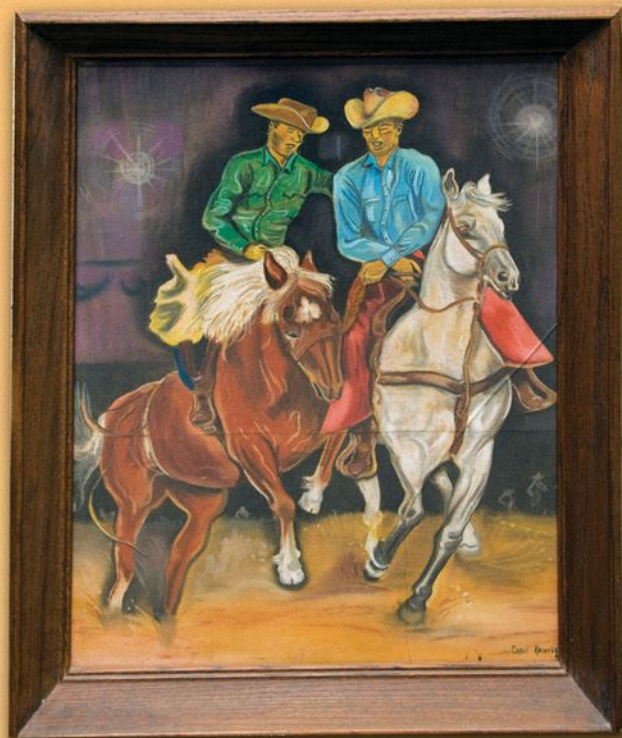
— By Virginia Riddle

Her art knows no bounds. Carol Randle, or “Meme,” as her five children, 14 grandchildren and 13 great-grandchildren call her, uses her varied talents to draw and sketch, design costumes, cook, paint murals and wall paintings, and sew just about anything her family members can envision. “The grandkids ask, ‘Meme, can you draw this or that?’ We talk. I get their ideas and start creating,” Carol said.

Carol was born and grew up in the Bronx of New York City and spent her teenage years in Nanuet, New York. She can’t remember thinking she was artistically gifted, but she does remember Sundays when she would sketch cartoon figures from the comics while her brothers played outside. “I still love to draw, but I have so many time constraints now,” she said. Decades past those childhood days, Carol still enjoys rendering comic strip action figures that help remind kids to stay away from drugs.

Following high school, this self-proclaimed athlete and tomboy was awarded an art scholarship to Pratt University’s Institute of Art and Design. However, having the look of a fashion model, Carol chose to pursue her dreams and attend the Barbizon School of Modeling. She posed for





photographers but did not enjoy the work. While out walking one day with a girlfriend, the two girls saw a sign, Uncle Sam Wants You. Carol's dad reluctantly, but finally, signed the papers, and she enlisted in the U.S. Air Force.

For three-and-a-half years, Carol enjoyed working and traveling for her country as a radar technician. Her service career took her to Lackland Air Force Base (AFB) in San Antonio, Keesler AFB in Mississippi where she received her initial ground radar operations training, Hamilton AFB in California and Ramstein AFB in Germany. However, it was at Tinker AFB in Oklahoma where Carol met her future husband, Tommy Randle, a fellow serviceman. "I recommend the service for anyone who wants to travel, meet people and make new friends," Carol said. "But back then, unlike now, I had to leave the service when we married." Yet her experience at reading radar screens, plotting courses backward on a map, has since helped Carol "see" her art.

Tommy, now deceased, and Carol settled in Dallas, where their five children were born — Lynne, Stephen, Tommie Ann, Mark and Laurie. In this year of commemorating the 50th anniversary of the assassination of President John F. Kennedy, Carol recalls living across the street from Dallas Police Officer J.D. Tippit, who also died at the hands of Lee Harvey Oswald, and his family. "We saved our money, so we could get the kids to a smaller town and get into business for ourselves," Carol recounted.

This lady with the artist's eye loved the pretty drive from Dallas to Corsicana, and it was in the Navarro County seat that the couple found a business and good schools for their children.

"My husband opened a portable building business in Corsicana

30 years ago," Carol said. "Mark and Steve helped their dad."

Carol was a stay-at-home mom. "We couldn't afford child care for five children!" she laughed. She made most of the kids' clothes and also started designing costumes for school plays and Halloween. Over the years, for the lucky children in her family, Carol has designed and created the Devil and the Pope, Lady Godiva on a horse and Raggedy Ann, Santa Claus, Elvis, Ninja turtles, Mickey Mouse, Medusa, E.T., and a half man/half woman for starters. "I just do a little of everything," Carol humbly confessed while going through photos of previous costumes.

Her prowess with needle and thread extends to making quilts, bumper pads for cribs and many other items for the home. Carol's work even spread to tarps on the garage floor of the family's home where she created each of her three daughters' wedding dresses, complete with veils and trains. "It was really fun," Carol reminisced with pride. "Most girls don't want their moms to create their wedding dress, but my girls did. They all loved their dresses." The biggest challenge — two of the weddings were only three months apart, and Carol even created some of the bridesmaids' dresses!

Having learned to sew in 4-H, Carol was a natural to teach her skills



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Tommie Ann



Laurie



Lynne

to students at Corsicana High School. "I made most of my clothes when I was a teenager," she said. "I taught shortcuts to kids. I like to do things and get them done while putting my whole mind into the project." A granddaughter, Amanda, is following in Carol's footsteps by sewing for her family and others.

While at CHS, Carol also created murals and taught culinary arts. "The high school kids enjoyed my scenes and seasonal decorations," Carol smiled. She now works at Laurie's day care, Brighter Horizons, which sports murals created by the versatile artist.



"Most girls don't want their moms to create their wedding dress, but my girls did. They all loved their dresses."

This octogenarian begins her work day at 4:00 a.m. She prepares meals for the kids, substitutes for teachers during their lunch breaks and is just a general "go-to" person. "If I had to sit and do nothing, I would just be gone," Carol revealed. "The babies and kids are so much fun!"

Other ways to express her artistic talents on the job have come Carol's way. Over the years, she has worked as a pharmacy tech, in CHS's special education department, in early childhood care and in a fabric store. "I bought a lot of material and made a lot of stuff," she said of the latter position.





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Laurie age 5

Pastels are the medium of choice for Carol's paintings, although she has done some works in oil. "I like pastels," she admitted. "I can work with them more." Her pictures, which are mostly of western or nature themes, decorate her home's walls. "I like painting cowboys on horseback," Carol said, remembering



when her kids participated in play days. "We were 'horsey' then. The kids would ride all day, and we ran a concession stand." Another one of her favorite paintings is of footsteps in the newly fallen snow at their former home.

Carol loves to read and she collects antique tins, which she displays in her home. Her collection began in her childhood.

A sign above Carol's fireplace says, *Thank God for Grandma*. The sentiment sums up what this artist, wife, mother, grandmother, great-grandmother and hardworking, energetic lady means to her ever-growing family. **NOW**



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Jordan and Shelley Golden love to live big. Along with many lifelong friends, the couple enjoys a wide circle of extended family members who live within a 30-mile radius of their home in Corsicana. "We love being around people," Jordan said.

Jordan and Shelley are fans of the Dallas Cowboys and of football in general. They have spent the past year transforming the home they purchased into an inviting, made-for-entertaining, yet functional, center for their growing family which includes 2-year-old Knox and a baby who's due in May. "This home has been completely transformed to fit us," Jordan admitted of the house that was built in 1966.

Shelley knew their neighborhood well, having grown up only a few streets over. Her parents still live in the family home and represent the age of most of the residents in this established nook of Corsicana. "We love the neighborhood," Shelley commented. "Some younger families have recently moved in, so there are always children playing outside." The couple enjoys the tree-covered lot with an oversized, fenced-in backyard that houses Knox's collection of

— By Virginia Riddle

Just the Right Fit

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outdoor toys and is home to the family's three Cocker Spaniels — Goldie, Penny and Cash.

Jordan's hometown is Blooming Grove, where many of his family members reside, and Jordan and Shelley are active members of the Blooming Grove United Methodist Church. "We met while we were in high school," Jordan recalled. Following graduation, the pair attended Navarro College where Shelley earned credits to become a licensed vocational nurse. Jordan continued his business studies at Sam Houston State University.

"We didn't get serious until I was at Sam Houston," Jordan remembered. He popped the question very romantically, hiring a plane to do a flyover with a banner trailing his proposal. "Everyone knew but Shelley, who nearly missed it since she was taking a nap," he laughed. "My sister-in-law, Ashley, had to call and urge Shelley to hurry up. Luckily, she made it in time, and I proposed in front of our friends and family."

Their wedding in 2009 was a big event with 12 attendants each. "Our childhood friends are still our good friends, and now our children and those of our family members are playing together and becoming friends," Shelley said.

They are both deeply committed to



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2012. Jordan demolished three walls and gutted the kitchen while Archie Hunt and Dylan Wilson performed much of the construction. The kitchen was completely remodeled with new cabinets and appliances. Tile and hand-scraped hardwood floors were installed throughout. Paneling and wallpaper were removed and replaced with texture and paint, and new crown molding in each room has given the home a finished look.

serving the needs of older residents in Corsicana. Shelley is assistant director of nursing at Heritage Oaks Retirement Village, and Jordan is administrator in charge of Twilight Home. "I followed Shelley into this business a couple of years after I graduated from Sam Houston," Jordan explained. "Now our conversations always seem to revert back to nursing homes." After attending McLennan Community College and

completing a six-month internship, Jordan earned his nursing facility administrator's license.

"We both volunteer a lot in the community through our jobs," Shelley added. "While our life revolves around family and friends, the house has taken up much of our life for the last year." The couple can take pride in the results of their hard work which began before they moved into the home in November

The cook's-delight-of-a-kitchen is truly the heart of their home since the couple forms a perfect partnership in the culinary arts. "I'm the indoor cook, and Jordan is the outdoor cook," Shelley revealed. "I like to bake."

"We spend a lot of time in the yard — even in cold weather," Jordan said.

A member of the Gold Brand Cooking Team that successfully competes in area cook-offs, he enjoys outdoor grilling and smoking meats. Jordan's

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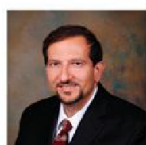
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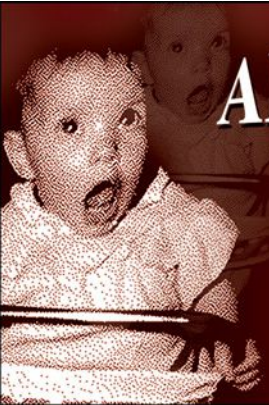
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custom-made grill, sporting a welded “G,” is the center of the backyard entertainment area that includes a fireplace, bar and seating.

“We have a really large table, because we have lots of guests,” Shelley said of the beautiful dining table and chairs. The open floor plan allows guests to view football games from anywhere in the living area. Leather couches, a built-in bar and fireplace make guests feel comfortable. “One of Knox’s first words was ‘touchdown’ shouted with his arms raised,” Jordan proudly disclosed. “He says, ‘Go Cowboys!’ no matter who is playing. We host about 100 people for Super Bowl parties.”

A playroom keeps Knox’s toy collection under control, while his newly designed bedroom sports a car bed with his name spelled out in large letters on the wall above. The master suite is home to a large, beautifully carved four-poster bed. “We had to measure to make sure it would clear the ceiling fan,” Jordan laughed. “This is *literally* a bedroom.”

These expectant parents are busy turning the guest bedroom into a nursery for the baby. Jordan, who likes to hunt and fish, had previously used this space as his trophy room, complete with a



ram's head and wild cat. Knox has also been fishing with Jordan and Shelley. "Knox loves to be around animals or any wildlife," Jordan said.

Memories are already being made. "Everything we have, we have gotten together, and it all represents a memory, because we picked it out together," Shelley said. A picture book of their wedding resides on a café table in the living area, and Shelley's wedding portrait sits on the chest-of-drawers in the master bedroom.

The home is decorated with souvenirs that remind Jordan and Shelley of their travels to faraway places. "We love to go to the islands," Jordan confessed. Cabo, St. Lucia and many other exotic places have become their destinations of choice. "One time, we booked a trip and left eight hours later," he added. Having plenty of extended family nearby has been helpful when Jordan and Shelley wish to get away to an island paradise.

One of the most important events the duo has hosted in their home was Knox's birthday party. "We had a huge water slide," Jordan shared. The adults used it more than the kids! Whether it's a gathering in their home, a quick trip to an island or an adventure in the Hill Country, this couple will continue to enjoy their children, family and friends, and make many more beautiful memories in their Corsicana home. **NOW**

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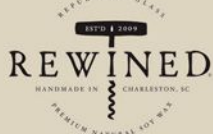
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STAYING

on the Path

—By Rick Herron

By virtue of their chosen profession, teachers don't get a lot of on-the-job perks. Their days are filled with the challenge of meeting the needs of their students, instilling in them a desire to give their best effort. Jody Reese was one of many students who understood that. He gained so much from his years at Collins Middle School that he eventually came back to the classroom with an all-consuming inspiration to teach and coach.

Born and reared in Corsicana, Jody developed a deep love for his community early in life and admits he's never dreamt of living anywhere else. "I started playing basketball when I was 3 years old and fell in love with the sport," he said. "I kept playing when I came here to Collins and continued when I went to Corsicana High School, where I was a letterman, and Billy Harlan was my coach."

During that time, Jody also coached day camp at the YMCA. "What's funny is that many of the kids I coached at the day camp I now see here at school," he laughed.



Coach Jody Reese with Athletic Director Billy Harlan.

Jody was on course for a career in basketball until he suffered injuries to his knees on the basketball court. "I blew the ACL in my left knee then tore my right knee during my senior year," Jody remembered. "It got me down when I realized I wouldn't be able to play anymore, but on the other hand, it set me up to go into coaching."

After he graduated from high school, Jody got his associate degree in paralegal studies at Navarro College. He went on to earn a teaching degree from Texas A&M University-Commerce, and moved to Tyler for a short time in 2007. The

"I plan to stay right here as long as I can."




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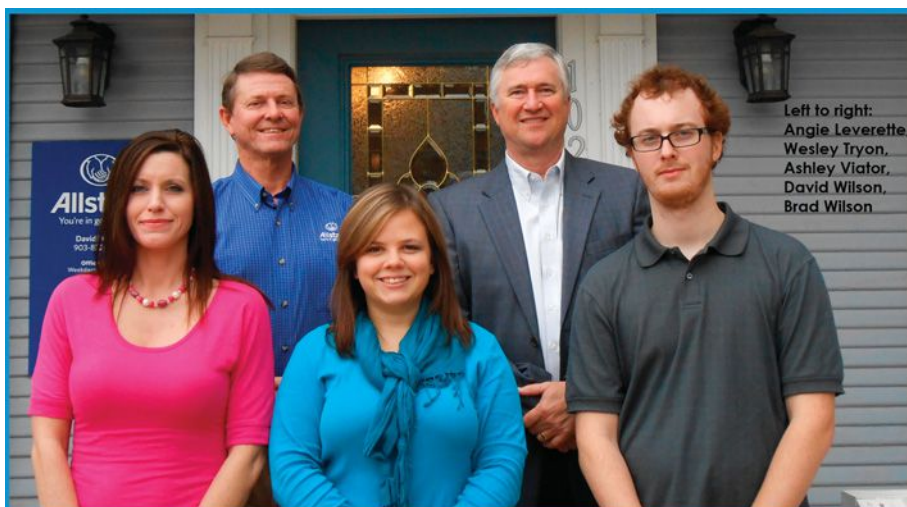
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following year, he returned to Corsicana.

Today Jody is a teacher and coach at Collins. How he was able to come back to the school that meant so much to him is a story unto itself. "This job came open in June 2013," he explained. "Coach Harlan called me to let me know about it. I met with Principal Darla Nolen, and she hired me to teach physical education and coach."



Principal Darla Nolen is happy to have Coach Reese on staff at Collins.

Principal Nolen took a special interest in Jody when he applied for the open teaching position. "I met with her and knew immediately what a great lady she is," he said. "I also knew she believed in me and what I could contribute to the school. I think she also liked the fact that a graduate of Corsicana High School wanted to come back and teach."

Jody's typical day at Collins during football season begins around 6:30 a.m., working with the team on the field. "I coach the receivers and defensive backs when I'm working with the football



Coach Jody Reese and Coach Ball on the court with part of the seventh grade basketball team.

team,” he said. He teaches three physical education classes each day with a combined number of about 100 students and is now head basketball coach at Collins, working with seventh- and eighth-grade A and B teams.

As far as Jody is concerned, he believes he’s found what he was meant to do and where he is meant to be. “I plan to stay right here as long as I can,” he maintained. “Maybe one day I can move up to be a high school head coach — at least that’s my plan.”

But he won’t be leaving Corsicana, that’s for sure. “My family’s here and so are my friends,” he said. “I’ve wanted to come back for the longest time.”

Jody believes strongly that kids need positive role models, now more than ever, and he wants to be one for the kids at Collins. He recalls many who kept him on track when he was growing up. “My dad, Joe Reese Jr., was one of the main people who made sure I grew up right,” Jody commented, “as well as my grandfather, Joe Reese Sr., my mom, Coach Harlan and Coach Dotson.”

One of the best pieces of advice Jody ever received came from Coach Harlan. “He told me time and time again that I should be a student first then an athlete, and I never forgot that lesson,” he admitted.

Teaching at the middle school level requires a special understanding of the myriad changes that students are experiencing during that phase of growth. According to the Bureau of Labor Statistics, “middle school teachers have a unique challenge within the realm of public education in that they must

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find a way to successfully help students build on the fundamentals they learned in elementary schools to prepare them for the more difficult subjects and lessons in high school.” Jody knows firsthand about those challenges and believes he can help students at Collins work their way through them. “Teaching is what I believe I was meant to do, and it means everything to me,” he said. “It’s important for me to teach the boys how to be better men and how to stay on the right path, and it’s a continual process that must happen in the classroom, as well as the gym and football field.”

Although there are difficulties every teacher has to face with middle school kids, Jody has learned that anyone in a position of authority can successfully affect a positive outcome with students of any age. “I tell my students to never, ever give up on their dreams,” Jody explained. “If you find yourself in a bad situation, remember that hard work and effort will pay off. You can be anything you set your mind to be.”

Practice has shown Jody that students intuitively know when someone really cares, a fact he reinforces when he’s doing the work he’s so passionate about. “We tell them all the time how much we want them to succeed,” he disclosed. “I tell my seventh- and eighth-graders if they are in doubt about something, just don’t do it! Watch out for your reputation and remember you are here in school to learn.”

Having once been a student at Collins himself, Jody has an even deeper message for his own students. “I walked the same hallways that you walk,” he tells them. “I would be at my locker and look across the hall into the coach’s office where I now have a desk. This fantastic career happened for me, and it can happen for you, too.” **NOW**



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So How Does Your Garden Grow?

— By Randy Bigham

Unlike contrary Mary of the classic nursery rhyme, you probably don't have silver bells or cockleshells in your garden. But as spring escapes winter's gloom, you're no doubt as ready as she for the bounty the season brings to your little patch of Mother Earth.

Robin Smith, an Ellis County Master Gardener, is poised to start her routine

fired with the enthusiasm brought on by warm, blue skies and green leaves sprouting. "At this time of year, I find it hard to contain my excitement," Robin admitted, "and I tend to get ahead of myself a bit. If you're like me, a bit of restraint is in order."

Robin insists a checklist is a good method for prioritizing time and effort in the garden, even for experts. "It will allow you to have fun but still get great results," she explained. Items on Robin's list include pruning evergreens, summer flowering trees and shrubs early in March. "For trees and shrubs that bloom

in the spring," she cautioned, "wait until they have finished blooming, and prune fruit trees before bud break." She also advocates cutting back all groundcover early in the month, so it "looks nice and tidy when it sends out new shoots later."

Raising vegetables in small city gardens is increasingly common, and Robin has useful tips for those just starting out. "Don't be in a hurry to put out young pepper or tomato plants," she cautioned. "Wait until close to the end of the month to be sure all chance of frost is gone. And be prepared to cover them if temperatures dip low one night."





Joseph Masabni, assistant professor and extension horticulturist for the Texas A&M University System, also has words of advice for new urban gardeners. "Home gardening continues to grow in popularity," he wrote in the *Texas Home Vegetable Gardening Guide*. "One of every three families does some type of home



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gardening.” He ensures great results for vegetable and herb gardeners who observe basic, practical considerations. Joseph believes the following rules can make all the difference between a merely functioning veggie patch and one producing high-quality, delicious specimens year-round:

Choosing a Garden Site

The city offers limited space for growing herbs and vegetables, but a well-placed and tended garden can be a productive one. “The ideal garden area gets full or nearly full sunlight,” Joseph specified, “and has deep, well-drained, fertile soil. The garden should be near a water outlet but not close to competing shrubs or trees.”

Selecting Crops

Choosing vegetables suited to the size of the garden space is an important consideration. Vine crops like watermelon or squash require more room unless situated near a fence or trellis. For the small garden, beets, broccoli, onions, spinach, carrots and eggplant are ideal. For larger spaces, cantaloupe, cauliflower, pumpkin, okra and cucumber work well.

Garden Planning

The placement of long-term crops like Brussels sprouts or sweet potatoes, which mature in 80 days or more, shouldn’t interfere with caring for and harvesting short-termers like leaf lettuce or turnips. “When you plant a new crop, it should be totally unrelated to the crop

it is replacing,” Joseph cautioned. “This is called crop rotation. Crop rotation helps prevent the buildup of diseases and insects. For example, follow early beans with beets, squash or bell peppers.”

Preparing the Soil

For top production, make sure the garden soil is aerated and drains well. Adding organic matter can improve soil that has a heavy clay or sand component. “Never work wet garden soil,” Joseph advised. “And seeds germinate better in well-prepared soil than in coarse, lumpy soil.”



Fertilizing

“Heavy clay soils can be fertilized much more heavily at planting than can sandy soils,” Joseph pointed out. “Heavy clay soils and those with lots of organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. For most soils, two to three pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate.”

Planting

For successful production, plant vegetables in early spring or early fall.

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"Using transplants rather than seeds, when possible, allows crops to mature earlier and extends the productive period of many vegetable crops," Joseph shared. Beets, lettuce and cabbage are among easily transplanted crops. Carrots and pepper plants require more care while sweet corn and peas are hard to transplant without the use of containers.

Watering and Mulching

"Apply enough water to wet the soil to a depth of at least 6 inches," Joseph recommended. "For best production, most gardens require about 1 inch of rain or irrigation per week during the growing season." Organic mulches like straw, leaves, peat moss or compost, applied to a depth of 1 to 2 inches, are commonly used.

Weed and Pest Control

A long-handled hoe is the tool of choice for removing unwanted growth in a vegetable patch. To eradicate pests, use only approved chemicals.

Harvesting

"A vegetable's full flavor develops only at peak maturity," Joseph pointed out, "resulting in the excellent taste of vine-ripened tomatoes, tender green beans and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be canned, frozen or eaten."

As home vegetable gardens continue to multiply, the influence of organic gardening methods has spread as well. That's a good thing, according to Robin. "The awareness of the environment," she concluded, "has opened up this earth-friendly approach, and it's another great way to enjoy gardening." **NOW**

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Joshua Boyd, Ricky Castillo and Russell Adamson enjoy keeping their customers' machines in top running order.

REVVING UP GREAT SERVICE

Muddy Motives' mechanics keep customers and their engines happy and humming.

— By Virginia Riddle

A hometown boy living his dream by helping neighbors enjoy the very sport he enjoys — that's Joshua Boyd's goal as owner of Muddy Motives, ATV. Joshua, with the help of Russell Adamson, technician, and Ricky Castillo, assistant, services all-terrain vehicles by providing parts, tune-ups, brake repairs, oil changes and tires. Additionally, they can customize customers' machines with wheels, speakers, snorkels, mufflers, lift kits and custom designs through hydro-dipping. They take pride in quickly getting ATV owners back on the off-roads they enjoy. "We do quality work and will match or beat any price for service," Joshua said.

The business began January 1, 2013, by Joshua and his then partner, Jeff Price. "We service lawn equipment and motorcycles," Joshua said, adding that pick-up and delivery are available.

Building a business is challenging, but Joshua has found that his reputation for quality is spreading. "We are developing friendships with customers and often ride together," Joshua said. "Our biggest challenge is getting parts in a timely way." A goal of the business is to become a dealer that speedily orders and receives parts.

The world of ATVs and performance bikes is changing,

so Joshua and Muddy Motives mechanics are keeping pace with advances in technology. Machines now can be outfitted with GPS navigation systems and video cameras. Chinese- and Japanese-built 4-wheelers carry equipment that requires replacement parts to be ordered from overseas manufacturers. "Customers like to post their rides on YouTube," Joshua explained.

Weekend rides provide Joshua and his family, team and crew a little down time and fun recreation, but they're also a source of customers. "We take signs that promote Muddy Motives," Joshua said. When asked the origin of the business' name, he simply revealed, "Everything I do goes back to this business and what I have done all my life. I get to do what I love and make money at it."

Whether customers use their vehicles for work or recreation, Joshua and Muddy Motives mechanics are ready to help keep their machines in top running condition. Off road is tough on ATVs and dirt bikes. Water and dirt are natural enemies of engines.

In the shop, hunting buggies sit beside high performance and highly decorated bikes. "Our customers range in age from 7-84 years old," Joshua shared. Whatever their age, they love the challenges of back roads, mud puddles, hill climbs, deep-water crossings, bogs, marshes and thick forests. Racers have a different challenge. "The winner is whoever can go faster, deeper, higher," Joshua pointed out. At weekend races in nearby Wortham, Jacksonville and Alto, purses range as high as \$10,000 for the winner. Performance bikers complete such challenging stunts as triple backflips over buses. "This is a growing industry with sponsors," Joshua added.

During these weekends, Joshua camps with his family and team, introducing his 4-year-old daughter and 3-year-old son to his passion. "My daughter already sits on an ATV, and my mother has her own machine," Joshua said. "It's very relaxing — playing in the mud and riding a 4-wheeler!" **NOW**



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Dr. David King, Navarro Regional Hospital's pathologist, speaks to Senior Circle members.



CHS Principal Herbert O'Neill poses with Students of the Month, Kayla Wilkie and Kendrick Luscumb.



Carroll Elementary teachers wear orange and navy to support Louis Vaszcz day.



United Methodist Women of FUMC Corsicana award donations from proceeds of their Annual Bazaar.



Dr. Kenneth Martin gives the closing remarks at the Navarro College Inaugural MLK Breakfast.



Collins Catholic School Principal Renee Ozjer greets guests at the school's Business After Hours.



The stars are bright as Virginia Riddle and Megan McLean garner awards at the Lone Star Arabian Horse Club's Banquet.



A ribbon cutting is held at the new Corsicana Cancer Center.



Auror Shinault helps her dad, Brandon, show their entry at the Cars of Navarro County Car Show.

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Will Your Retirement Savings Last?

Increasing life expectancies mean you're likely looking at a longer retirement than the previous generation of workers. According to the U.S. Department of Labor, the average person spends 20 years in retirement — while others put the figure at 30 years or longer. And financial advisors generally suggest you'll need 70 to 80 percent of your annual preretirement income to maintain your standard of living.

Will your retirement savings be up to the test? Here's what to consider.

Picture your retirement.

Whether you're planning to travel extensively or kick back by a lake, your income will need to support your desired lifestyle. Once you decide how you'd prefer to spend your retirement days, you can map out a strategy that could help get you there.

Assess your finances.

Take a realistic look at your current financial position. Note such things as how much you've saved, the debt level you're carrying, the amount of life and disability insurance you carry and what you have available in emergency funds. Talk with a financial professional about your options.

Increase savings.

It's never too early — or too late — to add to your savings. If you've got plenty of time before retirement, save as much as you can to take advantage of interest compounding. If retirement is near, look into catch-up contributions, which can help improve your financial picture. Even small gains matter: Increasing your retirement contribution by 1 to 2

percent each year adds up over time. Evaluate your savings progress with a retirement calculator.

Knock out debt.

Most financial professionals recommend keeping debt level manageable — no more than 35 percent of your income. Getting rid of high-interest debt such as credit card balances is always a good idea. And before you retire, you'll want to eliminate as much debt as possible so that you aren't servicing it with your savings. Consider paying off your home before you stop working, too.

Monitor your plans.

Review your retirement plans with a financial professional at least annually to see that they still work for you. (It's also a good idea to review your insurance coverage periodically, and any time your life changes, such as when you marry or have a baby.) As you near retirement, you might decide to shift some of your savings to income-producing investments, such as annuities. Or, to keep your nest egg intact, your plan may be to continue working a few years more into retirement.

To review your insurance coverage as part of your retirement and financial strategy, contact your financial adviser. **NOW**

Neither State Farm nor its agents provide tax, legal or investment advice. Please consult your own adviser regarding your particular circumstances.

Lynda Housley is a State Farm agent based in Corsicana.

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Urinary Tract Infections

— By Betty Tryon, BSN

“Just drink some cranberry juice, and you’ll feel better soon.” This little piece of advice has weaved its way between family members and friends for many years for urinary tract infections (UTI). But, does it work? The answer is a resounding — maybe. Research shows that cranberry juice inhibits bacteria from sticking to the walls of the bladder. This is most helpful for frequent sufferers of UTI. However, for infrequent sufferers, the findings are not so hopeful. In addition, not enough research has been done to determine how much to drink, how frequently and at what strength to get relief or even if cranberry pills would work just as well.

A UTI is an infection, usually bacterial, of the urinary tract system. The urinary tract system consists of two kidneys, two ureters, one bladder and a urethra. This system is the body’s way of producing, storing and eliminating urine. A UTI usually begins with bacteria entering the body through the urethra and traveling into the bladder. Normally when bacteria or other harmful organisms enter the urinary system, the body quickly takes care of it by flushing it from the system. However, the invasion can take hold and overwhelm the body’s defenses. Most of these infections occur in the bladder and are called bladder infections. If it is not resolved, the infection can travel up the ureters to the kidneys and cause a kidney infection.

Since cranberry juice is not a cure-all for a UTI, most patients must rely upon antibiotics, which are the best course of treatment for the infection. The type of antibiotic will depend upon the specific organism causing the problem. It is important to take all of your medication as prescribed. Increasing your fluid intake will help to flush out your urinary tract system. UTI can be painful, so your physician may prescribe an analgesic for comfort. Often a warm heating pad over the area can bring some relief.

One preventive measure that can help females avoid a UTI is to empty their bladder immediately after sexual intercourse. Females should also wipe themselves from the front to the back to avoid dragging germs from the rectal area to the urethra. Empty your bladder frequently throughout the day. In males, an enlarged prostate will limit the ability to empty the bladder, and surgery may become necessary.

UTI can be stubborn to treat. Due diligence in following medical protocol is important to limit the infection and also to prevent one. If you think cranberry juice can help you then by all means, drink up.

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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March 7, 8

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March 8

The American Cancer Society Bark for Life of Navarro County: Registration begins at 9:30 a.m., event time is 10:00 a.m.-2:00 p.m., Bunert Park. For more information, contact Kay Ovalle at (903) 851-2190.

March 8, 9

Corsicana Home and Garden Show: I.O.O.F. Event Center. For more

information, contact Amy Roberts at (903) 641-6607.

March 10 — 14

Spring Break Kids Club: YMCA of Corsicana. For more information, call (903) 872-2412.

March 11

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, contact Ron Wright at (903) 229-0497.

March 14

Navarro County Retired Teachers Association: 9:45 a.m., Northwest Apartments Community Center. For more information, email pk2@airmail.net.

March 19

Dining Out With Senior Circle: 11:30 a.m.-1:00 p.m., Fiesta Grill. For more information, contact Connie Beal at (903) 654-6892.

March 22

Arthrosurface Tour of Corsicana: Noon-7:30 p.m., downtown Corsicana. The race is part of the Texas Bicycle Racing Association Texas Cup Series. Spectators

welcome. For more information, contact Micke Frankos at (214) 676-6011 or at 1ironturtle@gmail.com.

March 23

Sweet Charity: 6:30 p.m., Palace Theatre. For more information or to make reservations, call (903) 874-7792.

March 27

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. For more information or confirmed reservations, contact Marge Oslick at (903) 872-3508.

Hope Center's Annual Banquet Fundraiser: 7:00 p.m., I.O.O.F. Event Center. For more information or reservations, call (903) 872-2881.

April 4

"Glorious": A Celebration Benefiting the House of Refuge: 7:00-8:30 p.m. First Baptist Church of Corsicana. For more information, contact Joann at (903) 874-3421.

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



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In The Kitchen With McKenna Watkins

— *By Virginia Riddle*

McKenna Watkins, a student and cheerleader at CHS, loves to cook. Her favorite recipes are for sautés and appetizers, dips or anything that requires “pretty plating” or presentation and healthy vegetables. This competitive cheer enthusiast plans on attending Texas Tech to become a nutritionist and enrolling in culinary school following college.

McKenna likes preparing breakfast and enjoys being creative, producing after-school snacks from whatever her mom, Jeri, might have on hand. “I have learned to cook from my great-grandma and love to cook with my Pops and B (grandparents Ronny and Barbara Watkins),” McKenna said. “My dad, Scott Watkins, is really great with meats. I get my love of sauces from him.” **NOW**

Breast of Chicken on Rice

- 1 10.5-oz. can cream of mushroom soup**
- 1 soup can milk**
- 3/4 cup uncooked white rice**
- 1 4-oz. can mushroom stems and pieces**
- 1 1.5-oz. pkg. dehydrated onion soup mix (divided use)**
- 2 chicken breasts, split in half**

- 1.** Preheat oven to 350 F
- 2.** Mix soup and milk; reserve half of mixture.
- 3.** To remaining half, add rice, mushrooms and half of onion soup mix.
- 4.** Pour mixture into oblong baking dish.
- 5.** Place chicken breasts into mixture.
- 6.** Pour remaining soup mixture over

chicken; sprinkle with remaining onion soup mix.

- 7.** Cover; bake 1 hour. Uncover and bake an additional 15 minutes.

Tortilla Pinwheels

Makes 60-70.

- 1 8-oz. pkg. cream cheese, softened**
- 1 7-oz. can chopped green chilies**
- 1 4-oz. can chopped ripe olives**
- Hot peppers, to taste**
- 1/2 tsp. garlic powder**
- 10 flour tortillas**
- 2 2.5-oz. pkgs. chicken, turkey or ham, thinly sliced**

- 1.** Mix cream cheese, chilies, olives and peppers; add garlic.

- 2.** Spread on tortillas.
- 3.** Cover mixture with 3 slices meat; roll up tightly and place in casserole dish.
- 4.** Cover with plastic wrap; chill for 2 hours.
- 5.** Slice into bite-sized pieces. Pinwheels can be served at refrigerator or room temperature.

Grandma's Spicy Chex Mix

- 1/2 cup bacon grease drippings**
- 1 stick butter**
- 8 Tbsp. Worcestershire sauce**
- 6 Tbsp. Tabasco sauce**
- 4 Tbsp. garlic salt**
- 1 15-oz. box each wheat, corn and rice Chex Cereal**
- Pretzel sticks, pecan halves, Goldfish, mixed nuts; all to taste**

- 1.** Melt and mix first 5 ingredients; set aside.
- 2.** Mix remaining dry ingredients.
- 3.** Pour melted ingredients over dry ingredients; mix until well-coated.
- 4.** Spread mixture evenly onto jelly roll pans.
- 5.** Bake at 200 F for 1 hour; stir every 15 minutes until dry.
- 6.** Cool; store in airtight container.

Crab-stuffed Mushrooms

- 1 lb. crabmeat**
- 3/4 cup mayonnaise**
- 1 tsp. Creole mustard**
- 1/8 tsp. paprika**
- 1/2 tsp. sugar**
- 1 tsp. lemon pepper**
- 1 Tbsp. lemon juice**
- 2 Tbsp. heavy cream**
- 1 tsp. butter**
- 2 Tbsp. minced green onion**
- 2 lbs. large mushroom caps**
- Italian bread crumbs, as needed**
- Parmesan cheese, to taste**

- 1.** Mix first 8 ingredients.
- 2.** In butter, sauté onions for 1-2 minutes; add to mixed ingredients.
- 3.** Stuff mixture into mushroom caps; brush with butter.
- 4.** Top with bread crumbs; sprinkle with Parmesan cheese.
- 5.** Bake at 350 F until cheese melts.

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

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