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M A G A Z I N E

April 2010

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Doing It**

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*On The Path*  
**To Leadership**

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Marco and  
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##### Providing Quality Care:

ER Patient Visits	22,539
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##### Financial Benefits:

Payroll (381 Employees)	\$28,744,603
Capital Investments	\$1,212,215
Property & Sales Taxes	\$834,589

##### Caring for Our Community:

Charity & Uncompensated Care	\$16,390,052
Total Community Investment	\$47,181,459*

\*Dollar amounts are approximate.

##### Expanded Services:

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Xavier Villareal  
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## On The Cover

A decorative fruit basket adds to the warmth of the Rodriguez family's home.

Photo by Amy Ramirez.



## Editor's Note

Dear Readers,

Warm spring days are here again bringing new life to land around us. In this time of new beginnings and renewed hope for the future, Corsicana High School [CHS] will graduate another class of bright young people who will shape that future. CHS Principal, Greg Bower, describes the graduates as "great kids doing amazing things." In a recent meeting, he introduced me to four of his "great kids," and I want you to meet them, too. These young people are not easily compartmentalized into Arts and Sports and Education features because they all display a variety of talents and accomplishments. Each of them has the energy, determination and spirit of community service that will take them into positions of leadership. In this time of national distress, I am encouraged by these representatives of the next "greatest generation" to believe that the future will be in good hands.

Joan Kilbourne  
*CorsicanaNOW* Editor



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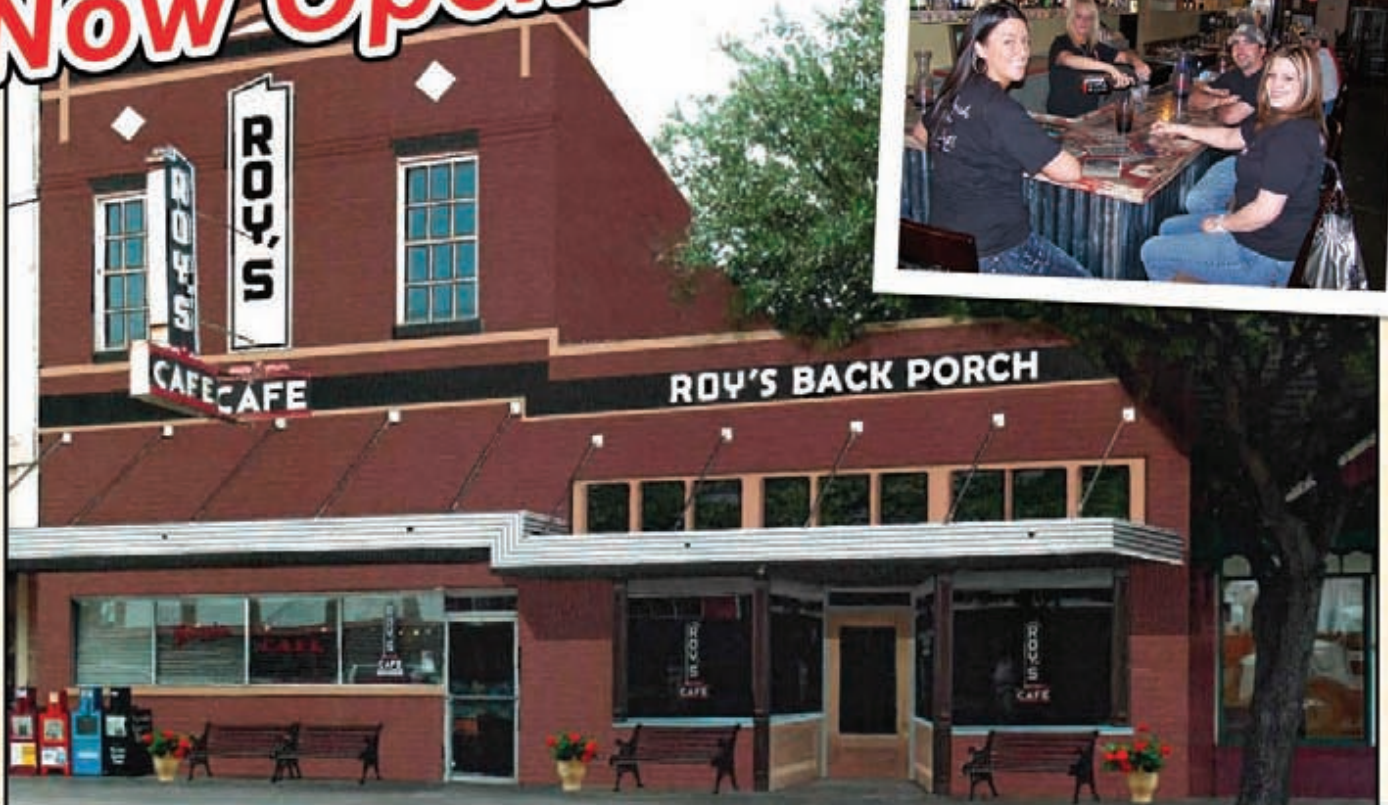
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# On the Path to Leadership

— By Joan Kilbourne



*There are many paths to success for an ambitious high school student who is willing to explore where a path might take him. Casey Beauchamp is one of those students who set out to take full advantage of the opportunities before him. In his senior year, he was elected to be Student Council president. In a school-wide election, the students at Corsicana High School (CHS) chose him for his ability as a leader and a model of what is meant by school spirit. "I was presented a gavel as a symbol of the office, and I liked recognizing that I belong to something," Casey said.*

Casey began to explore a path to acting when he was only 10 years old. He was chosen for a part in the Warehouse Living Arts Center Theater production of *Cheaper by the Dozen*. That same year, he began to act in Children's Theater productions. "I was an orphan in the play *Frontier Santa*." Throughout his





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**“There is a lot of talent here in this school.”**

school years, Casey acted in one-act play competitions sponsored by the University Interscholastic League. Casey had another opportunity to perform in his junior year. “We [at CHS] did a musical for the first time in 15 years. They did *Grease*, and I got to play the Frankie Avalon part. I sang a song wearing a white tux sitting on a swing.

“There is a lot of talent here in this school,” Casey added. “The musical was a good example of how different groups interconnect to work on a project.” Besides the actors from the drama department, there was the art department. They built the sets. The technical classes did the lights and the theater classes built the props.” Is this a career path? “Acting is a hobby,” Casey said, “like photography.” It is just another path to discover his talents and learn how to follow through on a commitment to a team.

Casey’s interest in photography opened another path to explore. “Dad was a photojournalist for a newspaper,” Casey said. “He had cameras on shelves, and he always took pictures on trips. I learned a lot from him about film and cameras and taking pictures. I really like working

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on film in a dark room. I volunteered in my sophomore year when they needed a photographer here at school. I was always active, and I was one of the yearbook photographers. And now that I am the head photographer, I go to every event and all the sports games. It's a good way to connect with students."

There is a certain amount of political "know-how" involved in running for election as Student Council president. As



**"We try to lead by example: greeting students in the hallway to get them to feel connected."**

in national elections, name recognition is important, and at Corsicana High School, a lot of students knew Casey, and Casey knew his fellow members of the yearbook staff, National Honor Society and Family, Career and Community Leaders of America Club. He was involved in drama productions and attended all of the sports events. As president of the Student Council, Casey intends to get other students involved in school activities and help them connect with one another. "We try to lead by example: greeting students in the hallway to get them to feel connected," he said.

The work of the Student Council is to conduct elections for homecoming king

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and queen, organize the tailgate party during homecoming week and plan a blood drive and a soldier drive to collect items for soldiers overseas. "Oh, yes," Casey added, "We watch videos of the games during lunch. It helps that the team has had a good year; it builds school spirit. We meet twice a month in the morning before school starts, and anyone can come who wants to be involved with our activities. The majority of the students here are active in one or more clubs and events. In the spring semester, I hope to work to get a project moving to create a memorial for the students and

## "I've been to Italy, Greece and France in a People to People Ambassador program."

teachers who died this year. We'll have a committee to discuss what we want to do."

This dynamic young man pursues summer activities with the same vigor he displays in school. "I like to travel," Casey said. "I've been to Italy, Greece and France in a People to People Ambassador program. I also went to Brazil for two weeks on a mission sponsored by the First Baptist Church. We went to the *favelas* [settlements of jerry-built shacks] going door-to-door to talk about beliefs. We also went to a women's prison there. I went with the First Methodist mission group for a week to work doing home repair in Mississippi. Recently, I took scuba diving lessons in Waco. We did some dives in the lake in Huntsville. I'm a certified diver now, and I plan to go to Egypt this summer. I'll visit Cairo and Alexandria and, perhaps, I'll get to the Red Sea to do some scuba diving.

What next? "Dad is taking a job at an art museum in Montana. It will be the family's first move away from Corsicana." Casey has applied to Rhodes College in Memphis, Tennessee. Stand by, Rhodes College, here comes Casey. **NOW**



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# When No Becomes Yes

— By Virginia Riddle



## At Home With ..... Marco and Melissa Rodriguez

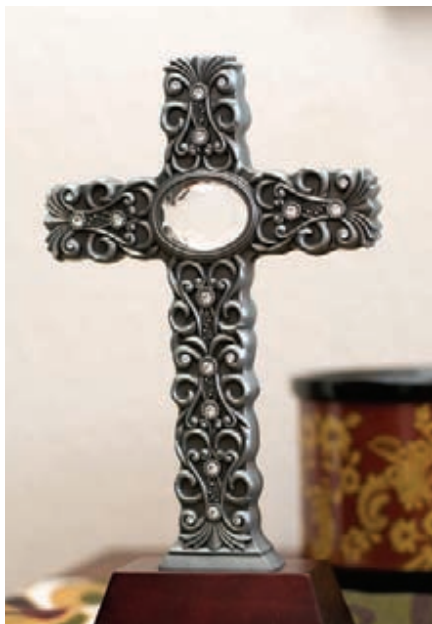


*It was not love at first sight that drew Marco and Melissa Rodriguez together, nor was it love for Corsicana that moved them northward from Laredo, Texas, to Corsicana nearly two years ago so Marco could become the chief financial officer (CFO) of Navarro Regional Hospital. However, while their four lively daughters listened intently to a story they had undoubtedly heard before, Marco and Melissa laughed easily when relating their first meeting and the*





family's move to Corsicana — a city that they have grown to love. "I was asking for money, and he said No!" Melissa said.



Marco and Melissa, both natives of Laredo, graduated from different high schools different years, so they never met during their youth. Separate colleges kept them even further apart. Marco attended East Texas State University (now A&M-Commerce) and graduated from Texas A&M International University in Laredo, while Melissa graduated from Texas State University-San Marcos.

Their career choices finally brought the couple together. Marco dreamed of using his business accounting degree working for a major accounting firm. However, his father, a hospital accountant, convinced Marco to apply for an opening in the hospital's accounting department. Even though his mother also worked as a nurse at the hospital, Marco, who had never wanted to follow in his parents' footsteps into the medical world, found himself loving working at the hospital. Marco and Melissa's two separate paths collided when Melissa, who had become a licensed social worker and manager of the hospital's hospice department, needed to hire another social worker. She had to ask Marco's department to approve funds for the new hire, but after having been unsuccessful initially, Melissa decided to

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take Marco to a business lunch and try to gain approval. "We started talking and found out that we had a lot in common," Melissa said, "but the answer was still, 'No!' I never did get that new hire!"

Marriage followed, along with a family of four daughters: Bianca, 13, Ayassa, 11, Nia, 8, and Liani, 5. Marco had aspirations to become a hospital CFO. That meant that the family would probably have to move away from their extended family members and their Laredo home. "I told him that I would go anywhere as long as there was a large city within an hour's drive," Melissa stated. When the CFO position opened at Navarro Regional Hospital, Marco accepted the promotion with Melissa's enthusiastic approval. "Corsicana fit the bill with Dallas so close," she said.

The quiet cul-de-sac location of this family's chosen home in Corsicana belies the lively activity inside. Marco pointed out the basketball goal at the end of the street where all of the neighborhood children play together. The setting has a country-like feeling, but the family is close to their work, church and school. The traditional style four-bedroom, two-bath home needed very little updating. "We took out some of the carpeting and put in hardwood floors, due to allergies," Melissa said.

Since Marco had to be on the job in Corsicana prior to school



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ending for the year, he had to “batch it” for three months while Melissa and the girls stayed in Laredo. “Minimalism” is how he described his days as a bachelor. “I moved in with an air mattress and computer, but soon I bought a chair so I could sit down and eat.” A deflated, popped air mattress and a proposed spring break visit prompted Melissa to

tell Marco to get something for them to sleep on. He did. He bought air mattresses for everyone. That first spring break in their new home was spent shopping for “real beds.”

The column-framed entryway gives way to a spacious open living area that is one of Marco’s favorite places since he loves watching TV. A back door beside



the fireplace leads to his other favorite place in the home — the patio with the barbecue. “I like to barbecue no matter what the weather,” Marco said. Bianca was quick to add, “His brisket is great!”

It is said that the kitchen is the hearth of the home, and that is very true of Melissa’s favorite room. With the totally open living area, Melissa can monitor the girls while they do projects and homework on the large dining room table. “I don’t just love to cook. I love to eat!” Melissa exclaimed. The bright red walls framing the custom ash cabinets reflect the warmth of the Mexican food recipes that she loves to prepare often. Granite

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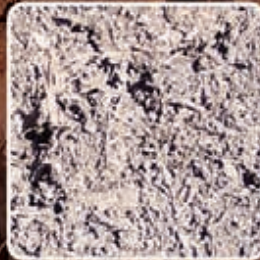


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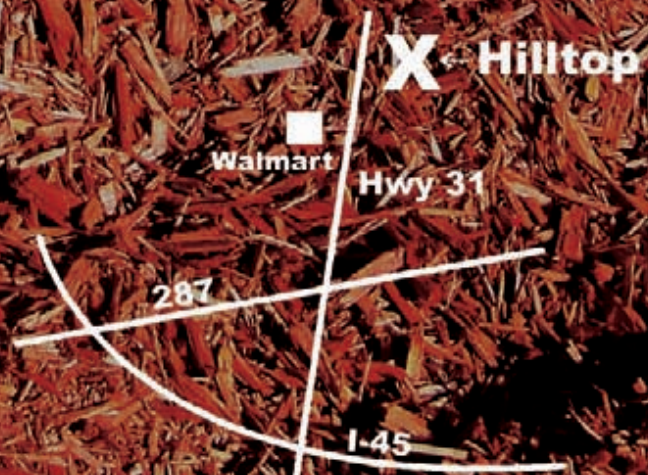


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countertops and ceramic tile make for easier clean ups by Marco. Ayassa also favors the kitchen since it has the “fridge” where her favorite foods are always stocked.

French doors lead to Nia’s favorite room, the office, where the computer resides. Marco and Melissa echoed each other in their determination to keep an eye on the monitor’s screen through the glass doors so that the girls can only go to approved Internet sites for limited amounts of time. The built-in cabinets easily provide ample storage for work and study needs.

The bedroom shared by Bianca and Ayassa is decorated in soft tones which show off their collections of Precious Moments figurines and snow globes, while just down the hallway, Nia and Liani’s bedroom is decorated with their Barbie doll collection. A guest bedroom, which is always ready for visits from extended family members, and a



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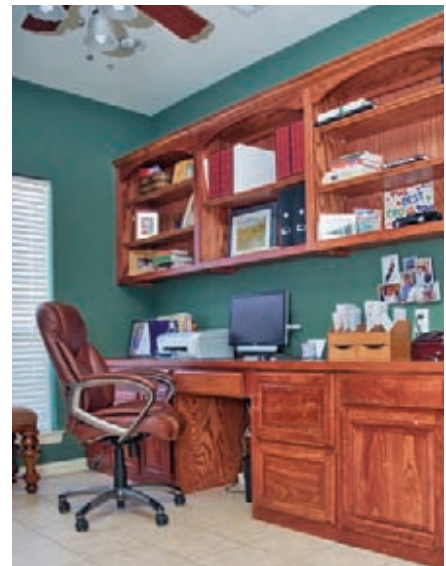
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shared bathroom, complete this side of the mother-in-law floor plan.

The master bedroom, decorated in restful tones, flows easily into a bath that features a separate shower and tub and plentiful counter space. Organization is made easy by the built-in custom cabinetry in the walk-in master closet.

With a focus on their children and church, Marco and Melissa have found another home with Immaculate Conception Catholic Church and Collins



Catholic School where all four girls attend. Melissa works part time in whatever capacity is needed including preparing food in the cafeteria. "Cooking for over 400 is challenging," she said. Both parents are kept busy with the girls' activities, which include: basketball, dancing, softball, Girl Scouts and cheer squads. "We are seeing the area through the kids' activities," Marco stated.

Melissa may never have gotten approval for the new hire at work, but what she did get was so much more valuable: a "yes" to a lively, loving, fun-filled family living in a beautiful home surrounded by new friends. The Rodriguez family is living the saying "bloom where you are planted" by living full lives in Corsicana, their adopted city near a big city. **ADITYA**



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Go Texan Scholarship winners, Drew Reynolds and Tyler Kimbriel pose with Robert Buck (left), Lance Waggoner (second from right) and Dusty Davis (far right).



Lynn Gatlin and the one and only Gary P. Nunn at the Palace Theater.



At the Go Texan Scholarship Fundraiser, Jacey Moran wins a 4-wheeler and Chad Gray wins a Harley.

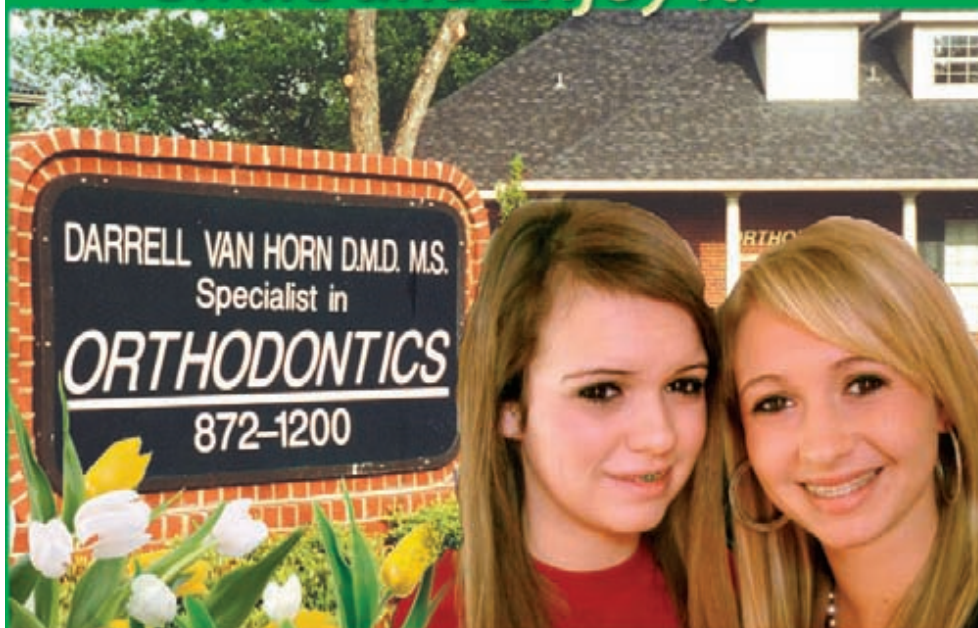


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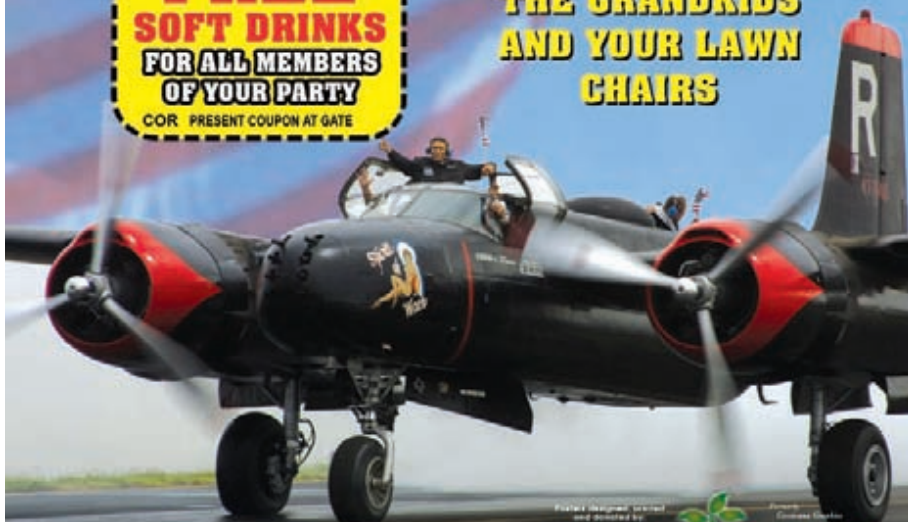
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# Words and Music

**“Watching this young lady evolve is like watching a character in a real life movie, and you can’t wait to see how it turns out.”**

— By Virginia Riddle

Elizabeth Updegrove fills dual leadership roles as the drum major of the Corsicana High School Varsity Band and as the senior editor of the CHS student newspaper: *The Jungle Beast Journal (JBj)*. Elizabeth, a senior, will also receive a Distinguished Diploma at her upcoming June graduation. With a smile on her face and calm confidence, Elizabeth explained, “I like learning and going to class wondering what I’m going to learn today. High school is a pretty great place run by some pretty great people.”

Directing the band from the 50-yard line during football season has been just one of Elizabeth’s many duties as drum major. Since last May, Elizabeth has followed the tutelage of

Director Michael Williamson by learning to conduct, to keep up with materials and music and to solve problems when emergencies arise. Elizabeth is a musician herself. She has played the clarinet for seven years and has competed successfully in University Interscholastic League (UIL) events in solo and ensemble. She is proudest, however, of the rating that the full band earned last year in sight-reading and performance and in the increased number of band members who made All-Region and All-State bands this year. “They have some great musicians coming up next year. I’m jealous of those other students,” Elizabeth said.

Motivated by the photography and journalism classes she took in her junior year, Elizabeth is turning her lifelong love of reading and writing into

more than a hobby by serving as editor of the CHS student newspaper, fondly known for 60 years as the *JBj*. Sarah Lentz, journalism teacher and yearbook/newspaper sponsor, said, “We have many great kids at CHS, but the amount Elizabeth takes on and the full effort she gives to everything is amazing.” Not





content to be just an editor, Elizabeth also competed individually in UIL editorial writing, taking First Place District Champion, and in feature writing, winning Third Place. As a team member, she placed in the top three and advanced to Regional competition last year. Not resting on her laurels from last year, Elizabeth is competing in all of the above events as well as headline writing during her senior year.

Elizabeth credited all of her former English teachers with giving her the necessary skills to accomplish her dreams in journalism and success in the classroom. However, she was quick



**“We have many great kids at CHS, but the amount Elizabeth takes on and the full effort she gives to everything is amazing.”**

to give special credit to CHS English teachers: Teresa Parker, Department Chair, and Elizabeth Talley, AP English teacher and National Honor Society (NHS) sponsor. “They have given me so much more than just writing skills; they have taught me life skills, studying skills and public speaking skills,” Elizabeth stated. The teachers’ pride in Elizabeth is evidenced in Ms. Parker’s comments, “Positive and focused, Elizabeth consistently strives for excellence. Her determination is certainly inspirational to those around her. She always gives her best to the task at hand.”

Acting as secretary of the National Honor Society is another of Elizabeth’s duties and she joins other NHS members in serving the Corsicana community. She

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volunteered to be a bell ringer for the Salvation Army, prior to Christmas, and she volunteered with Habitat for Humanity.

Spare moments outside of school activities are just as important to Elizabeth, who is a frequent babysitter for her three younger sisters, Anna, Sarah and Grace, and for Ms. Lentz's two daughters. Elizabeth volunteers in several capacities at First United Methodist Church (UMC) in Corsicana. Nominated recently as the Senior High Youth Conference Representative of First UMC, Elizabeth has taught in Vacation Bible School, participated in the Christmas play and has served on mission trips to Louisiana and Missouri. Sundays are especially busy. After church, Elizabeth and Anna commute to Waco to rehearse with the Waco Area Youth Wind Ensemble (WAYWE), an honor orchestra in which Elizabeth plays clarinet. WAYWE is comprised of some of the finest players in the Waco area, who are selected through auditions.

The daughter of Lisa and John Updegrove, Elizabeth proudly credited her parents with her successes. "I'm always going to them for advice. They are both so smart in different ways," she stated. "My sisters and I are not allowed to watch TV, play on the computer or play the Wii during the school week." Some of Elizabeth's fondest family memories revolve around the summer trips they have taken to visit and hike in national parks. Elizabeth's mom, Lisa, wrote about her daughter, "Elizabeth has had a very strong sense of self. Watching this young lady evolve is like watching a character in a real life movie, and you can't wait to see how it turns out." Elizabeth is excited about her future that is secured with an acceptance letter from Baylor University accompanied by the Baylor President's Gold Scholarship. She plans to major in communication sciences and disorders and become a speech pathologist or speech therapist. "I think the world of Elizabeth and have been lucky to have someone of her caliber in my classes," Ms. Talley said. Corsicana and Elizabeth's family are lucky to know this young leader and can proudly wish her well as she continues her journey of learning. **NOW**



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# Just Keep Doing It

— By Joan Kilbourne



The first things a visitor sees upon entering the lobby of Corsicana High School [CHS] are very large posters hanging on the wall. Principal, Greg Bower, is proud to show the community how well the school is preparing students for future success. The students in the pictures represent what Principal Bower calls, “all the great students who are doing amazing things here.”

One of the students being recognized for outstanding achievement is Bryant Jackson. Bryant is a senior who is making his mark as a student and also as an athlete. As a student, Bryant is earning top grades in Advanced Placement (AP) calculus, AP physics, and also AP government. In the spring semester, he will enroll in AP economics. His work in math peer-coaching class earns him credit for tuition at Navarro College where he was enrolled in dual credit classes in Speech and English IV.

Alongside his regularly scheduled classes, Bryant is a math tutor with P.A.L.S., a mentoring program for seventh- and eighth-grade students. It was his sister, Jaleese, two years older than Bryant, who taught him to multiply before it was taught in his class. “I was just writing in her math book, so she showed me how to do it,” Bryant said. He took to math easily and has done well with it ever since. “I like doing calculus problems,” Bryant said. Not many young men can say that and mean it, but that approach to doing math problems sets a good example for the younger students he tutors. Bryant is also involved as a member of the Physics Club and the Math Club.

Bryant got his start as an athlete the way many boys do — in Little League games. While he was in elementary school, he also played basketball and baseball until he finished eighth grade. In high school, Bryant focused on football playing at the left tackle position. “I do powerlifting,” Bryant said. “I have always had to work hard to cope with



## Sports**NOW**

players that are bigger [than I am] across the line." With his obvious intelligence and football experience, he could be a quarterback, but Bryant said, "I learned how to play the position they gave me, and now I don't need to change." He added, as if it were not very important, "There [was] a banquet in January." This modest achiever did not seem especially interested in what kind of recognition



### **Bryant's determination is an important element of his success.**

was awarded at the banquet but, in fact, he was chosen for First Team All District and All Golden Circle, a Navarro County award. As the captain of his team, he was also presented with the Captain's Award. Bryant was proud of the team that was successful up to the second round in playoffs, and he was proud to say that his former line coach, Coach Birch, keeps in touch with him and encourages his work.

Bryant has good family support as an athlete and as a student. Obviously, education is an important value in the Jackson family. "My parents did not talk about it much, but I always expected to go to college," Bryant said. Bryant's mother attended classes at University of North Texas, and then she completed classes in the Occupational Therapy program at Navarro College.

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She is presently preparing to take her examination for certification as an occupational therapist. It is probably helpful that she has learned how to deal with some of the aches and pains that occur when her son plays football. Bryant's sister, Jaleese, also graduated from Navarro College. "My mom makes sure I pay attention to homework and get good grades," he said with a smile. "When I had problems, my parents always told me I just had to keep trying. I learned it will pay off if you keep doing it." Bryant's determination is an important element of his success. He is enrolled at Navarro College in a dual-credit English class. There is a heavy demand for research papers in



Bryant Jackson with Coach Phil Castles.

this class. "I am learning to write," Bryant said. "Ideas pop into my head, and I just write." This skill will be useful when Bryant enters upper division college classes in the fall. He is busy now writing applications for admission and for scholarships so that he can attend University of North Texas in Denton after graduation. He is considering a major focus on marketing and accounting.

During the summer months, Bryant expects to work, as he has in previous summers, at Navarro College in the housing department. He helps prepare the dorms for the students who will arrive for the following fall semester. He does painting and repairing and, "whatever they need me to do." This is a theme with this young man. He does whatever they need him to do on the football field, on the job and in the classroom. Bryant is there, doing his best, and his best is very, very good. **NOW**

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#### From left:

Michelle Shaw and Judith Steely.  
Above: Mike Steely.

## We Go the Extra Mile

The Hand in Hand Hospice staff is committed to excellence in care.

— By Joan Kilbourne

"We opened in 2005, and we are working hard to establish our reputation for excellent and caring services. We are always willing to go the extra mile," said Michelle Shaw, R.N. Michelle is the owner and administrator and Judith Steely, R.N., is the assistant administrator and marketing director. Hand in Hand is a state-certified facility with a growing staff of nurses, nursing aides, social workers and other volunteers who are available around the clock to give end-of-life care to their patients. The staff includes a chaplain and two physicians who are the medical directors. "And there is no day Michelle doesn't do one-on-one patient contact herself," Judith added.

When medical strategies are no longer effective in helping a

patient, doctors can continue to care for their patients by making referral to a hospice team for palliative care. "Because we make frequent visits to see a patient, we can respond quickly with whatever they need," Michelle explained. "Early referral also allows us time to get to know and work with the family to prepare them for what is to come." Our purpose is to maintain a quality of life for as long as they need us. Some of our patients live on for as much as [a] year or so after they enter care," Judith said.

Families have access to any of the caregivers for a year after the patient has passed. "When family members are involved in the constant care of a loved one, they are left with a 'what now' feeling when it ends. We help them cope with the loss and then



## Business **NOW**

help them find new purpose in their own lives. They can call on the chaplain or a nurse they have come to know." The staff members who visit a patient are always the same ones who made the first contact. In this way, the whole family can develop a comfortable and trusting relationship with them.

"We are seeing patients referred to us by families we have served before," Michelle said. "Choosing to come to us again is an indication that we are meeting our goal of providing excellent care and helping patients maintain dignity and a good quality of life. We are also getting more referrals from physicians who have confidence in us. We get verbal feedback from families and patients, too. One patient commented, when her nurse said she was leaving to meet another patient, 'I thought I was your only patient.' Maybe

**"Choosing to come to us again is an indication that we are meeting our goal of providing excellent care and helping patients maintain dignity and a good quality of life."**

the best indication of success is that we have very low turnover in our staff and volunteers. They have a strong commitment to the patients and feel supported and valued by the administration."

This ongoing care comes at no cost to the patient or family. Medicare, Medicaid, VA insurance and private insurers pay for medications and medical supplies. "We never refuse care for individuals who are without funds," Michelle said. "An occasional milkshake or hamburger from a patient's favorite restaurant may be a gift from the visiting nurse or aide." Another patient visitor is Cain, a Labrador retriever who seems to know how to comfort people. "He'll put his head in their lap and just sit there while they pat his head. We are training his baby sister to do the same," Michelle smiled. "We go the extra mile." **NOW**

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# Think Fast, Talk Fast

— By Joan Kilbourne



There are many students who understand that the years they spend in high school offer an opportunity to discover their talents, set goals for themselves and begin working to achieve those goals. Molly Ford is one of these wise students. “I’m a preacher’s kid,” she said. “Dad teaches philosophy and ethics at Navarro College. He spends two or three hours a day in Bible study. I guess that’s where I got my focus on academic study and my discipline.”

Molly has goals. “I plan to study cultural anthropology in college. It is interesting to study people and their interrelationships. Foreign travel is part of it, and I like to travel. I want to learn more about social policy and how I can help. I am also interested in women’s issues in the workforce — the need for women to find their own strength.” Molly has developed her strengths by working with the debate teams. “Women in the

debate teams are a minority,” she said. “We are treated as colleagues by the male debaters, but we are aware of a need to be an example for other women.”

Corsicana High School [CHS] Principal, Greg Bower, is proud of the debate teams. “People only hear about things that go wrong here,” he said. “They don’t know enough about the majority of students who do remarkable things like the debate teams that win awards.” Students can choose debate as an elective course, in which they develop the skills they need to compete in state-level tournaments. Under the auspices of the University Interscholastic League in Texas, the debate competitions emphasize speaking skills and the ability to make persuasive arguments in favor or against a given proposition. Local tournaments take place in the Dallas area, at The University of Texas at Austin and in Houston. The most prestigious tournament takes place once a year, in May, when top high school teams compete with each other at University of Kentucky.

Molly and her debate partner, Ryan Malone, are also preparing to go to national tournaments. They are the only two CHS students who are working at this level. “At the national level, points are given for the ability to speak very quickly and to present well researched arguments,” Molly explained. “You have to think fast and talk fast.” At the national level, teams are assigned one topic each year. This year the topic is: “The United States Federal Government should substantially increase social services for persons living in poverty in the United States.”

Molly and Ryan spend two or three hours a day doing research on the assigned topic. They split the research so that one searches out the arguments in favor of the proposition and the other looks up points of discussion against it. “That way, we both know what kind of points opposing teams might present, and we are prepared to respond to them with counter arguments of our own,” Molly said. An additional half an hour a day is devoted to practicing how to speak quickly. “We raised our own funds to have a coach from Baylor work with us.”



## Education **NOW**

Molly added enthusiastically, "It's worth it! Each victory is a reward for hard work. But even when the team does not win, we know we have performed well against the best teams in the country."

National level debate students have to work hard to compete with students from all over the country who are as serious about debating as they are. In the summer, Molly and Ryan attended Debate Camp at University of North Texas for two weeks, where they took second place as speakers. They attended another camp at Baylor, for two weeks, where she and Ryan won again and then a one-week camp at University of Missouri-Kansas City. "It is exciting to have our hard work recognized," Molly said. "Coaches at these camps are people

**"Each victory  
is a reward for  
hard work."**

who coach the teams at top universities." These two dedicated students spend many weekends as contestants in a local tournament or watching other teams in order to learn new techniques and hear new arguments they can use. "We become friends with people at the tournaments and the summer camps. When I go to college, I'll meet some of the same debaters and feel at home. I have history with them," Molly said. She was awarded a scholarship to Baylor University where her brother is on the debate team now, but she will probably attend University of North Texas.

Molly is also a member of the Council for International Affairs at CHS. "It is a good fit," Molly said, "because the club aims to raise awareness of international issues and translate what you learn to helping at the local community level. I'm learning how to be a better citizen," Molly said. "I know how to interact with different points of view. I've learned how to organize my thoughts and to offer ideas based on good information." Principal Bower has a right to be proud of the students who graduate with the goals and knowledge and experience represented by Molly Ford. **NOW**

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# Who's Cooking **NOW**

## In The Kitchen With Student Cooks

— By Faith Browning

This year, six Corsicana High School students attending the Culinary Arts program will compete in the first Annual ProStart student competition. Michelle Terbush, Laura Northern, Alyssa Hill, Amanda Carr, Jelissa Venibuls and Tauren Kitchen will come up against 15 other student teams when they meet in Dallas.

The competition will entail preparing two identical servings of their three-

course menus in one hour. The teams will be judged on knife skills, cutting up a chicken, and taste and presentation. They will perform these tasks without water and electric power. They will only use hand tools and a two-burner gas plate to prepare their menu. "It's hard work," they agreed. Their teacher, Tiffany Morgan, is certain they will make a good showing as the first Corsicana team to enter this contest. **NOW**



### FIELD GREENS IN A PARMESAN WALNUT BASKET

1 cup plus 2 Tbsp. shredded Parmesan cheese  
2 Tbsp. walnuts, finely chopped

#### SALAD:

4 cups fresh spring mix salad greens  
1/2 cup green grapes, halved  
2 Tbsp. chopped walnuts  
2 Tbsp. extra-virgin olive oil  
1 Tbsp. raspberry vinegar  
1/4 tsp. salt  
1/8 tsp. pepper  
2 Tbsp. finely chopped walnuts

1. Heat a small nonstick skillet over medium-high heat and sprinkle 3 Tbsp. cheese and 1 tsp. walnuts over the bottom of the skillet.
2. Cook for 1-2 minutes or until edges are golden brown and cheese is bubbly. Remove from the heat and let stand for 30 seconds.
3. Using a spatula, carefully remove cheese mixture and immediately drape over an inverted glass with a 2-inch diameter bottom; cool completely.

4. Repeat with remaining cheese and walnuts, forming five more baskets.
  5. In a large bowl, combine the greens, grapes and walnuts.
  6. Place 1/2 cup salad in each basket.
- Yield: 6 servings.

### RASPBERRY VINAIGRETTE DRESSING

1/3 cup vegetable oil  
3 Tbsp. sugar  
2 Tbsp. raspberry vinegar  
1 Tbsp. sour cream  
1 1/2 tsp. Dijon mustard

1. Whisk ingredients together; chill in refrigerator.

### SOUTHWEST TENDERLOINS

1 beef tenderloin roast (2 lbs.)  
2 tsp. canola oil  
3 tsp. coarsely ground pepper  
3 garlic cloves, minced  
2 1/2 tsp. brown sugar  
1 tsp. salt  
1 tsp. ground coriander  
1 chipotle pepper in adobe sauce, mixed

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## Who's Cooking **NOW**

**1/4 tsp. cayenne pepper**

1. Brush beef with oil.
2. Combine remaining ingredients; rub over meat. Cover and refrigerate.
3. When ready to cook, prepare a pan by placing it on a stove and getting it very hot.
4. When hot, lay tenderloins in pan to sear. Flip and sear again.
5. Cover and cook until at desired doneness. Can also be cooked on a grill.

### **TOMATO, CARROT AND CORN RISOTTO**

**2 1/2 cups water**  
**2 cups milk**  
**3 Tbsp. chicken broth**  
**1 large onion, finely chopped**  
**1 garlic clove, minced**  
**2 Tbsp. butter**  
**1 1/3 cups carrots, cut into small dice**  
**3/4 cup uncooked Arborio rice**  
**1 1/3 cups fresh corn (about 5 ears of corn)**  
**1 medium tomato, peeled, seeded and chopped**  
**1/2 cup grated Parmesan cheese**  
**1/2 cup fresh basil leaves, thinly sliced**  
**1/2 tsp. salt**  
**Pepper, to taste**

1. In a large saucepan, heat the water, milk and broth; keep warm.
2. In a large skillet, sauté onion and garlic in butter until tender.
3. Add carrots and cook until soft.
4. Add rice; cook and stir for 2-3 minutes.
5. Stir in 1 cup hot water mixture. Cook and stir until all liquid is absorbed.
6. Add remaining water mixture, 1/2 cup at a time, stirring constantly. Allow liquid to absorb between additions.
7. Cook until risotto is creamy and rice is almost tender (about 20 minutes). Stir in the remaining ingredients; heat through. Yield: 5 servings.

### **CARROTS WITH A BUTTER CHIVE GLAZE**

**2 1/2 lbs. carrots, diagonally sliced 1/2 inch thick**  
**6 Tbsp. butter, cubed**  
**1/4 to 1/2 tsp. seasoned salt**  
**1/4 tsp. pepper**  
**4 1/2 tsp. minced chives**

1. Place 1 inch of water and carrots in a large saucepan and bring to a boil.
2. Reduce heat; cover and simmer for 4-5 minutes or until crisp-tender.
3. Drain well.
4. Melt butter in a large skillet, with seasoned salt, pepper and carrots
5. Cook and stir for 1 to 2 minutes or until carrots are tender.
6. Sprinkle with chives. Yield: 6 servings.

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# Inflation and Your Insurance Coverage

— By Gary Hayden

When Carol and Josh purchased their life insurance policies 15 years ago, they thought they did things the right way. They assessed their insurance needs, taking into account their home mortgage, the projected college education costs of their children and their living expenses. Well, that was then ... and this is now.

Recently, as they contemplated retirement, the couple reevaluated their insurance needs, and they were surprised to discover their insurance coverage is inadequate. How could this be? The answer is really quite simple — inflation.

Because inflation affects purchasing power, it may also affect life insurance needs. For couples like Carol and Josh, inflation means that life insurance coverage that was adequate years ago may now be insufficient. With this in mind, consider three of

the more common uses for life insurance proceeds that may be affected by inflation:

## 1. Paying Off Your Mortgage.

The days of staying in one home forever may be long gone. Americans seem to be constantly on the move — perhaps the increased mobility may stem from factors such as greater



employment opportunities, dual incomes and changing family dynamics. These factors may be contributing to today's growing trend of purchasing "more" house than in the past. Likewise, escalating real estate prices have translated into larger mortgage loans. If you have recently moved or upgraded your home, you may consider increasing your life insurance to help cover your mortgage obligations in the event of your death.



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## 2. Funding Future College Expenses.

If you are planning on sending your children to college, you may be concerned about the rising costs of higher education. Compared to the previous year, the average annual cost of tuition, fees, room and board for the 2009-10 academic year increased almost 6 percent at private colleges and over 4 percent at public four-year colleges (The College Board, 2009). To be prepared for these increases, be sure to factor inflation into your college savings strategies. In addition, have a contingency plan in the form of adequate life insurance to help provide protection in the event of your death. Review your plan periodically, and consider increasing your coverage to reflect the anticipated future cost of higher education.

## 3. Maintaining Your Standard of Living.

Groceries, gas, family vacations, home improvements ... whatever the outlay, inflation will greatly affect the everyday costs associated with maintaining your family and lifestyle. If your life insurance needs calculations are based on your current income and today's cost of goods and services, your family may not have enough funds to maintain their standard of living in the event of your death. Your insurance strategy should include an assessment of both your current and future needs, as well as objectives to help your family manage these expenses.

## Future Projections

Determining current life insurance needs is one thing, but figuring out how much coverage you'll need in the future requires you to pay careful attention to inflation and how it can affect your lifestyle. Regular reviews of your insurance coverage can make a great deal of sense. Plan to set aside time at least once each year to help ensure that your life insurance program is keeping up with inflation. **NOW**

*Gary Hayden is president of Hayden Financial Partners with offices in Corsicana. INLINFO5-CC Copyright©2010 Liberty Publishing, Inc. All rights reserved.*

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# Diabetes and Your Heart

— By Sandra Vernon, R.N.

After a long, cold winter full of blankets, wooly sweaters and comfort food, spring is here: time to shed those bulky layers and extra pounds. Spring is also a great time to focus on good eating habits for good health.

Maintaining a healthy weight can reduce your risk of diabetes and, in turn, protect your heart. Just like smoking, high blood pressure and high cholesterol, diabetes is a serious risk factor for heart disease. People with diabetes have a greater risk of developing heart disease — and a diagnosis of diabetes brings a host of additional risk factors for your heart. Ongoing research indicates that diabetes and other chronic health conditions such as obesity, damage the structure and function of the heart. For example, people with diabetes may develop heart disease at a younger age than those without diabetes — as early as age 30. They also may have a more severe form of heart disease than those who have not been diagnosed with diabetes. In fact, having Type 2 diabetes elevates the risk of heart attack or heart disease to the equivalent risk level of a person who has already suffered a heart attack.

When heart disease develops in people with diabetes, it is referred to as diabetic heart disease (DHD). People with diabetes are two-to-four times as likely to have a heart attack or stroke. According to the American Heart Association, about three-quarters of people with diabetes die of some form of heart or blood vessel disease. The higher a person's blood sugar, the higher the risk level for DHD.

Heart failure, another consequence of diabetes, refers to the weakening of the heart muscle over time, until the heart cannot work efficiently and pump enough blood for the body's needs. Symptoms of heart failure include chronic tiredness and insufficient energy to participate in certain physical activities — a vicious cycle for a diabetic patient needing to stay active and lose weight.

People with diabetes can work with their physician to lower their risk of developing DHD through lifestyle changes and medications. Good lifestyle choices, such as a healthy diet and regular exercise, can control a number of risk factors — weight, blood pressure and cholesterol, all of which can reduce the risk of developing heart disease.

Having regular cholesterol and blood pressure readings is also a good idea. The National Cholesterol Education Panel recommends cholesterol screenings for all adults over age 20 at least every five years, and more often (every 1-2 years) if you have high cholesterol or other risk factors for heart disease. Blood pressure readings are generally included as a standard part of your annual check-up.

Learn more about your risk for diabetes and the preventive steps you can take, or, if you already have diabetes, the steps you can take to minimize its health consequences. **NOW**

Sources: American Heart Association [www.americanheart.org](http://www.americanheart.org); National Institutes of Health, [www.nih.gov](http://www.nih.gov); American Diabetes Association, [www.diabetes.org](http://www.diabetes.org).

*Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information to facilitate conversations with their physician.*

Sandra Vernon, R.N., Diabetes Education Coordinator  
Navarro Regional Hospital

## Evonne Blackwell, CPA, Cr.FA Certified Public Accountant



Wants to thank you for another great and successful tax season ... Can't believe it's time already for **April 15th** to be here ...

For those of you who got extensions, July 15 is the due date for partnerships; September 15 is the due date for corporations and October 15 is the due date for individual returns ... but it's always best not to wait until the last minute.

*Sincere thanks to all of our clients, from Evonne, Val, Charlene, Richelle, Andrew and Albert! You are the best!*

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## Fleas, Raccoons & Other Creatures

— By Nancy Fenton

Now that it is warming up, it is time to think about how to avoid all those insect and animal problems that can plague homeowners. Those of us with dogs or cats immediately think *fleas*! As the temperature warms up, the fleas really get going. We discussed the use of nematodes last year, and they are still

a good bet early in the year when we have damp soil and moderate temperatures. Nematodes do not do well in the heat, so start early and get your two applications on your lawn before it dries up and gets hot. Beneficial nematodes are available from several local nurseries and feed stores.

Raccoons and squirrels are another matter altogether. According to Texas A&M, there are four basic rules for controlling raccoon and squirrel damage. First, remove their food supply. Feed your outside cats and dogs in the morning and bring the food in at dusk. Second, remove the water supply. Third, modify the habitat with screens on chimneys and around foundation and attic access points. Fourth, trap them and relocate them a very long distance from the original site!

Insects that chew on your garden are yet another issue. “Companion plants,” which have a strong scent (such as basil and thyme and/or silver foliage) repel some insects. “Trap plants” attract the offending insect until beneficial insects or birds gobble them up. Both repellent and trap plants can be used as long as they are close to their “companion” and can be seen or smelled easily. Other plants have special qualities, which enhance a “friend,” such as basil and tomato and garlic and roses. For specific lists of plants call the Master Gardeners at the Texas AgriLife office at (972) 825-5175. Good luck with getting rid of all those pesky critters! **NOW**

*Nancy Fenton is a Master Gardener.*



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## Happening **NOW**

### April 1-30

Annual Ennis Bluebonnet Trails event. For more information, call (972) 878-4748.

### April 4

"A Really Big Shew" at the Palace: 7:30 p.m. The retro variety show features an outstanding mix of music, comedy and unique specialty acts including: a Tribute to the King, Comedy Adagio, Mesmerizing Magic, Dance, Going to the Dogs, Grande Illusions, Jim Barber and Seville and more! Comic host "Ed Sullivan."

### April 17

Family manager seminar and workshop: "The Busy Mom's Guide to a Happy Organized Home": 9:00-11:30 a.m. The \$130 fee includes: textbook, study guide, personalized assessment and action plan. \$50 deposit due April 10. Limit 10 in a class. To register, please call (972) 741-9123 or e-mail [ar.watson@yahoo.com](mailto:ar.watson@yahoo.com). Please visit [www.familymanager.com](http://www.familymanager.com) for more information.

### April 18-24

Derrick Days are here again! For a full schedule of events, call (903) 654-4851 or look online at [www.derrickdays.com](http://www.derrickdays.com).

### April 18

Berry Dodge Rodeo at Navarro County Youth Expo Center.

### April 21

Lunch in Pocket Park: 11:00 a.m.-1:00 p.m., on N. Beaton Street. Includes live entertainment, free hot dogs and drinks.

### April 22

The 6th Annual VOICE Spring Luncheon featuring award-winning storyteller, comedian, author and motivational speaker, Kelly Swanson. Sponsorships now available; tables on sale February 1, 2010. For more information, contact Gina Dieterichs at [gdieterichs@voiceinc.org](mailto:gdieterichs@voiceinc.org) or by phone at (903) 872-0180.



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## Happening **NOW**

"Mystery in Tuckertown" art auction and poster contest: 5:30 p.m., The Warehouse Gallery.

### April 23

Various Derrick Days Events: Cow Patty Bingo: 6:00 p.m., on the corner of Beaton and 5th. Competitive Eating Contest: 6:30 p.m., at 8th and Beaton. Outdoor concert featuring a "Tribute to Lefty Frizzell," with Johnny Bush and Jesse Dayton, and a fireworks display: 7:30-midnight, the Palace Theater.

### April 24

Various Derrick Days Events: Pancake Breakfast: 7:30-9:00 a.m., at the Library. Oil Town Mini-thon Run: 7:30 a.m., YMCA. Derrick Days Parade: 9:00 a.m. From 10:00 a.m.-5:00 p.m., many events will take place including: "Smack Down" games, pet adoptions, Shakers & Scrapers car show, carnival at Bank of America parking lot, arts and crafts on Collin Street between 12th and Main. The Derrick Days Bash: 9:00 p.m.-1:00 a.m. will end the day at Napoli's Restaurant.

Art in the Park at the Corsicana Welcome Center, the Depot, at 301 S. Beaton St. Artists will be painting, exhibiting and selling their work.

### May 14

Relay for Life of Navarro County: 7:00 p.m., Lake Halbert Park. This all-night walk-a-thon and softball tournament raises money for cancer research and patient assistance. For more information, contact Tammy Broome at [tbroome@corsicanadailysun.com](mailto:tbroome@corsicanadailysun.com) or (903) 872-3931.

### June 5

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Airport, 131 Airport Drive, Midlothian. The public is invited. The event and parking are free. Breakfast tickets: ages 8 and above, \$6; ages 3-7, \$3; and all those 2 and under eat free. For more information, call Tammy at (972) 923-0080.

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- Medical Research Council of Canada Fellowship

## PROFESSIONAL EXPERIENCE AND TEACHING

- Clinical Professor, McMaster University Medical School, Canada
- Associate Professor, Baylor College of Dentistry, Dallas
- Fellow of the Royal College of Dentists, Canada
- Member American Association Oral and Maxillofacial Surgeons
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