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MARK HOESCHELE, MD

DR. MARK HOESCHELE graduated medical school at The University of Texas Southwestern in Dallas and completed his residency at John Peter Smith in Fort Worth. Dr. Hoeschele has been licensed in the State of Texas since 2002 and he was previously practicing at Limestone Medical Center in Groesbeck, Texas.

Dr. Hoeschele is looking forward to operating a private practice that is closer to home. He enjoys spending time with his wife of three years, Michelle. They enjoy gardening and doing landscape projects, as well as catching up on movies during their downtime.

Dr. Hoeschele started seeing patients in Ennis January, 2011 at his office on the ERMHC campus. He will follow his patients during their inpatient admissions and he will also participate in the rotation through the Ellis County Family Medicine after-hours clinic Monday through Friday 5:00 p.m. to 8:00 p.m.

Medical Office Building
2203 W. Lampasas Street,
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Dr. Hoeschele is now accepting new patients. For an appointment, please call 972-875-7799.




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ALFONSO BALLESTEROS, MD

DR. ALFONSO BALLESTEROS, M.D. graduated from Dartmouth College and received his medical degree from The University of Texas Health Science Center at San Antonio. He completed his internship and residency at the Phoenix Integrated Surgical Residency Program - Good Samaritan Medical Center in Phoenix, Arizona.

Dr. Ballesteros is Board Certified by the American Board of Surgery and specializes in general surgery. Dr. Ballesteros received medical staff privileges at Ennis Regional Medical Center in December, 2010 and started seeing patients in Ennis in January, 2011.

Dr. Ballesteros will see patients Monday mornings from 8:00 a.m. to 12:00 noon in Ennis at his office on the ERMHC campus.

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Dr. Ballesteros also sees patients in Corsicana:
301 Hospital Dr.
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On The Cover



The Navarro County
Courthouse built
in 1905.

Photo by Amy Ramirez.

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Editor's Note

May is a month of transition and transformation. Spring has sprung, and the heat of summer is almost upon us. Graduations bring joy to students and their families as students move into the workforce or to further education. Teachers, like me, are retiring and moving on to new learning experiences, challenges and ways to serve others. The days are getting longer, allowing us more time to relax, play sports and enjoy time together out-of-doors.

Transition and transformation has come to the subjects of our May issue's articles. Steve Johnson changed jobs and found his true calling. Dick and Janet Martin moved from an urban to rural life and found friendship. The Navarro County Courthouse has housed the records of our changing lives but is now showing its age and needs restoration. I hope you enjoy reading these stories of your neighbors' transitions as our lives move into summertime.



Virginia

Virginia Riddle
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If a person reaches 105 years of age, he or she usually needs help from friends and family to accomplish life's everyday chores. The same is true for buildings such as the Navarro County Courthouse, which has withstood the test of time and stands serenely and stately, surrounded by tall, mature trees nurtured by many hands throughout the years.

OUR COURTH



Built on one of the highest points in the county, the clock-domed structure daily guides the public not only directionally but also through the business transacted in its hallowed halls. "It's sitting there saying, 'Come fix me up,'" Judith Steely, chairperson of the Corsicana Preservation Foundation (CPF), stated.

HOUSE

— By Virginia Riddle



Designed by famed Dallas architect James E. Flanders, who was responsible for many Texas courthouses that still stand today, the Navarro County Courthouse is an example of Beaux Arts Classical Revival architecture — a style that was considered progressive as the 1800s turned into the 1900s. The previous courthouse, the county's fourth, had proven to be too small for the amount of business the booming oil fields were producing. It was experiencing foundation problems that brought about its eventual condemnation. Navarro County had to build another courthouse when most courthouses were already built.

With boom time's oil money plentiful and fresh memories of the mistakes that had resulted in the condemnation of the previous courthouse, the county built the current facility to high specifications. First, it is one of only two courthouses in Texas built in the Beaux Arts architectural style. Secondly, stained glass windows and gold trim were used as decorative treatments, and the original vault was not only able to protect treasures but is a treasure itself. However, the most unique architectural component is the scagliola technique used on freestanding iconic

Pictured L to R: Michael Steely, Judith Steely and Jerry Steely.



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interior columns. Only three courthouses in the United States have incorporated this technique.

Visitors to the courthouse may believe the interior columns are marble, but that is the secret of scagliola, created in Tuscany in the 17th century. Marble is mimicked on the plaster of paris columns by using a composite of pigmented gypsum, glue and other natural pigments. Various methods were used to create the marble veining; for example, one method uses strands of raw silk saturated in pigment and drawn through the plaster-gypsum mix. Once an authentic marble effect is achieved, flax oil brings a brightness and smoothness to the surface and then the surface is waxed for protection. While less expensive than natural marble, columns built using the scagliola technique are labor intensive and still costly. "Each one is a handmade piece of art," Michael Steely, Judith's husband and CPF board member, said.

Today, the priority for the foundation is to slow the process of decline in the building, beginning with the columns. Each column has a different set of problems as assessed by professionals such as Jhonny Langer, paint conservator, and Karalei Nunn, president of 1113 Architects.

Other needs, such as an electrical and overall renovation, are necessary. Technology requirements have far outstripped the current electrical wiring. The county has outgrown the current space, as it is configured, with too many employees working in crowded office spaces and a busy courtroom docket bringing visitors to the courthouse. Records are kept in a basement, which floods during rainy weather.

Photographs of earlier times show



that much of the furniture has not been replaced; the oak chairs and desks are original to the courtroom. The photos also show the placement for the stained glass windows that need to be returned to their original positions and the gold trim that was painted over and needs to be restored. Judith recalled a tour of the courthouse during which the group noticed a window that was propped open with of all things — a hacksaw file!

The Corsicana Preservation Foundation is working with County Judge H.M. Davenport and the Commissioners Court as well as other interested groups in restoring the courthouse to reflect its true historical beauty, while making it a functional structure in this modern business and political world. Aware that funds have been made available through grants from the Texas Historical Commission, as part of the Texas Courthouse Preservation Program, the foundation has proposed repainting the courthouse an esthetically and historically appropriate color and restoring the columns. The county secured the required master plan in 2003. "We have done everything we were supposed to do," Hugh Stroube, CPF board member, said.

However, renovating a courthouse is not an inexpensive undertaking. The grants from state and federal sources for this proposed renovation amount to about 60 percent of the total cost, making the courthouse renovation a possibility with the county matching those funds. The CPF and its coalition of other interested groups and individuals want to make the public more aware of this unique jewel of a building so that citizens will wish to donate time and money to save it. The painting alone will

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"This is a city that cares."

cost approximately \$394,741.

Judith is positive the job can be done. "We are very good in raising funds; we have had lots of experience," she said.

"This is a city that cares." The CPF has given money to aid in the restoration of the Temple Beth-El, and in April 2010, donated to the city of Corsicana the Town Oil Field Plaza. "The modern oil industry started here," Michael said.

Other projects of interest to the foundation are improving the entrance to Oakwood Cemetery and working with the Main Street Project to promote the brick streets and restoration of downtown buildings. "We want to give incentives to residents to take care of their own buildings," Hugh stated, as property values could increase and Corsicana could be proud of its heritage as well as its future. Improvements could also promote more tourism. "There's no reason why Corsicana can't have that kind of economic influence," Hugh added.

May is National Preservation Month, and the 2011 theme is "Celebrating America's Treasures." The 167 members of the CPF hope Navarro County residents will join the financial drive to save the Navarro County Courthouse by making tax-deductible donations and contributing their change in the collection boxes located around town. "We all grew up here and know what it can be again," Jerry Steely, another CPF board member, said. "It's almost a question to the community: Why not?" **NOW**



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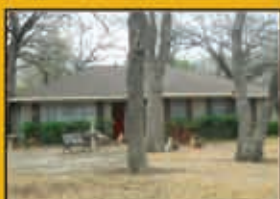
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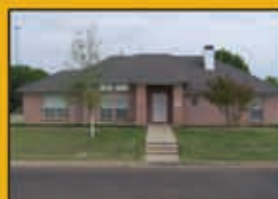
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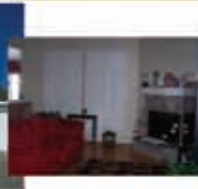
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“None of us can afford this or really know what to do, but you have to have a heart.”

Filling a Neighbor's Needs

— By Virginia Riddle

Every teenager waits anxiously for that first moment of freedom when they are no longer living at home, but most know they still have a home to return to and people who will guide them as they transition to becoming responsible adults.

However, that is not always the case with some 1,500 teenagers that “age out” of foster care each year in Texas. Some of these former foster children become Corsicana neighbors living in the Navarro College dorms, with friends or on



the streets. Melissa Davis, a student at A&M Commerce-Navarro College and a foster parent, reflected on the problem. "People are blind to the needs of these kids. Have you looked at your neighborhood lately?" she asked.

An incident involving a former Navarro College student served to remove the blinders for a group of Navarro employees led by Carole Davenport who is special events coordinator at the Cook Center and wife of Navarro County Judge H.M. Davenport. A Navarro College dorm student who had aged out of foster care became homeless after being suspended from school when drug paraphernalia was found in his dorm room. He was stealing to eat and had been caught by the businesses. After the student returned to campus, several criminal trespassing charges had been filed and he found himself in Judge Davenport's court.

What happened next was a wake-up call for those who chose to get involved, as well as a rallying cry to help students




From left to right: Ruth Neal, Donbreona Williams, Melissa Davis, Carole Davenport, Mary Palmeri, Debbie Talley and Carisa Bustillos, Counselor.

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who lack a family support system. Judge Davenport found that the accused had lost all of his identification documents. Since the judge could see the good in the former student, he ordered him to stay in jail while the judge, aided by Melissa, the founder of the nonprofit, Lilly's Friends, Commissioner Faith Holt and Vicki Scoggins at Court Appointed Special Advocates (CASA) worked to meet the needs that would get this former student and foster child back on the right track. Their help enabled him to enter a transitional independent center in Tyler where he had a place to live and could learn job skills while earning money to pay his way.

In May 2010, Carole and Melissa were instrumental in forming Students Transitioning Upward (STU), a coalition of interested Navarro College employees. Together they work with former foster care students who need help to cope with college life. Joining them are Sheri Short, a criminal justice instructor with experience at the Texas Youth Commission (TYC); Carisa Bustillos, counselor; Debbie Talley; Mary Palmeri; and Ruth Neal.

STU hosts social activities during holidays when other dorm students have gone home to families. "Goodie bags" and door hangers are distributed to the students to make them feel welcome and make them aware of STU services. To avoid these former foster students becoming homeless when the dorms have been traditionally closed during holidays and between semesters, the STU group has worked with a very supportive Dr. Richard Sanchez, president of Navarro College, to keep the dorms open to students without homes, including some



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of the international students. These students can now stay in the dorms if they meet certain guidelines and requirements including having a spotless record.

During the 2010-11 school year, STU adults have worked with 32 former foster care students. "We deal with them individually," Sheri stated. "We get referrals from the Resident Life Office and some students contact Carisa for counseling services. STU wants to start contacting high school aged foster children so they can come to the campus for the traditional 'campus visit,' so students feel more comfortable and prepared for college prior to arrival as enrolled students."

The number of students and their growing needs are "maxing out" the STU adults' time and the money they currently spend out of their own pockets. "We need community support," Carole said. Volunteers are needed to help host events and act as mentors and life coaches to the students. Members hope to find time to write a successful grant that will allow the hiring of a part-time STU staff member. Household goods are needed but cannot be accepted yet due to a lack of storage space in which to put them. "These kids arrive with nothing," Melissa remarked. Since the group is not officially sanctioned by Navarro College they also would like to get the paperwork filed so they can obtain 501(c) (3) tax-exempt status.

"None of us can afford this or really know what to do, but you have to have a heart," Melissa said. "We are definitely a work-in-progress." Carole seconded that statement as she remembered one late afternoon when a student came to her office after having been kicked out of The Salvation Army shelter. "There are



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so many needs. This student had no place to live that night," Carole said. She was able to return the student to the shelter.

There are resources for these former foster children such as free college tuition, medical coverage and assistance with rent and food. A new state program allows foster children to stay in foster care until they are 22 years old if they are attending college. "These students lack the necessary social skills to know what to do. They think they know, but they really don't," Melissa said. Given up for adoption herself, Melissa was part of the foster system until being adopted. "I was



very fortunate. My adopted parents are amazing people," she said. Melissa and her husband, Matthew, are parents to a combination of their own, adopted and foster children numbering a total of 11 children. Her adoptive parents live next door and help with the children.

The rewards are just as great as the challenges for the adults of STU as they see that they are changing lives. Since only about two percent of former foster children in Texas graduate from college, just seeing them return the next semester is a win. "Eventually, I want the satisfaction of seeing these kids graduate," Melissa declared.

Community support, however, is going to be needed to meet these former foster children's needs. "This is a great community. This community helped raise my kids," Carole said. "So many of these foster children reside in Corsicana and dream of attending Navarro College some day." And STU is counting on Corsicana to help make those dreams come true. **NOW**

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TRAVELING

a New Road — By Virginia Riddle



It's said that every journey begins with a first step, and for Dick and Janet Martin, their journey to a new home on the shores of Lake Richland Chambers began with a chance meeting. Dick and Corsicana resident Gary Hayden had both been attending a business conference in Portland, Oregon where the two Texans struck up a conversation that began a friendship. Gary, a country lake resident, remarked, "We have a lake near Corsicana!" It only took two visits to their future lakeside lot before the couple was hooked. "We are very blessed," Janet reflected.



The transition from an urban life to a rural one was not easy for this couple, especially for Dick, who had never lived outside a major city. One of his greatest challenges was not having a grocery store just down the street. However, Dick and Janet quickly found that the advantages far outweighed the challenges. By chance, one morning they were listening to a Paul Harvey “now for the rest of



the story” broadcast about a similarly difficult transition in another couple’s life. “He was saying things that just nailed us,” Dick remembered. From that time forward, the couple realized how lucky they were to live in a small town. “We never knew what it was like before to have real friends,” Dick remarked. Busy with careers in the financial and travel world, the Martins had little time to really know their urban neighbors. “Now if I forget the milk, I just borrow it from neighbors who are real friends,” he said.

Dick and Janet enjoy sharing their

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home with friends so much they find the kitchen, with its breakfast bar and built-in desk, to be very small at times. "Everyone ends up in the kitchen," Dick laughed. The breakfast nook and the den have open views of the backyard deck with the boat dock and house floating beyond in a panoramic view of the lake.

A fire burning in the den's rock fireplace warms chilly night lake breezes. Janet's baby grand piano is surrounded by bright art reflecting her love of music. A talented singer, she is now enjoying singing and acting in theater productions while serving on the boards of the Warehouse Living Arts Center and the Corsicana Chamber of Commerce four years prior. A former junior high music teacher, Janet serves as music director at Lakeside United Methodist Church in nearby Streetman, Texas. "We were so excited that there was art in the area," Janet said.

A curio cabinet holds "special things" — a collection of family mementos and travel treasures. Traveling the world has enabled Janet to bring home souvenirs with which to remember her trips. A love



for all things southwestern has led the couple to collect kachina dolls, rugs and dream catchers.

Soft green walls in the formal dining room were chosen to pick up the green in the seats of the chairs Dick's dad upholstered. Dick and Janet designed the room specifically for the 1700s-period antique furniture, which belonged to his mom and dad for 30 years before he and Janet took ownership of it. "My fondest memories are of sitting and talking long after an elegant meal was served by mom," Dick recalled. A portrait of his mom painted by an artist friend hangs on the wall as a further tribute to his parents.

Both Dick and Janet have separate offices in the home. A lake view inspires Janet, who has a keyboard at her fingertips

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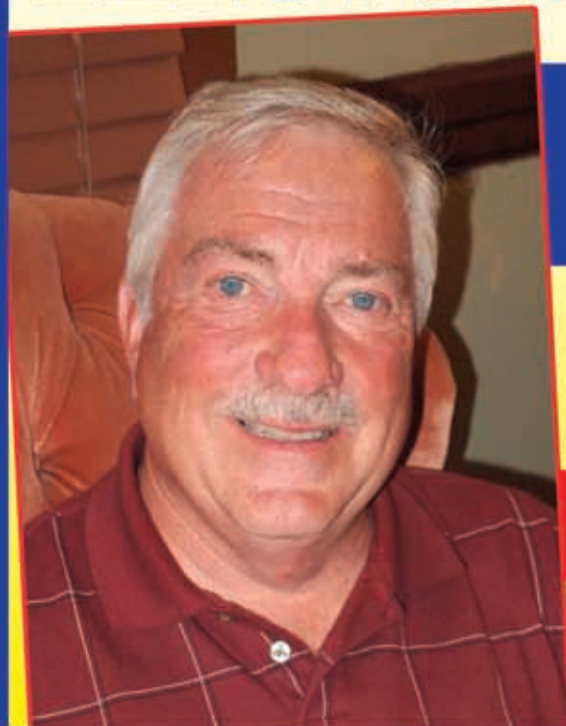
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as well as everything necessary to operate her home-based travel business, Dreamcatcher Adventures. With more than 30 years experience in the incentive travel world, Janet has built a clientele and contacts with whom she keeps in touch from her lakeside desk.

Dick's office overlooks the front yard, with its circular drive and southwest-inspired garden. He stays busy as Navarro County Precinct 2 Commissioner, but the couple finds time to volunteer with the Boys & Girls Club. "It's kind of near and dear to my heart," he said, having spent time at a club from age 5 through his high school years. Dick was a co-founder of Success Through Active Role Modeling (STAR), which works with Advancement Via Individual Determination (AVID). STAR was founded four years ago and now serves 75 students in Corsicana and five others in Kerens. "It's been a very successful journey for us," Dick stated. For three years, Dick served as a docent for the Pearce Civil War Collection. Both Dick and Janet are serving on the board of the newly formed Kerens Educational Foundation.

Two guest bathrooms and a guest bedroom join the offices in providing extra space for three "beautiful and special" granddaughters who visit during the summer. Dick and Janet enjoy holidays with their son, Richard III, and daughter, Beth Ann, both of whom live in Texas with their spouses.

The master bedroom and bath provide a quiet retreat for the couple after their busy days. A lake view includes a martins' house the couple enjoys watching while the martins are in residence. "We can walk out on the deck and see no other



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houses; it's a great view," Janet remarked. Plantation shutters throughout the home provide privacy.

Last Christmas, Dick and Janet sent a Corsicana fruitcake to his mother, who still uses a Corsicana Bakery fruitcake tin instead of a sewing basket for all of her thread and needles. Many years ago, her sister, Dick's aunt from Mt. Pleasant, Texas, sent fruitcakes in the traditional Christmas red tins to her sisters. Dick's mother, living in Little Rock, Arkansas, enjoyed the fruitcake and then put the colorful tin to good use. Little did Dick know growing up seeing that tin used



so often that he would eventually live in Corsicana on a lake.

"The grand scheme of things was never for me to live on a lake," Dick said laughingly. And, he is not yet aware of what use his mother will make of this exact replica of the original tin, but he knows that it will find a new purpose with his mom.

"We moved here not knowing what our life was going to be like, but we have found that being in a community with so many caring people who allow you to be part of the community is a blessing," Janet said. **NOW**



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CARDIO KICKING CRAZE

— By Virginia Riddle



Bodies move in time to rhythm and blues music. Smiles grace more than 30 students' faces. So goes the aerobic workout room four days a week at the Corsicana YMCA, as instructor David Johnson introduces his new workout concept, Boxarate, to exercise devotees. Boxarate is really Boxarhythm, a combination of physical fitness and cardio-conditioning using boxing and self-defense karate punches, blocks and kicks, with an emphasis on nutrition. "We focus on things that you can continue to do at home," David stated.



Students do not have to be in great shape to take the class. As with yoga and martial arts, students can start at any level of ability and benefit from the workout. Students from ages 6 to 76 have enjoyed increased health and fun from Boxarate. "If you have the mental and emotional attributes, I will take almost any physical ability and make the workout fit the student," David said. Mobility and balance training help older students, while young and old alike need activity to help fight obesity and its effects. Boxarate is an hour-long, high-energy workout that motivates students to attend regularly. Another plus is that husbands and wives, as well as children, can enjoy their workout together. The exercises are designed to help students focus, maintain balance in body and spirit and feel empowered to excel in life, which leads to greater self-confidence.

As beginners, students focus on stretching and a cardiovascular workout to get mentally, physically and emotionally prepared to learn basic martial arts and self-defense techniques. "We target the muscles as well as look at what we are feeding ourselves," David remarked. "Part of my job is making people realize that the body talks to you; you just have to listen." Some of the women attending the class have lost 40-50 pounds in three to four months. For David, fitness and self-defense is a religion and way of life with the spirit, mind and body essentially acting as one.

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move on to an intermediate and, finally, an advanced level with the same components. At these two levels, students receive more instruction in self-defense moves since they are now in better shape and can handle the quick moves that often require more of a stretch of the muscles, tendons and ligaments. David understands how to direct students to the excellent physical fitness levels he or she needs to achieve these more advanced levels.

The classes at the YMCA are open to all members. "Many students attend every class that is offered," David said. "I want them to try Boxarate at least two or three times, so they get my concept." A Saturday class at the YMCA was added when students began filling the classes regularly on Monday, Wednesday and Thursday of every week. "We are running 30-40 students per class. It's great," said David, who also offers lessons at his private studio in Corsicana.

David's path to Boxarate has taken many turns as he wound his way from his native Corsicana to Austin, Texas, and back to Corsicana as a Hurricane Katrina survivor. As a 7-year-old growing up in Corsicana, David began his study of various martial arts with Shotokan karate, a Japanese form of martial arts.

David's father passed away when he was 9, making the lessons even more meaningful. "My mom paid for those lessons. Martial arts kept me out of trouble. My instructor was like a father," David remembered.



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Following graduation from Corsicana High School in 1983, David spent two semesters as a Navarro College student before moving on into the world as a truck driver for 15 years. During that time, he also worked on his Boxarate concept.

In Austin, David became a student of Kajukenbo karate, which is a combination of karate, judo-jitsu, Kenpo karate and Chinese boxing under the direction of masters Stanley K. Smith and Craig Speer. "I was one tough student," David remembered. In 1986, David achieved the honor of earning his black belt in Kajukenbo, a self-defense martial art. "My black belt test, even though it was years ago, still sticks in my head," David said. "Again, again, again, I hate that word," he recalled. The word *again* marks what every student of a martial art hates; the required repetitive moves in order to achieve another belt level that denotes total discipline of mind, body and spirit. "My whole gi (martial arts tunic and pants) was soaking with sweat when I was finally finished," David recalled.



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Soon after obtaining his black belt, David opened a martial arts studio in Austin. He created a forerunner of Boxarate that he named Urbanomics, which combined physical fitness workouts with self-defense moves. He introduced Boxarate at a fitness convention in Dallas, Texas. He enjoyed introducing Boxarate while working with troubled teens in an after-school program in the Austin Independent School District. David now hopes to pass on the disciplined way of life he has adopted to young students in the Navarro County area. He has been working through the Navarro College Small Business Development Center and its director, Robin Lasher, to develop a DVD of Boxarate, and he has also found the YMCA and its staff and members to be very supportive.

To cross train, David likes to ride his bicycle and dreams of making a cross-county trip a reality in the future, after having ridden from Massachusetts to Connecticut. "It's a beautiful way to see the country — slowly," he stated. David lifts weights three times a week, meditates and practices yoga. "I like to ride my bike out into nature, sit and meditate and clean out my lungs," he said.

Whether on his way to conduct a YMCA class or out to breathe in nature, David can be seen riding around Corsicana on his bike, always with a big smile on his face, consistently practicing total alignment of fitness in body, mind and spirit as he leads his students through cardio kicking workouts in Boxarate. **NOW**

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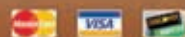
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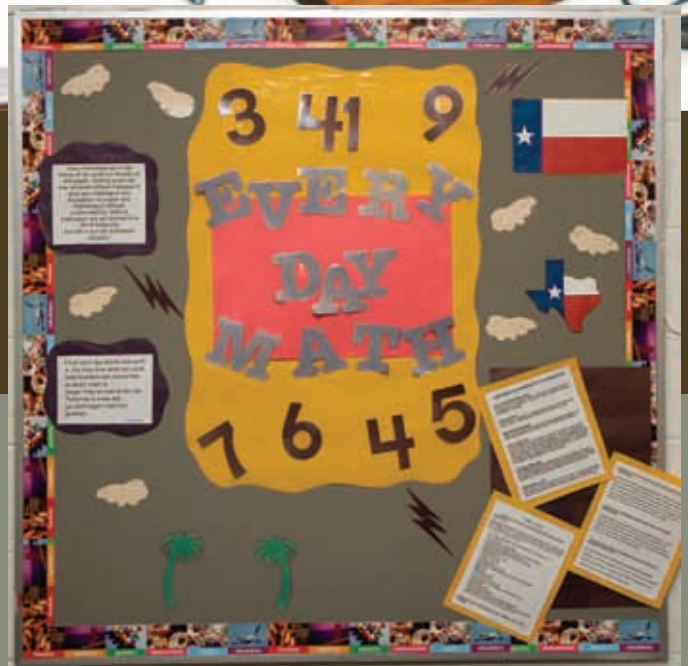
$$(x+1)(y-2)$$



In the midst of Steve Johnson's seventh grade math class at Collins Middle School, there are far greater things being taught and learned than algebraic formulas. But then, Steve Johnson is not the typical math teacher.

Just three years ago, he was the foreman of Steakburger Ranch, a national distributor of beef, in Milford, Texas. His main priorities were cattle and grazing management, fertilization and general business management on the nearly 600-acre ranch that boasts "the best grilled burgers you will ever taste."

Managing a classroom full of 11- and 12-year-olds was the furthest thing from his mind. But when friend and school principal, Marilee Byrne, suggested he would make an excellent





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teacher, Steve took a leap of faith. He returned to school, earned his teaching degree and signed on for the experience of a lifetime.

"Cattle are easier to handle," Steve chuckled over the concept of teaching schoolchildren, but it's clear that however talented he was at managing a successful ranch, his true calling is working with children. A father of six, now all grown, Steve was also reared in a large family with six other siblings. The concepts (or virtues) of teaching, patience, discipline and love are very much a part of Steve's upbringing. Today, he instills the values in his students that he did with his own children.

"Still, for the entire first year I was teaching, I kept saying, 'Whose bright idea was this?' But I love what I do," he said. "There are days when the lesson plans are really challenging. Sometimes, the material I'm trying to get across is difficult for them. My favorite part of teaching is when I see them get hold of it and [they] are able to work the problem!"

Personally, Steve really loves it when he can spend a few extra minutes with each student, one-on-one in the classroom, watch them work a problem, see them get it and move on to the next. In fact, this was the very reason Marilee wanted Steve to get into teaching. His ability and desire to work one-on-one with students is truly a "win-win" for everyone. It's that seemingly small thing that keeps Steve in the classroom, but life on the ranch is never far away.

"I teach the kids that we have rules in school for a reason. I want them to understand that these rules are not restrictions but forms of protection. Even their parents have rules. We don't



speed through school zones or run through red lights, for protection to us and others,” Steve said. But, he laments, it is human nature to try to break through that proverbial fence that protects us from harm. Steve found a perfect example to share with his students when, while sitting in church, he heard the story of a teenage girl living on a ranch.

“It was her job to keep the fence in good repair so the cows wouldn’t get to the wheat pasture. Cows on wheat will bloat and die, so every day she would get on her horse and ride out to check the fence. One day, she saw that a cow got through the fence and into the wheat pasture.” She saw that the cow was down, so she quickly rode back to fetch her father. By the time they reached the cow, it had died. “The girl was so upset,” Steve said, “because she had had the fence built not as a restriction but for protection.”

As he told this story, Steve shook his fist and pounded on a desk. Animated and impassioned, he said, “She says to the cow, ‘You stupid cow!’ She is so angry with the cow!” To his students, wide-eyed and curious, this is no ordinary math class. “They understand that there are some rules that are really for their own protection. They may not want to admit that to their friends,” he added with a laugh, “but they understand.”

To really drive the lesson home, however, Steve asked the art department to draw him pictures of the story so he could display them on his classroom walls. “All kids want to know where they stand,” he said, “and for the most part, they are OK with rules as long as they know you love them — that you care for them. Because of that, they do not feel restricted or deprived.”



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The pictures, he contends, are careful reminders of that. But as much as Steve wants his students to understand the rules of restriction, he never wants them to feel restricted. "One of my biggest struggles," Steve said, "is to figure out how to reach the kids. I push and encourage them, but I have not figured out what magic words to use to teach them how to be great. When I was in school, I wasn't a particularly motivated student. I want my students to be motivated, to want to succeed and to know that they can. I want them [to] go beyond great!"

"Everyone has the potential!"

But within the halls of Collins Middle School, those magic words have already been released. To some students, Mr. Johnson is the math teacher who always has a story. To others, he is strict and demanding. While his AP students, who cheered when they learned they would have him again in the eighth grade, understand the magical words, Steve continues to reach out to those who struggle with math. "Everyone," he said, "has the potential!" It is only a matter of finding those magical words.

Even as artwork of the cow in the wheat field is erected, Steve has begun a new project with a new story: A boy walking through the desert, ill-prepared for his journey, is stung by a scorpion. The boy is told repeatedly what kind of shoes to wear before setting out, but when he decides flip-flops are a suitable replacement, he learns a painful and potentially dangerous lesson.

With each math problem, Steve expects his students to show their work. No shortcuts. And life is very much the same. Put in the work and reap the rewards.

It is yet another lesson Steve can teach to his young charges and yet another reminder of who Steve is. He is the math teacher with a big voice and a bigger heart, one who teaches mathematical equations and the magical lessons each child should learn — how to be great! With Steve Johnson, his students know exactly where they stand. **NOW**

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— By Sandra Strong

As the general manager of North Shore Harbor Marina and The Harbor Inn, Roger Lemerise is proud of what he and his partners have accomplished in just two-and-a-half short years. As the third largest lake in the state with more than 41,000 acres of water and 300 miles of shoreline, Richland Chambers Reservoir offered a great potential for growth — not only the growth of the marina and restaurant, but also for the lake community as a whole. “First off, let me say that Texas is alive and well,” Roger stated. “Just look around at all the new lakeside homes being built. And I also know of 288 condos going up

adjacent to the restaurant and an additional 500 boat slips being added to the 100 we already have in place in the near future.” If that wasn’t enough, all Roger had to do was stand on the back dock to take in the beauty the lake has to offer.

North Shore Harbor Marina is the “ship shop” that has a little bit of everything, whether you’re an avid boater or a weekend fisherman. Items available include gasoline, ice and snacks, as well as the all-important fishing and hunting licenses and live bait. “With only 100 boat slips,” Roger reiterated, “availability is limited, so call today to reserve your spot for the summer.”

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He also mentioned that for a nominal fee, families can take advantage of the covered dock area where fishing is fun.

The most extensive transformation has taken place within The Harbor Inn. The total remodel was completed a few months ago, and to say it looks different would be an understatement. The restaurant, now with a fully-stocked bar, private upstairs game room and outdoor

"The total remodel was completed a few months ago, and to say it looks different would be an understatement."

lakeside patio, is a place locals like to frequent. Patrons no longer need to travel to Dallas and beyond to get the overall ambience, mouthwatering food and great service now afforded them at The Harbor Inn. "Bottom line," Roger said, "it's now a fun place."

Several coats of fresh paint may be the finishing touch to an overall remodel, but the custom-made garage doors add something different to the atmosphere found at The Harbor Inn. As the old cliché states, there really is something for everyone. The bar area is perfect for casual types who enjoy a drink while tuning into the sporting event of the season, or those who enjoy dancing to live entertainment offered on weekends throughout the summer. But for those who enjoy dressing up for a romantic evening, the formal dining area, with crisp white linens and a brand new menu, is sure to be the ticket for a night to remember. "With a capacity limit of 160, we're now able to offer a venue for larger parties," Roger explained. "This past Valentine's Day, we catered a black-tie event where guests arrived in limos. The staff did a fantastic job. They nailed it!"

After bringing the restaurant into the current century, Roger is now able to sit back and watch what he and his partners have accomplished. "Whatever you like, we have it," he said, "sports, dancing, a game of pool and fine dining. Where else can you go to get the whole package?" **NOW**

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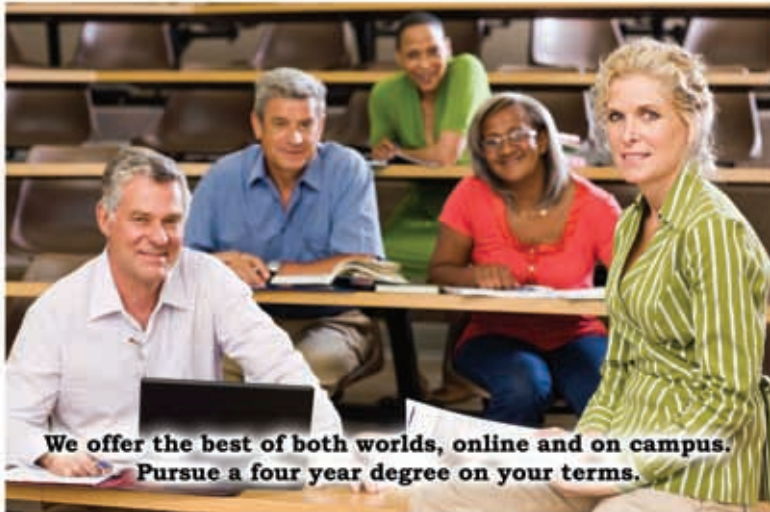


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Plantar Fasciitis

— By Betty Tryon, BSN

Waking in the morning, just like most of the populace, you are ready to bounce out of bed and welcome a new day. However, as soon as your foot touches the floor, the similarity ends, and a sharp, stabbing pain shoots through your foot. You may be afflicted with plantar fasciitis — a condition that occurs with inflammation of the plantar fascia ligament. Located in the bottom of the foot, it attaches your toes to your heel bone.

The cause of this condition is not very clear, but if the plantar fascia ligament suffers tears in its structure, or becomes irritated and inflamed, then plantar fasciitis can develop. When it becomes inflamed, walking can become a painful ordeal. The pain may be intense with the first few steps in the morning, but as the foot limbers and warms up, it usually decreases. During the day, if you have long periods of standing or sitting, the pain can return.

Many risk factors may increase your chance of developing this condition. Most common during middle age, this condition can develop from faulty foot mechanics, such as having an abnormal way of walking, which puts extra stress on the foot. It can also

be caused by being flatfooted or having high arches. Physical activities, such as running and occupations that require you to be on your feet for long periods, can cause difficulties. Those high heels may look beautiful, but they are not the best equipment for your feet. Shoes that do not protect or support the feet well can cause tears in the ligament.

If you are having pain in your foot, consult with your health care provider. Usually, the first line of treatments recommended are palliative ones you can do at home. Rest your foot; use ice; and with your doctor's advice, take nonsteroidal, anti-inflammatory drugs for pain, such as Advil or Aleve. Identify what is causing the stress to your foot and change it. Make sure your shoes fit correctly and support your feet properly. Avoid allowing the condition to become prolonged. If it becomes advanced, more invasive or time-consuming treatments will become necessary. In addition, plantar fasciitis can lead to back, hip and leg complications. A physical therapist can teach you exercises to increase muscular strength in your legs and to stretch out that ligament. Using an orthotic device in your shoe and a night splint can help alleviate pain. Treatment may take as long as a year, but with diligence and correct therapy, you do not have to suffer with foot pain. **NOW**

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

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Cottage Gardens Deluxe

— By Nancy Fenton

Do you have a home you love, but not much space? Try what romantics call a “cottage garden.” Cottage gardens, by definition, begin at the curb and spill over almost everywhere. Your garden should be a place where you are comfortable, which invites you to sit a while. So, decide if you want a more contained look with straight lines and clean definitions or the more relaxed spillover look. Your garden can be in the front yard, a side yard or the whole thing. One basic feature of a cottage garden-type landscaping is the minimum use of turf, or grass as we know it.

Step one is to measure and mark inside and outside paths. Step two is to take a second look and then add hardscape (the walks, seating and other ornamental pieces).

Step three can be the most daunting — plant selection. The old adage of using short ones in front and tall ones in back is good advice to follow. Be sure to check the zones in which your plants are classified to do best. For a relaxed look, vines can spill over and climb up fencing, chairs or towering trees. Lower plants can crawl into each other's space or out onto paths. To fill out the colors you love, use containers bursting with colorful annuals. In our temperate climate, they will bloom a long time (as long as they have plenty of water, fertilizer and deadheading).



Focal point plantings can lead the eye onward and upward — wherever you want your eye to go. A piece of statuary, a plant in a large container or a pot full of blooms can all be focal points. It just takes thought before the act! Research your plants, evaluate your own desires, plan, prepare the soil with some top notch compost and have fun!

Questions can be answered by calling the Master Gardeners at (972) 825-5175 or checking out their Web site at www.ECMGA.com. Have fun in your own special garden! **NOW**

Nancy Fenton is a Master Gardener.

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When the investment markets get jittery, do you?

— By B. Kyle Ward

These tips may help you keep your cool:

Examine your risk tolerance. Too much investment risk makes many of us jittery. Determine how much loss in the value of your investments you are comfortable with — both financially and emotionally. Then invest according to your comfort level and financial objectives.

Focus on the long term, not daily fluctuations. Establish and stick to a long-term investment strategy based on your needs. As long as your goals and objectives don't change, stick with your strategy.

Set boundaries to help avoid knee-jerk tweaking. Determine signal points for adjusting your portfolio, such as when an investment shifts in value by more than a certain percentage.

Expand your cash cushion. Reduce spending to help build

a larger cash or cash-equivalent emergency fund. A larger cash cushion may help increase your tolerance for volatility in other assets. **NOW**

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B. Kyle Ward is a Farmers Insurance agent based in Corsicana.

May 3

Navarro County Farmers' Market: 7:00 a.m.-until sold out, Tuesdays and Saturdays, Business 45 between East Collin Street and East 6th Avenue. Contact: (903) 874-2670.

Navarro College Faculty Concert benefiting Relay for Life: 7:00 p.m., Dawson Auditorium, Navarro College. Contact: (903) 875-7381.

Oak Valley Crime Watch Pot-luck Supper: 6:30 p.m., Oak Valley Community Room, 2211 Oak Valley Lane. Bring a dish and hear Navarro County Deputy Mike Cox speak. Contact: Bob O'Dell at (903) 872-3876.

May 5

Author's Luncheon: Sponsored by the Kerens Library and the Kerens Pioneer Literary Club. Contact: (903) 396-2665.

Rhythmic Circus: 7:30 p.m., The Palace Theatre. Contact: (903) 874-7792.

May 6

Calico Spring Show: 6:00 p.m., Corsicana High School Auditorium. Contact: (903) 874-8211.

May 7

Paul Bennett/Eddie Hambrick Memorial Golf Tournament: noon lunch, tee off at 1:00 p.m., Corsicana Country Club. Sponsored by the Corsicana Noon Lion's Club to benefit the Lion's Club Children's Camp in Kerrville, Texas. Contact: Ron Motley at (903) 851-6619.

Elegance 2011—"Education is Timeless": 6:00 p.m., Cook Center, Navarro College. Contact: Donna Parish to purchase tickets or to sponsor a table, (903) 875-7338.

May 12

Police Academy Graduation: 6:00 p.m., Dawson Auditorium, Navarro College. Contact: (903) 874-6217.

La Voz para la Familia Family Banquet: 6:00 p.m., The Cook Center, Navarro College. Sponsored by VOICE. Contact: (903) 872-0180.

May 13

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert for lunch with bingo to follow. Contact: (903) 654-6800.

May 14

Corsicana Airshow: 9:30 a.m., Corsicana Municipal Airport. Contact: www.coyotesquadron.org.

May 17-June 1

Swim Lessons: 8:15 a.m., 9:00 a.m., 12:30 pm., 5:00 p.m., 6:45 p.m., Corsicana YMCA. Contact: (903) 872-2412.

May 19

VOICE TOOL Family Banquet: 6:30 p.m., Bank of America. Contact: (903) 872-0180.

Kerens ISD Band Spring Concert: 7:00 p.m., High

School Gym. Contact: (903) 396-2924.

May 20- November

Brick Street Farmers Market 2011: 3:00-7:00 p.m., 200 E. Collins, every Friday. Contact: Jackie King at (903) 229-7505.

2011 Relay For Life of Navarro County: 7:00 p.m.-7:00 a.m., Lake Halbert Park, 1600 Lake Halbert Rd. Contact: www.relayforlife.org.

May 21


Child Advocates 5th Annual Volley for Victims Tournament: 8:30 a.m., Corsicana High School. Navarro County's first responders are participating in a day-long volleyball tournament sponsored by the Navarro County Sheriff's Office to raise public awareness and resources for abused and neglected children in the county. Contact: Scott Stephens. 903-654-3001

Toy Story 3, The Movie: 10:00 a.m., The Palace Theatre. Contact: (903) 874-7792, corpallace@sbcglobal.net.

May 23

Donkey Basketball: 6:00-8:00 p.m., Kerens High School Gym. Contact: (903) 396-2924.

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



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In The Kitchen With Sally Tlustos

— By Sandra Strong

People cook for a multitude of reasons. Sally Tlustos cooks because it brings her pleasure. “I love the finished product,” she said. “I love nothing more than planning a meal for my family.” Sally also enjoys baking for her co-workers at J.L. Collins Catholic School. Sally’s heritage is Czech. Her mother-in-law was a wonderful cook, so she has tried to emulate her cooking and will pass on the traditional dishes to the next generation.

Sally is a self-proclaimed, self-taught cook. She didn’t prepare her first meal until after she was married, 38 years ago last month. “It was quite embarrassing,” she confessed. “My husband knew how to cook, and I didn’t. He had a *Betty Crocker Cookbook*, and the rest is history.” **NOW**

Aunt Josie’s Meatloaf

1 egg
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 can diced tomatoes (Chili, Italian or Mexican style adds to flavor.)
Salt and pepper, to taste
Garlic salt, to taste
1-2 lbs. hamburger
Handful of saltines, crushed
1 8-oz. can tomato sauce

- 1.** Combine egg, onion, green pepper, tomatoes and seasonings.
- 2.** Add hamburger and saltines; mix well.
- 3.** Place in a 9 x 13-inch dish and top with tomato sauce. Bake at 350 F for 1 hour and 15 minutes.

Banana Boat Dippers

3 1/4-oz. pkg. instant vanilla pudding and pie filling
1 1/2 cups miniature marshmallows
1 cup heavy cream, whipped
Vanilla wafers
2 bananas, sliced

- 1.** Prepare vanilla pudding mix per pudding directions on package. Cover surface of pudding mixture with waxed paper or transparent wrap; chill.
- 2.** Fold in marshmallows and whipped cream.
- 3.** Line bottom and sides of 10 x 6-inch baking dish (or bowl) with wafers.
- 4.** Pour in half of pudding mixture. Cover with bananas and top with remaining pudding mixture.

Parmesan Breaded Pork Chops

4 pork chops, 1/2- to 3/4-inch thick
1 egg, beaten
1 tsp. salt
1/4 tsp. pepper
1/2 cup grated Parmesan cheese
1/3 cup dried bread crumbs
2 Tbsp. all-purpose oil

- 1.** Preheat oven to 350 F
- 2.** Dip pork chops in combined egg and seasonings and then in combined cheese and bread crumbs.
- 3.** Heat oil in a skillet and brown each chop on both sides.
- 4.** Place browned chops in a baking dish and bake for 35 minutes, turning chops occasionally.

Black Bean Salsa

2 15.5-oz. cans Goya Black Beans, rinsed
3 Tbsp. Goya Green Pickled Jalapeños, chopped (or to taste)
2 tsp. Goya Minced Garlic (or 4 cloves fresh garlic, minced)
3 Tbsp. Goya Olive Oil
1 tsp. Goya Adobo with Pepper
1 10-oz. pkg. frozen corn
1 cup onion, diced
1/2 cup red bell pepper, diced
1 large tomato, seeded and diced
3 Tbsp. fresh cilantro, minced
3 Tbsp. fresh lime juice
1 Tbsp. chili powder
2 tsp. ground cumin

- 1.** In a large bowl, combine all ingredients. Serve with tortilla chips.

Jan’s Shrimp Dip

1 8-oz. pkg. cream cheese, softened
1/2 cup mayonnaise
1 4 1/2-oz. can cocktail shrimp, drained (I use frozen boiled shrimp, diced.)
1/2 cup celery, finely chopped
1/4 cup onion, finely chopped
1 1/2 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce

- 1.** Combine softened cream cheese and mayonnaise; beat until smooth.
- 2.** Blend in remaining ingredients; mix well. Chill before serving.