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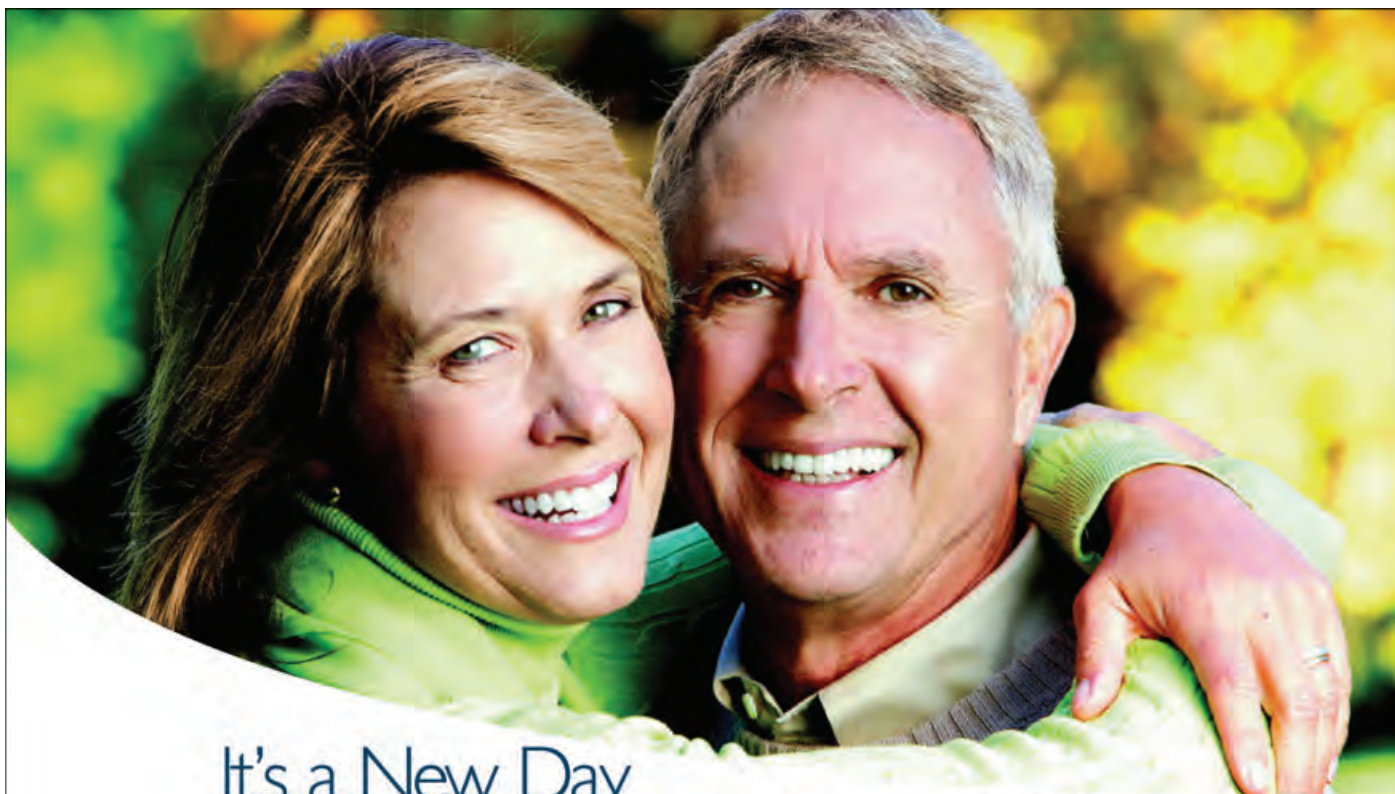
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ON THE COVER



*LeRoy Johnson is on top
of his game.*

Photo by Kevin Painter.

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Editor's Note

Welcome, Spring!

As my many native yard plants start coming alive again after the long, cold winter, I marvel especially at an oak tree my youngest daughter planted the first year we resided in our home. We had been planting some of the blooming plants I enjoy every spring and summer when Katie found a little sprout of a tree with the acorn still attached to its root among the dead leaves. In her then 9-year-old eyes, it could grow into a mighty oak just like

its parent oak that shades our patio. She transplanted it and watered it faithfully through the hot summer. That little tree beat all the odds, surviving a hot Texas summer and now is a mighty oak, too.

Celebrate Arbor Day on April 26 by planting a tree. By doing so, you will also be planting memories you can enjoy for years to come.

Virginia

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SHARING THE DR



EAM

— By Virginia Riddle

A dream of playing Division I college football and being drafted to play professionally is in most high school football players' minds as they prepare to take the field every fall season under the Friday night lights of Texas' stadiums. Reality though, for most players, is that their football careers end with the final game of their senior year in high school. For those who do live the dream, football is still not a game that can be played for a lifetime. LeRoy Johnson, a native of Corsicana, has played professional football and now shares his experiences and expertise with secondary school athletes. "I tell them, 'You aren't going to play football forever. You need to get that degree,'" LeRoy stated.

As a member of the last graduating class of Corsicana's Jackson High School (JHS) before its closure, LeRoy's senior games were even more poignant. The year was 1969-1970, and during the 1968 season, the team had beaten Gladewater for the state championship. Now, they were in their last season as seniors, and their high school was also in its last year of operation. "I started playing varsity as a freshman, and my senior year was tough," LeRoy remembered. Coached by Alex Williams, the team's last game was against Wilmer-Hutchins. "We were down by two touchdowns," LeRoy recalled. But the JHS team started their rally. They just couldn't lose *this* game! On the last play of the game, an onside kick followed by a block and a recovery by LeRoy won the game. A special patch was worn by

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the players on their letter jackets that last year — “Jackson Forever.” LeRoy earned both defensive and offensive Most Valuable Player honors during high school.

Although a kicker in high school, at Navarro College, LeRoy became a defensive tackle during the 1970 and 1971 seasons and earned All-Conference honors both years. After transferring to East Texas State University (ETSU), which is now Texas A&M University–Commerce, he played middle linebacker for the 1972 and 1973 seasons. LeRoy earned All-American honors and a place on the All-Texas Team. In 1997, LeRoy was inducted into the East Texas State University Athletic Hall of Fame. “I was so surprised when I opened the letter inviting me to be inducted that you could have knocked me over with a dime,” LeRoy said. “I thought they were probably just asking me for a donation!”

Professional recruiters were impressed by LeRoy’s university performances. He was recruited to play as a middle linebacker in the Canadian Football League (CFL) — first for the British Columbia Lions of Vancouver in 1974 and then for the Hamilton Tiger-Cats of Ontario in 1975. Knees that were progressively aching and a desire to move closer to home brought LeRoy back to Texas, but his dream was not yet totally fulfilled.

For a few years, LeRoy had an office job for the railroad in Dallas, but he had always dreamed of coaching. For three seasons, 1979-1981, LeRoy coached at Corsicana High School (CHS). He then went to work for the state of Texas. “I got that itch to coach again though,” LeRoy said. The itch was



satisfied when he was invited to coach by Eddie Donahue, who was then the superintendent of schools at nearby Wortham ISD. The two men had known each other while working together at CHS. With both a bachelor's degree and post graduate hours from ETSU, LeRoy is now in his 18th year of service to Wortham ISD, first as a coach; then, as a high school assistant principal; and now, again, as a coach. "I wanted to get back to being with the kids," LeRoy said of his decision to return to coaching. "Kids look at coaches as someone they can talk to," he added.

LeRoy arrived at Wortham in time to coach Leonard Davis during his junior and senior years at Wortham High School. A pair of Leonard's size 22 shoes is displayed proudly on LeRoy's school shelves. "Leonard's family made me feel just like family. Leonard took care of his classroom business, too. We had recruiters everywhere," LeRoy recalled. Leonard Davis went on to play for The University of Texas at Austin and is now playing in the National Football League. "Leonard comes to events when he is in town," LeRoy said. LeRoy is also close to other former players he has coached. "A number of kids come back and are appreciative," LeRoy stated.

As an all-around athlete in high school, LeRoy competed in track and field events and went to state in the shot put. He also played basketball and baseball. "I was a pretty good athlete," he recalled. Today, he puts that well-rounded experience to good use as an assistant high school football coach, junior high girls' basketball coach and varsity track head coach. "When you work in a small school you wear many hats," he said. LeRoy also

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volunteers with kids' programs through the Corsicana Boys & Girls Club and through his church, Mt. Olive Baptist Church. "My life, lately, has been about being with kids," LeRoy said.

Leading by example is important to LeRoy, not only in sports but in life. He stays in shape by lifting weights with "the guys" while he is teaching techniques, and he walks one to two miles on the track daily, especially as he approaches having to be out in the heat of two-a-day practices. He admits ruefully, "Sometimes, I forget there's a little water under the bridge."

Family is also important to LeRoy. He and his wife, Celister, have reared two sons and one daughter and now are enjoying their nine grandchildren, all of whom live in Texas. "During holidays our house is turned upside down," he said.

With many family ties in the area, Celister remarked, "We have a lot of roots here." This couple likes to visit places in their travel trailer, and Celister revealed LeRoy's around-the-house hobby — armchair quarterback! "He loves this chair," she said laughing while patting the chair.

LeRoy stays busy through singing in his church choir, serving as a church deacon and speaking at community events. He is proud of his work with kids. "I tell them playing a sport is a temporary thing," he said. "We are getting them ready for life. I try to be an example through the Lord to people I come in contact with. The Lord has brought me to where I am now." **NOW**

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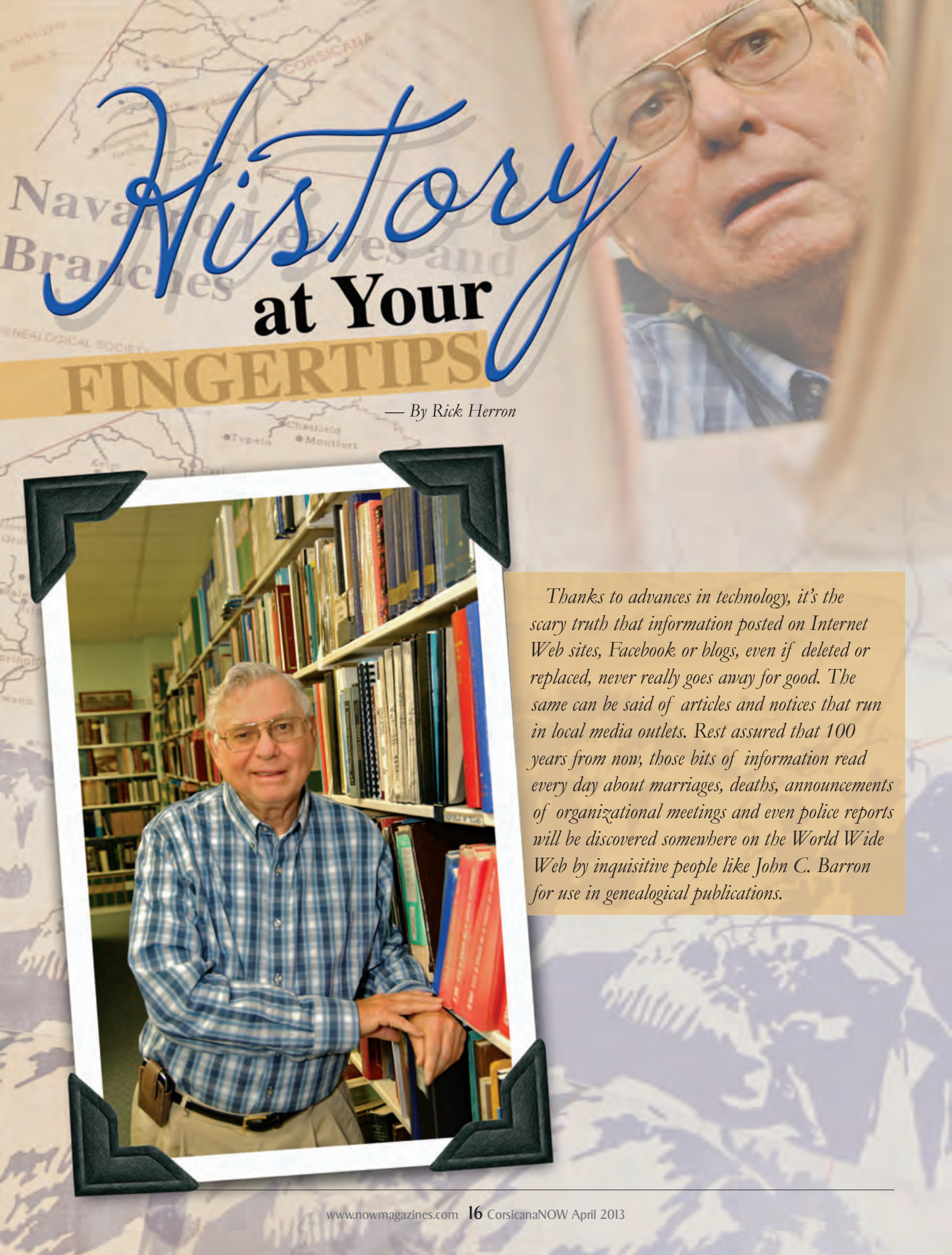




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History at Your FINGERTIPS

— By Rick Herron



Thanks to advances in technology, it's the scary truth that information posted on Internet Web sites, Facebook or blogs, even if deleted or replaced, never really goes away for good. The same can be said of articles and notices that run in local media outlets. Rest assured that 100 years from now, those bits of information read every day about marriages, deaths, announcements of organizational meetings and even police reports will be discovered somewhere on the World Wide Web by inquisitive people like John C. Barron for use in genealogical publications.

John is the current editor of *Navarro County Leaves and Branches*, the foremost source for Navarro County history and genealogy research, published twice a year from the offices of the Navarro County Genealogical Society at the public library. He's learned over the years how to use his computer to find almost anything about anyone from Navarro County's long and storied past.

“My focus
has been to get
it into a format
that can be done
easily on the
computer.”

“The *Leaves and Branches* publication has changed a lot over the years,” John said. “Prior to my taking over as editor in 2006, we did a lot of genealogy in the form of family trees and group sheets. My focus has been to get it into a format that can be done easily on the computer.”

John decided to use mainly 20th century information and records, most of which are found in the archives of local media outlets. “I found information there about the 1940 draft in Navarro County noting that 5,000 men were in the Selective Service's first draft. It is the kind of fascinating and interesting information that descendants and lovers of local history really like to read,” he said.

He's been able to research his own family tree and discovered that the Barron family has been in Navarro County since the 1870s. John's own background, while not nearly as long, is just as interesting. “I was born and raised in Corsicana and graduated from Corsicana High School in 1956. I majored in biology at University of North Texas and later at East Texas State University, which is now known as Texas A&M University-Commerce, and graduated in 1961. My first job out of college was with Texas Parks and Wildlife in San Antonio as a fishery biologist,”

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John remembered. "I gravitated toward the data part of the job as it seemed no one else liked that aspect. In 1968, I was brought to Austin to head up a statistical computer section, where I remained for 30 years. I saw Austin change from a small, sleepy town to an industrial city."

John married in 1961, and he and his wife, Sarah, have one daughter, Lucy, a librarian at the Library of Congress in Washington, D.C. Two grandchildren complete the family. "I retired in 1993 but decided to go back to work for five more years. I've written hundreds of scientific reports, published about a dozen in peer-reviewed journals and have co-authored two books on genealogy," John said, adding that another book is still waiting to be published.

John is a charter member of the Navarro County Genealogy Society. "When I came back to Corsicana in 2001, I started attending meetings, became an officer and was appointed editor of the *Navarro County Leaves and Branches* publication in 2006," he said.

The publication, now saddle stitched instead of stapled and complete with a striking cover illustrating José Antonio Navarro, is printed and distributed twice a year to society members. "We have about 150 members in the society, and we meet four times a year (March, June, September and November) in the public library conference room. Anyone can join



for a small fee, and everyone gets a copy of *Navarro County Leaves and Branches*, which we also send to various libraries throughout the country,” John explained.

To cut costs, the society is doing more e-mailing of the publication and less actual mailing. “We also send a notice to locals when it’s ready, so they can plan to drop by our offices here in the library and pick it up,” he said. Before long, the society plans to have its own Web site for members to use for a variety of purposes, including using links that will be provided for genealogical research and accessing back copies of *Leaves and Branches*.

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society was last month, and was also the release date of the current issue of the booklet. "I put it together, and it ended up being nearly 30 pages long," John said. Each copy includes a membership application to the Navarro County Genealogical Society.

Everything contained in the nearly 30-page publication is written by John, who depends a great deal on local archives that he can access online from his computer at home. "Our members also send queries and information, which I use as the basis for articles, and I pull a lot of content from our archives as well," he said.

The information sources used to create the publication are available to anyone who has a computer. "I also use ancestry.com, findagrave.com and the local Navarro County TXGenWeb site, which I think is one of the best in the country. It has thousands of local resident obituaries," he said.

He's quick to point out, though, that the sources he uses are by no means the only ones out there for individuals to use for researching family histories. As a local expert on the history of Navarro County, John shared a fact about the county not known by many residents. "Navarro County dates back to 1846 and was much larger than it is now," he explained. "It was created out of the northern section of Robertson County. Other counties broke off of that initial piece as the years went by."

That bit of information is only a fraction of what visitors to the Navarro County Genealogical Society can uncover, and there's always someone there to help out. "Come in and start researching," John suggested. "We have volunteers here every day the library is open. You never know what you will find." **NOW**

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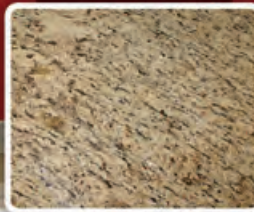


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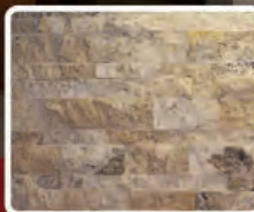
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Norton and Judy Conner recalled evenings in Corsicana when the Palace Theatre was still in operation as a movie theatre. It was the place to be for area high school students on the weekends. Norton, son of O.C. and Lois Conner of Kerens, was a Kerens Bobcat. Judy, the daughter of James and Martha Parker of Roane, was a Corsicana Tiger. "Everyone had their own section in the Palace," Norton remembered, so he and Judy can't remember the moment they met. However, from those days onward Norton and Judy Conner have shared the same pathway through life.

Following their high school graduations, Norton and Judy attended Navarro College and then transferred to Baylor University pursuing business and education degrees respectfully. They both graduated from Baylor in May 1970 and were married that July. Norton is now retired from his 22-year career

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as a tax appraiser with the Navarro Central Appraisal District. Judy is retired from a teaching career that spanned a combined 30 years of service. "One of the advantages of being retired is being able to keep the grandkids," Judy said. Norton continues to run his cattle operation in the Kerens area, and the couple stays busy with family, friends and volunteer commitments — activities that honor the family's heritage of working the land



and serving their community.

The family heritage of living in Kerens and working in education continues. Their daughter, Lindsay Conner, is the seventh- through 12th-grade counselor for Kerens ISD and is an adjunct instructor at Navarro College. Their daughter, Lana Engel, teaches pre-kindergarten in Kerens ISD where her husband, Jayson, is a high school math teacher and coach.

Family is important to Norton and

Judy. Outside their beautiful home is the second of two basketball goals that have stood in the driveway. "Tate wore the first goal out," Norton said of their grandson. Tate and Ella Engel live just down the street from their grandparents' home, so Tate and his friends find their way down the alley to the goal often.

The couple built a home in Corsicana in 1974, but decided to build their Kerens home in 1977. The move was

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completed in August as they heard of Elvis Presley's death. "We liked growing up in a small town and wanted that for our girls," Judy said. "I told Fred Parker what I wanted," she said of her architect. The home was custom built by Dean Melton. They have since added the den and a dressing area and updated the home beautifully.

Judy taught fifth grade in Corsicana ISD for four years early in their marriage, and then took time to rear their daughters until they reached school age. The remainder of her career was spent in Kerens ISD where she taught pre-kindergarten and elementary music. "My grandson persuaded me to stay for one more year and teach him," Judy shared. She continues to share her musical talents as the pianist at the First Baptist Church of Kerens and can be found practicing at the grand piano, which is a focal point of their living room.

The other focal point in the living room is the fireplace framed with custom built-in cabinets. Different styled crosses grace the walls and a collection of nativities is kept near the fireplace throughout the year. A comfortable seating area welcomes friends and family.

French doors, where a window once stood, open to the den. The Baylor heritage is represented strongly in this room with a collection of green and gold Baylor artifacts on Judy's grandfather's roll-top desk. The couple owns several grandfather clocks which "go off all over," and a collection of Tom Clark Santa Clauses and snow globes stand throughout the year among the books in built-in cabinets. "We love Christmas," Judy revealed. Their home has twice been on the Kerens' Garden Club Christmas Tour. A gnome is one of Norton's favorite pieces, since it was a gift from Lana upon her marriage. "It's called Daddy Owes," Norton shared. A Baylor gnome stands sentry at the front door of their home.

The dining room has one wall of built-in cabinets. Tea carts frame the large window which overlooks the backyard. The table accommodates friends and family, whom the couple enjoys entertaining, especially through the holidays. Four generations of their family are often gathered since Norton's

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mother and Judy's father are still living. In the adjoining kitchen, Judy displays her collection of cookie cutters in an antique brick mold while her collection of copper molds is hung above a dining table.

The master bedroom is dressed elegantly in greens, gold and brown. Norton and Judy proudly display a collection of candlesticks and family photos in this room and in Judy's dressing area. Nearby is Judy's sewing room, which she has organized with purpose. With a granddaughter, Judy's skill at making clothes and other special items is once again being put into play. An aunt's thimble collection, to which Judy has added, is hung on the wall.

A hallway plays host to more photos set upon an antique desk, as well as the quilt that Judy's fellow educators gave to her upon her retirement. "Each teacher did a square. Lots of the squares are songs I taught," she explained.

Lana and Lindsay's two bedrooms have matching window seats, and many of their childhood collections, as well as Norton and Judy's antique finds, are displayed in built-in cabinets. "We don't know a lot about antiques. We've learned a little, but we just know what we like," Judy said. Granddaughter Ella loves to play with the dolls, multistoried doll house, the china tea services and has sweet dreams under the decorative quilts.

Norton and Judy continue the heritage of their parents by giving back to their community. The couple volunteers for Kerens' Meals on Wheels. Norton is a deacon at their church, and Judy served on the rebuilding committee. Norton has served for over 20 years as a trustee on the Kerens ISD school board, currently as the vice president. He was appointed by the Navarro College Board of Trustees to serve on the Presidential Search Committee. Judy is one of the directors of the Kerens Educational Foundation.

While semiretired, Norton and Judy are staying busy carrying on the family heritage and creating new memories with their children and grandchildren. Along the way, they are working to make their community and home a great place to rear kids and live — a place where grandkids and their friends come to shoot hoops. **NOW**

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By Rick Herron

On the popular television game show, Jeopardy, contestants compete by picking squares under which are answers that require them to respond with the correct question. An example of such an answer that might be found on the show is: "The purpose of this organization is to stop drunk driving, support the victims of this violent crime and prevent underage drinking." The correct answer would be: "What is Mothers Against Drunk Driving?"

Carol King, a victim services specialist with MADD's East Texas region, is keenly aware of the organization's purpose and especially her specific role, which keeps her constantly on the move. "Between our MADD office in Tyler and offices in Bryan and Beaumont, four victim services specialists serve 49 counties



"When I found out that victim services specialists are there for people right after a drunken driving tragedy, I knew I had found my calling."

in East Texas, so that keeps us pretty busy," Carol said.

Mothers Against Drunk Driving (MADD) was founded in 1980 by Candy Lightner, after her 13-year-old daughter, Cari, was struck from behind by a drunken driver who briefly passed out, then came to and drove off after having killed the young girl, according to the organization's Web site. What added insult to injury was that the crime was committed by a repeat DWI offender who had been released on bail for a hit-and-run, drunken-driving crash only two days prior to the accident, and it was his fifth offense in four years.

Candy started MADD in her den four days after the tragedy. The day following Cari's funeral, she discovered that the offender, who had been caught, would probably not receive any time in jail, much less any time in prison, for his crime. "I promised myself on the day of Cari's death that I would fight to make this needless homicide count for something positive in the years ahead," Candy stated.

"MADD has grown by leaps and bounds," Carol added. "It began as a lobbying organization and, ultimately, expanded to provide victim services. The range of services we can provide to victims of drunk drivers free of charge continues to surprise people."

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When Carol meets with people, she provides them with a variety of materials to help them learn what MADD Victim Services can do. "We provide emotional support, refer people to professional counselors, attorneys and clergy skilled at working with crash victims, help with victim impact statements and work with people to apply for financial assistance through the Crime Victims' Compensation Fund," Carol said. Carol is also frequently asked to accompany victims to court as a means of providing emotional support and also helps with preparing letters to parole boards.

Carol, who was born in Longview, graduated from Gilmer High School and went to college where she majored in commercial photography. She's the mother of two sons: Joshua, 21, and Jonathan, who is a senior at Big Sandy High School. She later obtained a degree in business administration from Tyler's Texas College. "Every job I've had since college was as an advocate and case worker, which went a long way in preparing me for my current role with

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MADD, distributing information in an effort to reduce the

MADD,” she said, especially the four years she spent as a conservatorship worker with Child Protective Services in Tyler. When a friend who worked at MADD told her about a victim services specialist opening, Carol applied and was hired in 2011.



“I lost an aunt to a drunk driver when I was 16. She had just visited us in Texas and had flown back to California, where she was hit by a drunk driver just a day after she got home,” Carol remembered. “When I found out that victim services specialists are there for people right after a drunken driving tragedy, I knew I had found my calling.”

Carol also works with adult probationers to help them turn their lives around. “In Navarro County, we work with Victim Impact Panels (VIPs), which is a program we do for offenders who have been arrested for DWI. We try to get them to understand the seriousness

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of what they've done. There's almost always an emotional reaction from them, especially when a victim starts to speak," she said.

Offenders who go through the VIP program are less likely to re-offend, and MADD has frequently worked with Navarro County community supervision and corrections director, Chris Aldama, who has promoted MADD's efforts toward working with first-time and repeat offenders. MADD is also in the process of setting up ways to reach out to students and has started working with middle and high schools throughout East Texas, especially right before prom night and graduation. "We show them some photos of drunk driving crash victims around their same age and that seems to stay with them longer. We also encourage them to participate in other prom-related social activities that don't include drinking," Carol explained.

When she's working in Navarro County, Carol visits the district attorney's office and works with the victim assistant coordinator to obtain information about car crashes and victims she can contact who might need help. "I had to help plan the funeral of a child killed by a drunk driver — just one example of all the things we can do to help," she said.

Each spring, MADD's victim services specialists speak at schools and distribute numerous information packets designed to educate the public about the wide range of services that are available. "Every year, we have our 'Powertalk 21' educational program for parents, which begins nationwide on April 21," Carol explained. "It's a national day for parents to talk with their kids about alcohol, and MADD does everything it can to equip parents with the tools they need to help them start that conversation." MADD offers a free toolkit available for parents at www.madd.org/powertalk21 or by calling MADD toll-free at 877.ASK.MADD.

Carol feels privileged to be part of MADD's continuing and ever-expanding efforts to help victims of drunk drivers and knows that efforts to educate the public about all the services they offer free of charge must continue. "In a nutshell," she stated, "we want the public to know that our goal is to help survivors survive." **NOW**

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Determined To Succeed

— By Rick Herron

Sometimes the bravest people are the ones we never hear about. They don't rush into a burning building to bring out survivors or jump into a lake to rescue someone who's drowning. Nor do they go on television to boldly speak out against a popular or controversial trend or donate an organ to a stranger.

One example of a truly brave person is someone who decides to leave everything that is comfortable and familiar behind. They step out of their comfort zone and move to a place that is very different, with a language they do not speak. But, it's a place where they know that with hard work and determination, their dreams will come true — dreams that couldn't be imagined in their native land.

Mirian Rivas would not call herself brave, but she is. She came to Corsicana 20 years ago as a young woman, knowing America would be the place she could accomplish all the things that were out of her reach in Mexico. "I came to the United States in 1991 from Morelos, Mexico," Mirian recounted. "The Mexican economy then was not good, and I could not find a job with my degree."

Mirian had obtained a degree in agriculture from the Universidad Autónoma Chapingo, located northeast of Mexico City. "It is a specialized school for agricultural degrees. I had finished all my classes there but did not do my thesis. After I





finished school, I wondered what to do. The government department for agriculture, where I had hoped to work, did not hire me. Our country just doesn't have the opportunities for graduates that are available here," Mirian added.

In the meantime, Mirian moved to Corsicana to join her husband, Daniel Rivas, whom she married in 1996. "My husband was in Corsicana, so I joined him and began the process of finding a job and improving my English," she shared.

Today, Daniel and Mirian have three boys. Cody, 16, is the oldest and attends Corsicana High School. Frank, 13, attends Collins Middle School. Jason, the youngest at 11, is a student at Sam Houston Middle School where he's enrolled in the school's dual language program. The program is designed for prekindergarten to fifth-grade students.

"They teach the proper way to learn a language, including writing and reading the language. There are lots of Spanish students and American students learning languages in the program," Mirian explained. "There's a lot of encouragement to be proficient in both English and Spanish, as the need for bilingual teachers is growing."


After arriving in Corsicana, Mirian eventually received her permanent resident card in 2004 and became an American citizen in 2007. In 2011, she went back to Mexico, returned to school, completed her thesis, finished her degree and obtained her title in agriculture. "My title from the Universidad Autónoma Chapingo

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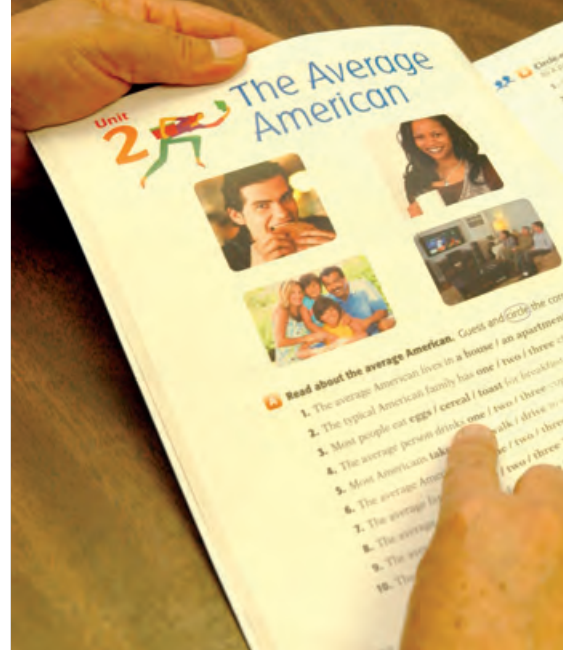
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is equivalent in America to a bachelor's degree in agriculture," she explained.

Returning to Corsicana, Mirian faced the daunting challenge of continuing to perfect the English language. "I could not talk, read or write in English very well,

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and I knew I would need to overcome that big hurdle before I could hope to accomplish anything else," she said. She began attending classes at Navarro College with the goal of improving her reading and writing skills.

Leaving behind all that was familiar and comfortable in Mexico — especially her mother, brothers and sisters — was difficult, but Mirian knew it was the right decision. "My family is still in Mexico," she said. "We try and go back to visit them in the summer and during Christmas."

Mirian began working at Navarro

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College as a teacher's aide in the adult education department. She also works with the General Education Development/English as a Second Language (GED/ESL) programs at the college. The ESL program is designed for people who want to learn English, and the Rosetta Stone method is used to supplement the ESL curriculum. "I've been doing that for five years now, on a part-time basis, Monday to Thursday in the morning and evening," she said, adding that the GED program is designed for students who did not receive their high school diploma.

"The GED program helps them reach that goal. There are a lot of students in those classes. The classes are usually full, with potential students on waiting lists," Mirian said, adding that the ESL classes are for everybody over the age of 18 who has a desire to learn English. "Those classes are full, too," she added.

When she's not in class, Mirian works as a school crossing guard at Carroll Elementary every morning and afternoon, and Daniel works at Ennis Toyota. When time permits, Mirian also volunteers at Carroll Elementary with the prekindergarten and kindergarten classes, but these days she remains focused on getting her certification to teach Spanish, while continuing to improve her English language skills.

Toward that end, Mirian also works two days a week on the third floor of the Bank of America building using the Rosetta Stone method. "Through the VOICE program, I help out with the individuals who are learning English. In helping them with pronunciation and




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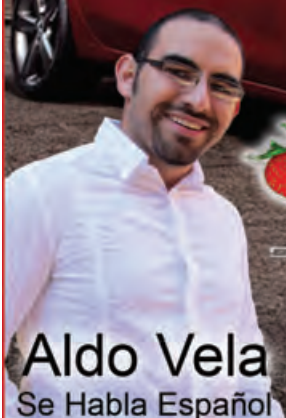
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usage, it helps me improve my English, too," she said.

According to the Rosetta Stone Web site, Navarro College placed the Rosetta Stone Classroom into its curriculum a few years ago to supplement instruction and extend learning outside normal classroom hours. The college had sought a solution that could assist in the instruction of a diverse learner population with different native language backgrounds by extending the ability to learn outside the classroom, while allowing students to study at their own pace.

Mirian hopes that with time, determination and practice, she will reach a point where she will be able to teach the Spanish language within a college environment. "I want to get my teaching degree so I can teach Spanish, perhaps at Navarro College or perhaps Mountain View Community College," she said. "I'm checking all of the requirements and enrollment schedules for both schools right now. It's my goal to find a career that makes me happy and that helps support my family."

Her personal experience has taught Mirian that anyone wanting to succeed in a new country has to make the commitment to not give up, and she doesn't hesitate to offer help. "If you don't speak English, you can learn. So many people use the excuse that they don't have time," she explained. "I know you have to find the time and take the time, and you have to find different ways to learn. I'm proof that you can do it. Just don't go away. Don't stop trying. Keep going. If you need help, just ask. I promise if you ask, you will find help and support." **NOW**

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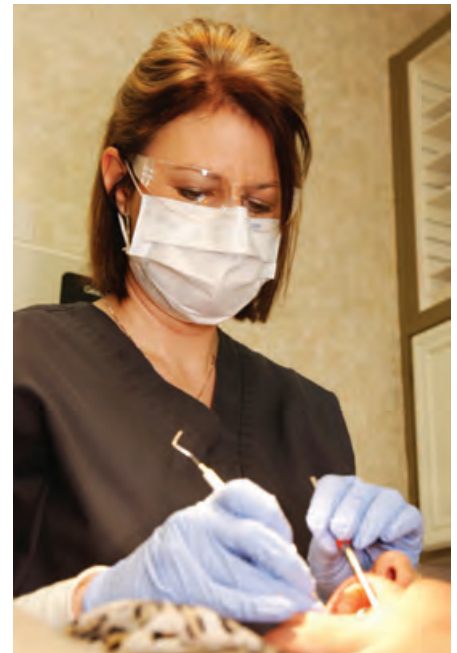


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— By Virginia Riddle

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Homestead Family Dentistry understands in tough economic times that dental care might not be a budgetary priority. “People need to know they have a dental resource in Homestead Family Dentistry,” Dr. Mileski stated. “Dental disease is not always noticeable, but if caught early, minimally invasive treatment can

be utilized.” Dr. Mileski noted many people struggle unnecessarily with loose fitting dentures for extended periods of time. “We work to make dentures fit correctly and comfortably,” he said. The practice is an in-network provider for most dental insurance plans, and works with patients to file claims. They partner with Care Credit and First Pacific Corporation to offer affordable, interest free payment plans to patients.

A native of Michigan, Dr. Mileski received his undergraduate degree from the University of Michigan in 2004. In 2008, he earned his Doctor of Dental Surgery from the University of Michigan, Ann Arbor. He and his wife,

“WE LISTEN TO OUR PATIENTS AND WORK HARD TO ACCOMPLISH THEIR GOALS.”

Anne, enjoy traveling and running races. Seeking a warmer climate, they decided to move to Texas, and Anne found employment as a freelance musician and an elementary music teacher in Plano Independent School District. After the move to Texas, Dr. Mileski completed a Residency of Advanced Education in General Dentistry at Baylor College of Dentistry. For four years, he was in charge of a nonprofit community dental care clinic in Dallas. Currently, in addition to his practice at Homestead Family Dentistry, Dr. Mileski serves as an officer in the 965th Dental Company of the United States Army Reserve stationed in Seagoville, Texas. He is licensed in general dentistry by the state of Texas and is a member of the Academy of General Dentistry.

Wanting a small town atmosphere with a hometown-touch practice, Dr. Mileski came to Corsicana to service the patients of newly retired Dr. Hocker, as well as new patients in the area. “We will go to bat for each patient, taking a personal interest in their care,” Dr. Mileski said. Homestead Family Dentistry welcomes Corsicana area families to become a part of their dental home. **NOW**



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Keller Williams agents enjoy lunch during the Navarro Regional Hospital's Healthy Women Celebration.



Betty Partain, Mary Lou McKie and Susan Newton enjoy visiting at the George Washington Tea held by the James Blair Chapter, DAR.



Dr. Dave Campbell receives the Tom White Award from Chairman Aaron Johnson at the Corsicana and Navarro County Chamber of Commerce Annual Awards Banquet.



Wayland Kelley instructs drivers during the AARP Drivers Safety Program for Navarro Regional Hospital's Senior Circle.



Awards and smiles abound at the Corsicana and Navarro County Chamber of Commerce Annual Awards Banquet.



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- Sign up and pay for continued enrollment. This allows your adult child to remain on your plan until they no longer qualify.

Extra Incentives

Besides providing access to health insurance, there are benefits to keeping an adult child on your health plan. Come tax time, you might be able to deduct the value of employer-provided health coverage from your income. You're also eligible for the same tax benefit when you purchase health coverage through a "cafeteria plan," a benefit plan that lets you choose the benefits that best suit your needs. Find more information about young adult coverage at the Affordable Care Act Web site. **NOW**

**Exceptions: "Grandfathered" plans — those in place before March 23, 2010 — are not required to offer coverage to adult children who have access to group coverage outside of their parents' plans until 2014. Talk with your health insurance carrier to make sure.*

Lynda Housley is a State Farm agent based in Corsicana.



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Medications and Herbal Remedies May Not Mix

Take care to avoid medication and supplement interactions

Approximately 40 percent of all Americans take some type of dietary or herbal supplement, according to the American Council on Science and Health. Dietary supplements take many forms and include: vitamins, minerals, herbs or other botanicals, amino acids and substances such as enzymes or organ tissues.

Among the primary concerns of dietary and herbal supplements are their content, their possible side effects and their potential to interact with other medications. Before taking a supplement, it's important to talk with your doctor or pharmacist about any possible side effects these supplements can have, especially if you are taking other medications.

First and foremost, health care consumers should remember that dietary and herbal supplements are not regulated by the Food and Drug Administration (FDA), as other over-the-counter and prescription medications are. Therefore, supplements are not subject to the same requirements that FDA-approved medications must meet for consumer safety.

Supplements can interact with other medications in a variety of ways. Sometimes, a drug and a supplement may have similar effects on the body, so taking both at the same time can have a doubly strong effect. For example, taking a prescription blood thinner, as well as a supplement that also inhibits blood coagulation, such as vitamin E or fish oil, could cause abnormal bleeding. In other instances, the supplement and the drug may counteract each other, reducing the effectiveness of the medication.

On their own, herbal and dietary supplements can cause serious health risks for people with existing chronic conditions, such as diabetes or heart

disease. Even in a healthy person, taking certain supplements — or too much of a particular supplement — can cause serious problems such as: heart, nervous system, liver or kidney damage.

Safety regarding supplements and medications is important for everyone, but especially the elderly, due to physiological changes related to the aging process — and the fact that the elderly take more medications than the general population. Other individuals with higher risk include women who are or may become pregnant, nursing mothers, individuals with chronic health conditions, patients who will be undergoing diagnostic tests and anyone who is taking any type of prescription or over-the-counter medication. **NOW**

Sources:

American Council on Science and Health, www.acsh.org

Food and Drug Administration, www.fda.gov

National Center for Complimentary and Alternative Medicine, National Institutes of Health, <http://nccam.nih.gov>

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 and facilitate conversations with your physician that will benefit your health.

Barton Giessel, M.D.

Family Medicine

Employee of REAP d/b/a Medical Associates of Navarro County

April 9

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

April 12

Navarro County Retired Teachers Association meeting: 9:45 a.m., Northwest Apartments Community Center. Dr. Shellie O'Neal, Navarro College professor and playwright, will present the program. For more information, contact Patty Knauth at pk2@airmail.net

April 13

American Cancer Society Relay for Life Music Festival: 10:00 a.m.-4:00 p.m., Lakeside United Methodist Church, 515 FM 416, Southside Richland Chambers Lake. Food, crafts, music, children's activities will abound. Free admission. For more information, call (903) 389-8205.

"Blues Brothers" Second Saturday Event Series: 4:00-9:00 p.m., downtown Corsicana. Activities include a car club cruise-in, a Bluesmobile static display and live dance lesson. Visit local merchants, street and food vendors and enjoy live music by the Harless Brothers Blues Band

and the Peterson Brothers Band. Free to the public. For more information or to become a vendor, call 877-648-2688 or visit corsicana.mainstreet.org.

April 18

Pioneer Literary Club and Friends of the Kerens Library Third Annual Authors Luncheon: Noon, Kerens Presbyterian Church. Author, John Mecom will review his new novel, *Luca's Run*. For more information, call (903) 396-2665.

April 22 — 26

Senior Circle of Navarro Regional Hospital: Seats are available for the motor coach trip to New Orleans. For more information, contact Connie Beal at (903) 654-6892.

April 24 — 27

Derrick Days: 9:00 a.m.-5:00 p.m., downtown Corsicana. Held annually since 1976 this event celebrates Corsicana's rich oil heritage. For a complete schedule of all four days' events, call (903) 493-7205 or visit www.derrickdays.com.

April 25

Corsicana Newcomers Club meeting: 11:00 a.m. Kinsloe House. The program

will include the Senior Activity Band and Sharla Allen, Corsicana Parks and Recreation Department Director. For more information and to confirm reservations, call Marge Oslick at (903) 872-3508.

Mystery Art in Tuckertown's "Pillars of our Past," Celebrating the people, places and events in Navarro County History: 5:30-7:00 p.m., Warehouse Living Arts Center. This fundraiser supports VOICE and the Navarro Council of the Arts. For artists who wish to donate works or for more general information, call (903) 872-5411.

April 26

Oil Baron's Ball: 7:00 p.m.-midnight, Historic Pace Building. The dance is a black tie function featuring fine food, entertainment and dancing benefitting Derrick Days and VOICE. For more information, contact Gina Dieterichs at (903) 872-0180 or e-mail gdieterichs@voiceinc.org.

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 Sandy McNally

— By Virginia Riddle

When Sandy McNally was growing up in her military family, sit-down evening meals were important times. “My mother was a wonderful, lovely cook. She didn’t do breads, but she always fixed meals,” Sandy remembered.

Sandy serves meals focused on salads for her husband, Joe, and herself. She learned to bake as a teenager and loves when her two daughters and three grandchildren come home. “When they come home, especially for holidays, we bake sugar cookies, apple pies and breads,” Sandy remarked. “We have the best times together.”

Time to cook is a challenge. A physical therapist, Sandy is working toward joining her love of Arabian horses with her vocation to offer therapy riding. “It’s difficult finding time to do the kind of things you love to do,” Sandy remarked wistfully. **NOW**

Buttermilk Bread

Bread:

- 1/2 cup margarine
- 2 cups flour
- 1 cup sugar
- 2 eggs
- Pinch of salt
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 cup buttermilk or sour milk

Cinnamon-sugar Mix:

- 1/2 Tbsp. ground cinnamon
- 1/4 cup sugar

1. For bread: Combine all bread ingredients to make batter; pour half of batter into greased and floured loaf pan.
2. For cinnamon-sugar mix: Combine cinnamon and sugar. Sprinkle half of mix over batter.
3. Spread remaining batter on top; sprinkle with remaining cinnamon-sugar mix. Bake at 350 F for 1 hour.

Berry Blush Punch

- 2 ripe peaches, peeled and diced
- 2 cups cantaloupe, diced
- 1 cup strawberries, diced
- 2 cups raspberries
- 4 cups grapefruit juice
- 1 24-oz. bottle sparkling apple cider
- 2 Tbsp. orange liqueur (Grand Marnier or Cointreau)
- 2 cups sparkling water
- 6 sprigs fresh mint

1. Place fruit in large glass pitcher.
2. Pour in grapefruit juice, cider and liqueur. Let rest at room temperature for 1-2 hours for flavors to blend.
3. Before serving, add water.
4. Serve over ice. Garnish with mint.

Sweet-and-Sour Coleslaw

Serves 8 and is full of antioxidants.

- 4 cups cabbage, chopped or shredded
- 1 medium red bell pepper, chopped

- 1 cup green onions, thinly sliced
- 1 15-oz. can whole kernel corn
- 1/2 cup seasoned rice wine vinegar
- 1/3 cup sugar
- 3/4 tsp. salt
- 1/8 tsp. pepper

1. Toss all ingredients together. Refrigerate overnight.

Polynesian Chicken Salad

Serves 6.

Chicken:

- 2 cups chicken, cooked and diced
- 1 1/2 cups celery, diced
- 1 1/2 cups pineapple chunks
- 1/4 cup carrot, shredded
- 1/2 cup toasted almond halves

Dressing:

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 tsp. curry powder
- 1 tsp. lemon juice
- 1/2 tsp. salt

Greens:

- Mixed salad greens
- Parsley, minced

1. For chicken: Combine all chicken ingredients.
2. For dressing: Blend and pour dressing ingredients over chicken. Lightly toss and chill thoroughly.
3. To assemble: Arrange greens on 6 plates. Place chicken mixture in center of greens; top with parsley.

Pineapple-banana Fruit Salad

- 1 13-oz. can pineapple bits
- 1 Tbsp. flour
- 1/4 cup sugar
- 1 egg
- 3 bananas, diced
- 1/2 cup pecans, chopped

1. Drain pineapple juice into a stove top pan. Set aside pineapple.
2. Mix juice, flour and sugar.
3. Beat egg and add to mixture.
4. Heat on medium, stirring until thickened. Do not let scorch!
5. Set aside to cool 1/2 hour.
6. Add bananas, pecans and pineapple chunks; chill before serving.

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

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