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ON THE COVER



Zeno King stands proudly for his country.

Photo by Kevin Painter.

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Editor's Note

Celebrate moms, Corsicana!

I just love the month of May. As a daughter, sister, and now a grandmother and aunt, I can find a lot of reasons to celebrate this month. Please take time to honor those women in your life who have helped you, a citizen in Navarro County, to be the great person you are today.

Some of these May days will find me, along with my critters, enjoying my gardens, pastures and orchard or on my patio, which becomes a home office thanks to the modern technology of Wi-Fi. Winter and spring rains have brought out the best in my flowers and vegetables, and while gardening is a lot of work and exercise, I do enjoy the fresh taste of a salad that holds veggies and fruit I have just picked or cut.

P.S. We have some exciting news! Our Red Oak magazine is expanding and the name is changing to North Ellis Co.NOW Magazine. We are proud to be serving Red Oak, Ferris, Bristol, Pecan Hill, Oak Leaf, Glenn Heights and Ovilla, increasing the circulation of this publication to 17,200. With publications in 10 markets, our total NOW Magazines circulation is over 245,000. Thanks for being a part of our growing family!

Virginia

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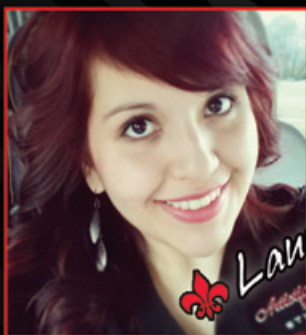
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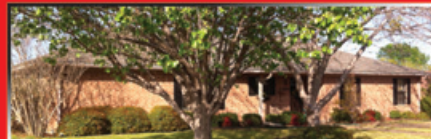
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BAYONET AND BATON

—By Virginia Riddle



Buddy





Having a mother who taught piano lessons and directed a church choir helped define Zeno King's lifelong love of music as a passion and vocation. "I'm one of the few kids who grew up with two pianos," he recalled. His mother's musical career also played an important part in Zeno's choice of a wife. He met Anita Massey in his family's Mexia home, where she took piano lessons.

In high school, Zeno's eyes were actually set on obtaining an appointment to the U.S. Naval Academy. "I was Annapolis bound," he said. But that all changed during the required physical exam, when his eyes didn't measure the required 20/20. Instead, he found a place in the Southern Methodist University Mustang Band on full scholarship, while working on a music degree. Anita, a flautist, was at nearby Texas Woman's University until there was a need for her talents in the SMU band. "I think Anita may have been the first woman member of the SMU band," Zeno said. They shared a life together for 61 years of marriage, until her death in 2001.

As a young couple their life together was interrupted, as with so many young people of the 1940s, by military service during World War II. After basic training, Zeno went into an Army Air Corps band in Victoria, TX. He showed such talent that he was soon sent to the U.S. Army School of Music at Fort Myer near Washington, D.C. As a newly minted chief warrant officer, Zeno was ordered to create "the finest band in the world" for the 83rd Thunderbolt Infantry Division and serve as its leader. Soon,

Zeno and his band members were crossing the Atlantic Ocean to England, where they performed in parades and concerts every day.

Those days came to a close with orders to leave England without their musical instruments. Instead of a director's baton, Zeno had to pick up his rifle with fixed bayonet. Historically, military band members become warriors, stretcher-bearers and provide security, when needed, as they were when the 83rd hit Omaha Beach as part of the Allied D-Day Invasion at Normandy, France, June 6 through mid-July 1944.

Zeno remembered having to prepare to go ashore while many of the troops were still seasick from the crossing of the English Channel. Then things got worse. "We were right in the middle of it," Zeno remembered. "Three band men and a medic were assigned to each stretcher. We wore the Red Cross on our helmets and cloth arm bands. The terrain was awful with the dead and shell holes," Zeno recalled. "It looked like every plane in the world was flying over our heads." In all, 21 of the 56 men in the band were captured or wounded at Omaha Beach. The Army's official count for the 83rd Division numbered 3,620 deaths and 11,807 men wounded during WWII.

The Allied troops broke through German defenses and headed for Berlin under the command of General George S. Patton. Zeno and his men served in different capacities during that time. Over 26,000 German soldiers had surrendered and become prisoners of war. The band members ran a POW camp and aided in the transporting of POWs. Zeno remembered the Americans could get 90 prisoners into trucks or use "40 and 8" railway freight cars. "I'm not sure whether the name came from 40 horses and 8 men that could be loaded into one car or the other way around," Zeno commented.

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Another duty performed by band members during that time was to act as security for the headquarters of the 83rd Division. By the end of WWII, the 329th Infantry Regiment, a part of the 83rd, had the distinction of being the closest U.S. troop unit to Berlin, just 30 miles from the city. Patton remarked of the 329th, "That's the finest body of soldiers I have ever seen in the field." Zeno remembered talking with Patton on several occasions.

The band was relieved when their instruments arrived during the occupation of Europe by U.S. troops. The band took charge of about 100 Hungarian musicians. Among them was Sári Barabás, a famed coloratura soprano. "We put together a show and went all over Germany one summer," Zeno remembered. "They all spoke English and were very well educated." The band also played for what turned out to be one of Patton's final reviews of the troops in July 1945. "We were wearing new chrome helmets. Patton saw a Purple Heart and Silver Star on the coat of one of the



“We played lots of dances. You came to the bandstand, hair cut and combed, shaved, tuxedo cleaned and pressed, shoes shined and took your seat on time ready to play. I loved it.”

trombone players and came over to hug him,” Zeno said.

The time came to return home to Texas. Zeno moved to a National Guard band unit, but otherwise had no job. He went back to SMU and not only got a job offer to become an assistant band director, but completed his degree. He returned to playing trombone professionally in bands as he had done prior to joining the Army and, for a short time, was a high school band director. “Anita and I didn’t have anything. Poor didn’t even begin to describe us,” he said.

“In the music world, I was known as ‘Buddy,’” Zeno said. During the Big Band Era, he played with orchestras led by Durwood Cline and Ted Weems. “We played lots of dances. You came to the bandstand, hair cut and combed, shaved, tuxedo cleaned and pressed, shoes shined and took your seat on time ready to play. I loved it,” Zeno remarked. “I was never that good a musician, but I knew a lot of them,” Zeno remembered.

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Zeno also had a 20-year career in the life insurance business. He and Anita bought a wholesale farm supply business in 1969 and moved it to Corsicana in 1981. Later, they "retired" to ranching in neighboring Freestone County. He now enjoys spending time with his sons, David King and wife, Carol, of Jefferson, Texas; Stephen King of Dallas; and Lindsay King and wife, Shannon, of Corsicana. Zeno has eight grandchildren,

**"I was a part of
one of the finest
divisions ever created
in the Army."**

15 great-grandchildren and two great-great-grandchildren.

Family and his service to his country make Zeno proud today. "I was a part of one of the finest divisions ever created in the Army. He and Anita have gone to many of the 83rd's reunions. Zeno recalled, "Anita was adopted by everyone who ever met her. We met the most wonderful people in the world in the Army and became lifetime friends. It was an experience!" **NOW**

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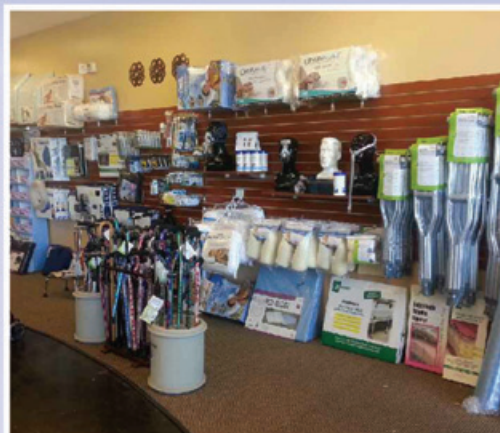
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MAKING A

Joyful Sound

— By Rick Herron

Although there are actually six members of the popular Corsicana singing group, The Gospel 5, that little discrepancy has never gotten in the way of the group's mission of spreading God's message near and far through their beautiful music. Founder Terry Thomas has made sure of that. He remembers when the group gave their very first performance 28 years ago at Taylor Memorial Church, now called Total Man Ministry. "The original members that night, other than me, were Mike Horn, Eric Grant, Mark Lewis and Myron Williams," Terry said. The group members have changed over the years, but the original purpose — to "make a joyful noise" as instructed by the Bible in Psalm 100 — has continued without ceasing.

"We got the name, The Gospel 5, from missionary Mary Joe Dixon, who was Mark Lewis' mother," Terry recalled. "Mark has since passed away, and although we've increased the number of people in the group, we always felt the name should stay the same."

Current members of the group include Terry; his wife, Thelma Thomas; Aaron Dominic; Terry's brother, Gayland Thomas; Shalena McBride; Terry's

"It is an outlet for me, both spiritually and artistically, and I feel like I'm able to spread the Word and minister to people through the music."

nephew, Kiante Nolen; and honorary member, Bishop K.D. Davis Sr., who is pastor of the Sixth Avenue Baptist Church. Vince Jones fills in, when needed, as alternate drummer. "I play lead guitar and sing. Gayland and Thelma both sing, and Kiante plays the keyboard. Aaron plays the bass guitar, and Shalena is our drummer," Terry said.

In addition to singing with The Gospel 5, Thelma has taught second grade at Carroll Elementary for the last two years. It's making music, however, that makes her heart really beat. "Singing with The Gospel 5 is everything to me," Thelma said. "It is an outlet for me, both spiritually and artistically, and I feel like I'm able to spread the Word and minister to people through the music. Singing has been a part of my life for as long as I can remember."

With a background rich in music starting at childhood, it wasn't a surprise to anyone when Terry formed The Gospel 5 group. "I started playing guitar when I was around 10 years old. My brother had bought a guitar, and when he was out of the house, I would sneak in and play it," Terry remembered. "He finally found out I was playing it when I broke a string. He was upset but decided to let me have the guitar anyway. That's how my musical career really started," he laughed.

Terry graduated from Corsicana High School in 1979, where he ran track in addition to playing the guitar. After graduation, he attended Ouachita Baptist University in Arkadelphia, Arkansas, where he continued to run track and play the guitar. "When I got to the university, I was mainly playing rhythm and blues music. After I got involved with the church there, I started playing gospel music, which was a big change in my life, in a lot of areas," Terry said.

Thelma remembers seeing a big change in Terry at that point in his life. "When he met me, he learned to love going to and being involved in church, since my daddy was the pastor," she admitted with a smile. "He still loves it, so I guess it stuck."

Gayland was director of the choir at the university, and that's when I started getting interested in gospel music," Terry said. "Thelma's dad was a pastor in Arkadelphia, and I met her at a church



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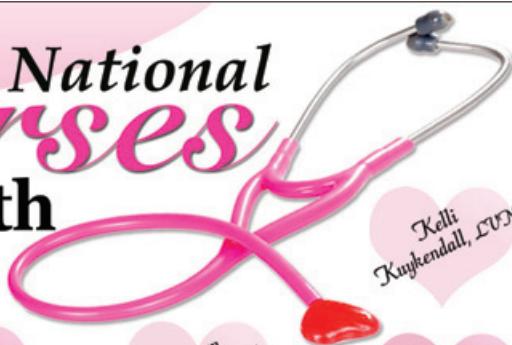
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concert. We got married in 1981 and have two children, Princeton and Shamalon, and two grandchildren, Shamaria Houston and Princeton Thomas Jr."

The couple moved back to Texas in 1985, and Terry began working for the Texas Youth Commission, finally leaving after 21 years of employment. He also started The Gospel 5 that year. "The members have changed a lot over the ensuing years," he said. "The former members of our group played a big role in the success we enjoy today. I can't thank them enough for everything they did for us. Those individuals include: David Richardson, Michael Horn, Eric Grant, Myron Williams, the late Mark Lewis, Aaron Myers, Ronnie Washington, Charles Moore, C.J. Douglas, the late Laron Green and the late W.C. King."

According to Myspace.com, The Gospel 5 "has a reputation of being one of the best groups in the area, and being able to mimic nearly any other group. Although under recent years the Gospel 5 has undergone various line-up changes, they still have not lost the sight and love of God, and the original sound that was given to them."

When they perform, The Gospel 5 often includes all kinds of spiritual music, from familiar and much-loved standards to new compositions. They perform at all types of venues, such as churches, banquets, family reunions and weddings. "We sing locally, in Dallas and throughout Texas, and we've even traveled to Oklahoma and Arkansas a



few times," Terry said. "We usually take separate cars or rent a van when we have to travel."

In March of each year, The Gospel 5 hosts a banquet at the Martin Luther King Center. This year was their 19th anniversary of performing at the banquet. "We are more like a contemporary gospel group and sing a lot of contemporary music and a lot of the old standards as well as spirituals, like those written by the William Brothers," Terry said.

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Left to right: Wesley Tryon, Angie Leverette, David Wilson, Ashley Viator, Brad Wilson



"Terry is the music writer in the group," Thelma commented. "He'll write a piece, give it to me, and I'll edit it. Then after a few rehearsals here at the house, we'll perform it."

The group recorded its first cassette in 1985, and Terry is thankful to Bobby Sparks Jr., who played the keyboard on that first recording venture. These days, The Gospel 5 takes its CDs to each performance venue. The group's latest CD is titled *I've Got a Friend*, which can also be found at The Ark bookstore. "We are working on another CD, which we hope to have ready by this summer," Terry said, adding that he has his own recording studio in the back of his home, where the group meets every Tuesday to rehearse. "We will sing just about anywhere," Terry stated. "It's all about getting the Lord's message out, and The Gospel 5 has been doing that for a long time." **NOW**

Editor's Note: For more information, contact Terry Thomas at (903) 521-0844.

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Labors of Love

— By Virginia Riddle

Jim and Martha Kirgan know firsthand about laboring hard and loving long. Texans love their land, and Jim and Martha reflect that truism. They live on, work on and enjoy land that has been in Jim's family since the mid-1800s. This couple's marriage has lasted 51 years, and now they have extended their love of family and friends across the Atlantic Ocean to an orphanage in India. Their life together has produced much of which they can be proud, but Martha still humbly stresses, "We're just a couple of old folks."





AT HOME WITH Jim and Martha Kirgan

Martha's birthplace was Corsicana, but she grew up in Hillsboro, moving back to Corsicana in 1959 when her dad, Orville Locklar, was employed by Texaco as a consignee. As a teenager, Martha's dad worked for Collin Street Bakery at its original location on Collin Street. Jim grew up in nearby Mexia. The couple met while both were attending Navarro College. "We met, dated and fell in love at Navarro College," Jim explained, "and we were married in 1961." Both graduated from Sam Houston State College (now Sam Houston State University) in 1963 with teaching degrees.

Both Jim and Martha tried their hands at teaching. Jim taught for seven months, but Martha stepped in to finish the year for him, while Jim pursued other interests. His grandfather, L.C. Kirgan, owned *The Fairfield Recorder*, and he taught Jim's father the newspaper business. Jim started working at the *Mexia Daily News* when he was 14 years old, producing one more generation in the business of news reporting. In all, he worked for the *Mexia Daily News* for 15 years and *The Fairfield Recorder* for 22 years.

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Jim had other career aspirations, as well. For 21 years, he served in law enforcement as the Constable for Precinct 2 in Teague, where he and Martha were busy rearing their children. "Mother was home raising the kids while I was out playing cops and robbers," Jim



said with a chuckle. Today, their son, Jim, and wife, Cindy, who live in Teague, are rearing grandchildren Kayse, Kourtnee and Kyle. Daughter Kim lives in Mexia, while daughter, Meagan, along with her husband, Darren, and children, Grady and Sarah, live on the family place just down the road from Jim and Martha. Sarah stays at Jim and Martha's during weekdays just as Grady did before starting preschool. "Grady is my ranch hand," Jim said. "My daddy loved to burn brush, and that's what we do. It's pride in cleaning up the land."

Martha is a retired teacher whose career spanned 35 years, of which 29 were spent in Teague and six in Coolidge. She taught science, math and English on the high school level. She is a member of the Tau Chapter of Delta Kappa Gamma International Society, an honorary society of women educators, and has served on the local and state levels in various leadership capacities. In June 2012, Martha was honored with the prestigious Alpha State DKG's Golden Rose Award for her many years of outstanding service to the organization.

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Their home on the range near the small town of Kirvin holds many memories. The home was created from an old slave cabin that Jim's grandmother had moved to the hill on which it still stands. "We can see the lights of Wortham and Streetman," Jim said. Jim and Martha moved to the home after completely remodeling it, doing most of the work themselves. "It was a labor of love, and we didn't even get a divorce," Jim said. "We have had a lot of good times throughout the years out here. Christmas has always been celebrated on the ranch with all the family present. "Kim, Meagan and Granddad would always go cut a Christmas tree," Martha said. Their Christmas celebration also included the celebration of Jim's parents' anniversary since they had been married on a Christmas Day.

A front porch has served as both a relaxing gathering place, as well as a sleeping porch. "We have made lots of memories on the front porch," Martha said. The main focal point of the living and dining area is the brick fireplace. The bricks are from the original cabin. "The bricks are solid," Martha pointed out. A mantel fashioned from a cedar tree on the property plays host to a badge that belonged to J.R. Sessions, Jim's grandfather and longtime sheriff of Freestone County. The fireplace screen and metal sculpture leave no doubt that this is a Texas ranching family. A coffee table holds the family collection of tools, family keepsakes and arrowheads found on the property.

"Most of our furniture pieces are antiques. They have been passed down from family members," Martha said. Martha's piano is the one she started playing when she was 10 years old. Martha's mom commissioned a photograph to be taken of Martha



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celebrating her first recital. That photograph hangs above the piano. The cut-glass collection is from Jim's family, while Martha displays her mother's china cabinet from Germany and her collection of silver sugar shells. The large dining room table accommodates family and friends during special times together. Beaded paneling, comfortable seating, a spool table, lace curtains and hardwood floors covered with area rugs complete the two rooms.

The kitchen, original to the cabin, was updated with custom-built cabinets. The master bedroom was added to the cabin. The large master bedroom houses Martha's great-grandmother's chifforobe, which has wonderful storage for Martha's sewing and quilting projects.



A study/guest bedroom, in which Grady likes to spend time after school, completes the home. A pie safe holds family memories, while a photo hung on the wall is indicative of the new memories being made when Martha visited the Mother Delores/Mother Martha Orphanage in Bobbarlanka, India, in 2010. Named in part for Martha, owners John and Hepshiba Victor care for 45 orphans, with children ages 3-18. The trip took 21 hours but was well worth the experience. Jim and Martha are sponsoring two boys, brothers, through college now. "They are making straight A's," Martha stated proudly. John and Hepshiba have named their only son after Jim.

Martha is the pianist at Prairie Grove Baptist Church, while Jim is the music minister. "We've lived a quiet, church-centered life," Martha said. They love to travel and work with Campers on Missions of Texas, of which Martha is treasurer, but their greatest joy comes from seeing the kids and grandchildren, the future generations, at work and play on the land that has been so treasured by their family for over 100 years. **NOW**

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Setting GOOD EXAMPLES



By Rick Herron



Looking back over the years, everyone finds that some things experienced during childhood are locked permanently within memory and can be recalled with little or no effort, regardless of how old a person becomes. Those things include: a favorite pet, a loving grandparent, a first kiss and especially a favorite teacher, a person whose encouragement and ability to make learning fun made going to school every day something eagerly anticipated.

Adela Castillo, who teaches prekindergarten at Carroll Elementary, is that kind of teacher. The funny thing is she didn't realize she had such a love of teaching until long after she graduated from high school. "I feel really blessed, because I found



my passion in teaching. When I graduated from high school, I didn't know I wanted to be a teacher. The fact I ended up in education is proof that God had this plan for me. It was a true calling," she said.

Born in Donna, Texas, Adela grew up in Corsicana, the child of migrants. "I was 2 years old when we moved to Corsicana. I went to a Catholic school at first, then to Travis Elementary, which is now called Head Start. I graduated from Corsicana High School and married my husband, Luis Castillo," Adela remembered. "We had two kids. Through all this, I always knew I wanted to go back to school but wasn't exactly sure what I wanted to do."

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At that time, "there weren't that many ESL students enrolled in school," Adela remembered. "Since then, the number has grown substantially. I didn't care that there weren't many kids to work with. I just loved helping out." This year marks Adela's fourth year teaching prekindergarten at Carroll Elementary.

According to the Center for Public Education Web site, prekindergarten enrollment has increased markedly over the last decade. In 2005, 69 percent of all 4-year-old children nationwide participated in some type of early childhood program, including state-funded pre-K, the federal Head Start program, government-funded special education programs and non-public nursery schools or preschool centers.

In Adela's current position at Carroll, she has a morning class and an afternoon class. Her classes include giving the students assessments on their skills with such things as letter knowledge and counting. It also marks her 20th year in the classroom, a hallmark anniversary that will be commemorated with a 20-year pin she will receive from the Corsicana Independent School District this month.

In those 20 years of teaching, Adela said the most frequent and predominant changes she's seen have been in the world of technology. "The little kids come in to school with iPads now!" she laughed. "In fact, my grandson is the one who finally taught me how to text."

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"I just loved helping out."

Another technological improvement to classroom teaching Adela has seen is the installation of SMART Boards, which are interactive and immediately responsive to input from students. "Technology has come such a long way in education, and it's been a challenge, at least for me, to keep up with the frequent changes," she admitted. "You just have to do the best you can."

Adela has also seen changes in the students during her career. "The family unit has changed a great deal over the years with more single and foster parents than ever before," she said. One thing that has not changed for Adela is the joy she gets from seeing the fruits of her teaching reflected on her student's faces. "I never get tired of seeing the excitement in their faces when they learn a new letter or word. They just light up when they realize they have succeeded," she explained with a smile. "That look of satisfaction on their faces, of seeing that light come on, of knowing they accomplished something, makes all the difference."



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"You have to really want to be there and be passionate about your job as a teacher."

In addition to her much-loved roles of wife, mother, grandmother of four and prekindergarten teacher, Adela is also very active in her church, Calvario Baptist Church, where she's been a member for 30 years. "It's a bilingual church where I've been a praise team singer for several years. I also teach Sunday school for first through sixth grade," she said.

Her husband, Luis, works for Guardian Industries and is thinking more and more about retiring. "I know when he retires he will want me to join him, so that's something to think about in the next few years. When we do both retire, we want to take a short, three-day cruise, do some traveling and visit family," she said.

Adela believes before anyone decides to embark on a teaching career, they should take a long, hard look at what factors are behind their decision to teach. "Anyone can be successful and love what they do if they have a passion for teaching and a passion for doing the best job possible for the kids," she said. "You have to really want to be there and be passionate about your job as a teacher. It's not just an eight-to-five job, by any means." **NOW**

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A Shared Hobby

— By Hope Teel

What began as a potential distraction from the boredom of downtime at work has since become a fulfilling hobby for Heather Arnold and her mother, Kim Johnson. Heather, who is going on her eighth year as a surgical tech at Navarro Regional Hospital, has been interested in arts and crafts since before she can remember. Heather and Kim share the same passion, so it's fair to say that creativity runs in the family. "I was always in Girl Scouts, and mom grew up in Campfire Girls," Heather noted. "So I think a lot of it started there. You really start learning things like that then."

When Heather became a Brownie in Girl Scouts, Kim began to help out with her group. As Heather advanced, becoming first a junior member and later a cadet, Kim continued her support by fulfilling troop leader positions. Some of Heather's first memories of doing crafty things with her mother originated during this time. In particular, she remembered her excitement each year as they made new T-shirts for the troop, including paint splatter, handprint and tie-dye patterns. "I remember



loving that,” Heather said, “especially the tie-dye!”

Their shared pastime of arts and crafts has remained constant and has included crochet, cross-stitch, card making, scrapbooking and postcrossing. Eventually, they delved into the art of jewelry making, almost as if by chance. “It started with being on call for an entire weekend, all alone at the hospital, and I just wanted something to do,” Heather stated. Prior to filling her time



**“Every
crafty
thing
about me
comes
from my
mom.”**

with turning kaleidoscopic beads into adorning accessories, Heather passed the hours with other crafts such as crochet or cross-stitch. Then one day, as she was strolling through Walmart to pick



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up some routine items, a do-it-yourself bracelet kit caught her eye, and she bought it. "It really made me want to buy more beads," she said. "So I kept buying and buying and buying all of these beads and things years ago when I was just trying to get rid of the boredom."

This occurred around four years ago, and although Heather made a few bracelets and other pieces here and there, most of the beads and other supplies were rarely touched, taking up space in



her apartment. Just over a year ago, when Kim was visiting Heather's apartment to help her de-clutter, they came across the jewelry supplies. Since Kim's house is referred to as the "crafty house," Kim took the beads home and began to make things with them. This prompted a renewed interest in the art for Heather. "I just thought, *Well, these are my beads, and I paid for them! I want to make something, too,*" Heather laughed. "Now I've turned my mother into a jewelry-making maniac!"

Heather doesn't think Kim would have ever gotten started without the solid bead base Heather initially bought, but since then, the two have vastly expanded their bead collection, in addition to acquiring numerous tools required for the process. Their inventory is gathered from an array of places ranging from bead and gem shows around Texas, to specialty shops, and more. "Just a few months



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ago, we went to a bead fest in Arlington,” Heather said. They also frequent a bead shop not too far from where they live called Simply Beadiful, in Gun Barrel City, where they offer different classes on jewelry making. Heather and her mother have attended several of them together, including classes on different techniques for making bracelets, rings and earrings.

In addition to these classes, the mother-daughter duo continues to expand their knowledge base through the

use of YouTube videos and a growing collection of books on the art of jewelry making. Where else do they find inspiration for designs? “I am drawn to the bright colors of the beads,” Heather stated, as she shared a short story from a recent trip she and Kim took to Las Vegas. During their trip, they visited



two different bead stores. According to Heather, Kim calls the instructions for making a certain piece a recipe. While in the stores, Kim would have Heather gather the ingredients, noting that she needed so many of particular sizes and so on.

Heather compared the process to the simple task of grocery shopping. “It is

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like going to the grocery store to pick out your favorite produce," she noted. "You think, *Oh, look at these green bell peppers. And there are yellow ones and red ones and all kinds of stuff!* It's a lot of fun."

One of Heather's favorite parts in the process is picking out and matching up different color schemes, and Kim is always impressed. "Heather is great when it comes to picking colors that match and coordinate well," Kim shared. "On our most recent trip to Vegas, we just had to shop the local stores for stringing goodies! It was great to spend the extra time with her."

As one can imagine, this hobby can be time consuming, and much more goes into it than just beads and string. The longest the two have worked on a single piece was four-and-a-half hours. This particular piece was made with help from the first YouTube video they watched. With lots of practice, they've since cut that time in half, and a nice, detailed piece can be completed within two to two-and-a-half hours. Heather and Kim try to get together to work on things three times a month on average, and they often meet at Kim's house where they have an entire room dedicated to jewelry making. During this time, the two either make jewelry or separate beads. "There is so much organization that goes into it," Heather emphasized, "and with beads, there are so many ways to organize, depending on if you want them sorted by color, by size, etc."

The techniques used are diverse, and as Heather and Kim have continued to expand their knowledge of the art, they've discovered they each have different strengths. While Heather enjoys the actual stringing and techniques, such as the right-angle stitch, Kim is better at wire wraps in which charms and other embellishments are made. Together, their strengths form a steady balance from which beautiful pieces are often produced. They enjoy giving their creations away as gifts. "It is great to be able to connect with your children outside of normal family activities," Kim noted.

And Heather has similar thoughts on the subject. "Every crafty thing about me comes from my mom," Heather shared. "I love having fun things like this in common with her!" **NOW**



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— By Virginia Riddle

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Jim, who retired from country club management prior to taking the position with Northland Communications, has enjoyed learning the technical side of this business. He is a member of the Corsicana Rotary Club, and in his spare time, he enjoys golfing and is an avid dog lover. He and his wife, Anne Burgess, enjoy vacationing and spending time with family. Jim has also written and published a book, *Denver D.C.*

Jim and the employees of Northland Communications stay focused on providing speed, reliability and service to customers. "We like being your hometown communications service provider," he said. **NOW**



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Digestive troubles are common, ranging from periodic discomfort after a large meal to severe, chronic pain. More than 70 million Americans suffer from digestive problems, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

The pain and discomfort from digestive issues can sometimes be relieved through dietary changes and over-the-counter medications, but the long-term effects of untreated digestive conditions on your overall health can be serious. Among the most common chronic digestive conditions are acid reflux, irritable bowel syndrome, lactose intolerance or ulcer disease. These ailments affect the upper digestive system, also known as the upper gastrointestinal (GI) tract. Symptoms vary, but may include:

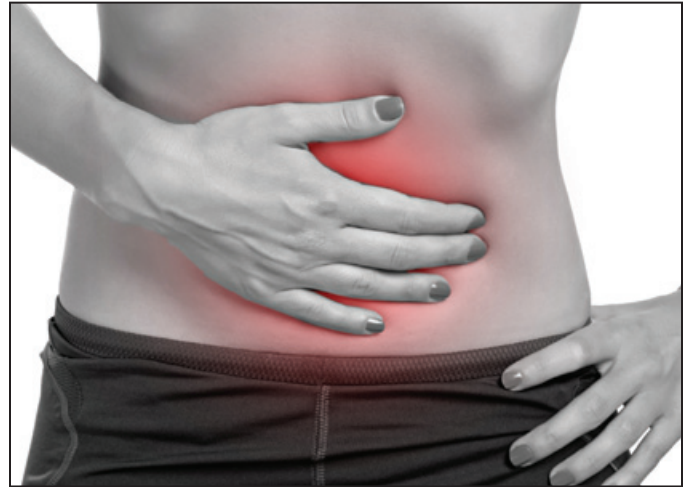
- Swallowing problems
- Nausea
- Bloating
- Abdominal pain
- Vomiting
- Indigestion
- Constipation or diarrhea
- Gas

Common Digestive Conditions

Gastroesophageal reflux disease (GERD): GERD is severe or chronic acid reflux (stomach acid going back up into the esophagus) that can lead to complications such as sleep disorders, esophageal bleeding, ulcers or cancer. GERD symptoms are similar to those experienced with heartburn, but are more severe and frequent. Symptoms include difficulty swallowing, coughing and wheezing, sore throat or hoarseness, a sensation of having a lump in your throat, a burning sensation in the chest and chest pain, especially when lying down at night. If you experience GERD symptoms for more than two weeks that isn't relieved by taking over-the-counter antacids or medications, see your doctor.

Lactose intolerance: Lactose intolerance is the deficiency of an enzyme in the small intestine that helps the body digest lactose. Health experts believe this condition may be hereditary or linked to damage to the small intestine that may occur with severe diarrheal illness, other digestive diseases or chemotherapy. Symptoms include abdominal pain, bloating and gas. Lactose intolerance usually can be controlled through dietary changes or medication.

Peptic ulcer: A peptic ulcer usually occurs in the lining of the stomach or first portion of the small intestine. These ulcers are



caused by bacterial infection or overuse of nonsteroidal anti-inflammatory drugs such as aspirin and ibuprofen. Symptoms include pain in the midsection between meals or at night. Other symptoms include weight loss, bloating, nausea/vomiting and frequent burping. Medication is usually effective in treating this condition.

Irritable bowel syndrome (IBS): IBS is a disorder caused by changes in the way the gastrointestinal tract works. It causes abdominal pain, bloating and cramping, changes in bowel movements, and either constipation or bouts of diarrhea. IBS is diagnosed when the symptoms of pain, fullness, gas and bloating are present for at least three days a month, in a three-month period. IBS can be controlled through diet and medication.

If you experience any symptoms of severe heartburn or these digestive diseases, don't continue to suffer. Your doctor can help you manage or treat the symptoms, or confirm or rule out a more serious disorder. Be sure to note the nature, frequency and timing of your pain to share with your doctor. **NOW**

Sources:

National Institute of Diabetes and Digestive and Kidney Diseases, www2.niddk.nih.gov.
National Institutes of Health, www.ncbi.nlm.nih.gov.
International Foundation for Functional Gastrointestinal Disorders, www.iffgd.org.

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

Noba Mataoui, M.D.

Family Medicine

Member of the medical staff at Navarro Regional Hospital

May 1 — 2

Black Violin: 7:30 p.m., Corsicana Palace Theatre. For more information or to reserve tickets, call (903) 874-7792.

May 3

Corsicana & Navarro County Chamber of Commerce 2013 Annual Golf Classic: 11:00 a.m., Corsicana Country Club. For more information, contact Semonna Battenfield at (903) 874-4731.

May 3 — 24

Navarro Council of the Arts Annual Youth Art Show: Warehouse Living Arts Center Gallery. For more information, call (903) 872-5411.

May 10

Navarro County Retired Teachers Association Luncheon: 11:30 a.m., Northwest Apartments Community Center. For more information or reservations, contact Patty Knauth at pk2@airmail.net.

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6800.

May 11

Kerens Ex-Students Association City-wide Garage Sale: For more information or to donate goods, call (903) 396-7362.

Corsicana High School Council on International Affairs Car Show and Vendor's Fair: 9:00 a.m.-4:00 p.m., Corsicana High School. For more information, contact Ginger Pawlowski at (903) 872-6236 or Erin Smith at (903) 874-8211 ext. 1500.

15th Annual Corsicana Airshow: Gates open at 9:30 a.m., Corsicana Municipal Airport. For more information, visit www.coyotesquadron.org.

"Outdoor Living" Second Saturday Event Series: 4:00-9:00 p.m., downtown Corsicana. For more information, call (877) 648-2688 or visit www.corsicanamainstreet.org.

May 11— 12

Corsicana Stage Race 2013: Bike routes range in .9 to 22 miles. For more information, visit DallasRacing.org.

May 14

Vietnam Veterans of America Chapter

1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, e-mail Roy Messick at roy.messick@gmail.com.

May 17

Relay For Life of Navarro County: 7:00 p.m., Navarro College. For more information, visit www.relayforlife.org.

May 23

Corsicana Newcomers' Club meeting: 11:00 a.m., Kinsloe House. Members will be entertained by one of their own, Virginia Riddle, *CorsicanaNOW Magazine* Editor, who will share some of the humorous happenings that have taken place while "getting the story." For more information and to confirm reservations, call Marge Oslick at (903) 872-3508.

Ninth Annual VOICE Spring Luncheon: 11:30 a.m., The Cook Center. For more information, contact Gina Dieterichs at (903) 872-0180.

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 Mellie Howard

— *By Virginia Riddle*

Mellie Howard was a wife with three children by her 22nd birthday. She felt the call to teach and returned to school to earn a college degree so she could fulfill that dream. Now retired from a long, successful teaching career, Mellie is an active volunteer in Navarro County.

She learned to cook from her mother and the local 4-H Club while growing up in Kerens. "I love to fix dishes that remind me of my childhood," Mellie said. "We always had a garden and picked wild berries, grapes and peaches. Today, with all of her activities, Mellie eats out a lot, but she still cooks at home. "I do need an occasional vegetable fix," she said with a smile. **NOW**

Cranberry Salad

- 1/2 cup sugar**
- 1 6-oz. pkg. strawberry Jell-O**
- 2 cups boiling water**
- 1 15-oz. can crushed pineapple, undrained**
- 2 1/2 cups whole berry cranberry sauce**
- 1 cup pecans, chopped**

- 1.** Dissolve sugar and Jell-O in boiling water; set aside to cool.
- 2.** Add pineapple, cranberry sauce and pecans.
- 3.** Chill before serving.

Cheese Ball

- 1 lb. cream cheese**
- 1 Tbsp. green peppers, finely chopped (or to taste)**
- 1 Tbsp. onion, grated (or to taste)**
- 1 small jar pimentos**
- 1 8-oz. can crushed pineapple, drained**

- 1 1/2 cups pecans, finely chopped**

- 1.** Mix first 5 ingredients well.
- 2.** Mold mixture into desired shape; chill.
- 3.** Roll cheese ball in pecans, covering completely, before serving.

Taco Soup

- 1 lb. lean hamburger meat**
- 1 medium onion, finely chopped**
- 1 pkg. dry taco seasoning**
- 1 pkg. dry Hidden Valley Ranch salad dressing**
- 2 1/2 cups diced tomatoes**
- 2 1/2 cups stewed tomatoes**
- 2 1/2 cups Ro-Tel tomatoes**
- 2 1/2 cups pinto beans, cooked**
- 2 1/2 cups hominy**
- 4 cups cheddar cheese, grated**
- 1 bunch green onions, chopped**
- 1 bag Fritos**

- 1.** Brown meat and onions; drain.

- 2.** Add next 7 ingredients; simmer until all flavors have blended.

- 3.** Serve with condiments of cheese, onion and Fritos.

Easy Goulash

- 1 lb. lean ground beef**
- 1 large onion, chopped**
- 1 cup elbow pasta**
- 2 1/2 cups tomatoes**
- 2 1/2 cups kidney beans, cooked**
- 1/2 cup cheddar cheese, cubed**
- Salt and pepper, to taste**

- 1.** Sauté meat and onion; drain.
- 2.** Add remaining ingredients; stir well and cover.
- 3.** Simmer slowly 20 minutes before serving.

Heavenly Pie

- 1 8-oz. pkg. cream cheese, softened**
- 1 14-oz. can condensed milk**
- 1/2 cup lemon juice**
- 1 9-oz. carton whipped topping, thawed**
- 1/2 cup pecans, chopped**
- 1 cup pineapple chunks or fruit cocktail, drained**
- 2 9-inch graham cracker pie shells**

- 1.** Combine cream cheese, condensed milk and lemon juice; beat until smooth.
- 2.** Fold in whipped topping; stir in pecans and fruit.
- 3.** Pour mixture into pie shells.
- 4.** Refrigerate for several hours before serving.

Fudge Cookies

- 3 cups quick-cooking oatmeal**
- 1 cup pecans**
- 1 tsp. vanilla**
- 2 cups sugar**
- 1/2 cup cocoa**
- 1/2 cup whole milk**
- 1 stick butter**

- 1.** Mix oatmeal, pecans and vanilla in large saucepan; set aside.
- 2.** In another saucepan combine sugar, cocoa, milk and butter; bring to a boil.
- 3.** Pour boiling mixture over dry mixture; beat well and cool for 3 minutes.
- 4.** Drop cookies by spoonfuls onto waxed paper.

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

When an apple a day isn't enough!

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