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ON THE COVER



Kirstin Griffiths - a rose in any language.

Photo by Kevin Painter.

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Editor's Note

It's summer, Corsicana!

June is always such a welcome change of pace. School is out, the days are long, and we get just a little bit lazy with the warmth of the sun on our faces. Our pools and splash parks are opening, and it's time for summer camps, retreats, a vacation or staycation. We get to reconnect with friends and family members who live far away or enjoy new adventures with newly made friends.

Let's take time to honor the fathers in our lives this month. I am planning to visit my son, Brent Riddle, and son-in-law, Robert Courville, in the states of Virginia and

New Mexico, respectfully, this summer. I am so thankful that they are such great fathers to my grandchildren, whom I will get to hold and share new experiences with in person.

Have a great summer!

Virginia

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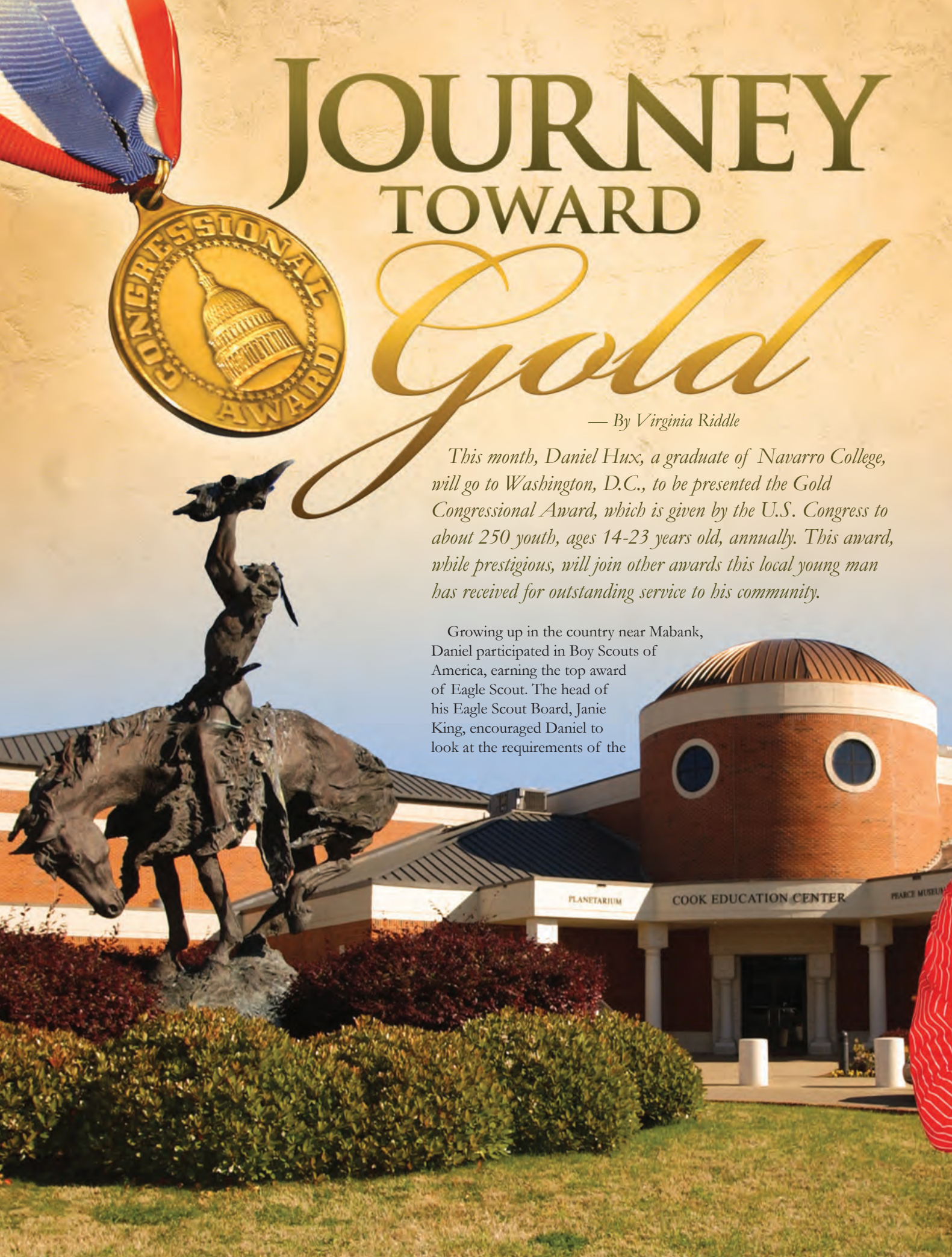
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JOURNEY TOWARD

Gold

— By Virginia Riddle

This month, Daniel Hux, a graduate of Navarro College, will go to Washington, D.C., to be presented the Gold Congressional Award, which is given by the U.S. Congress to about 250 youth, ages 14-23 years old, annually. This award, while prestigious, will join other awards this local young man has received for outstanding service to his community.

Growing up in the country near Mabank, Daniel participated in Boy Scouts of America, earning the top award of Eagle Scout. The head of his Eagle Scout Board, Janie King, encouraged Daniel to look at the requirements of the

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Congressional Award online at www.congressionalaward.org. The award can be earned at bronze, silver and gold medal levels. After careful investigation and consideration, Daniel decided to go for the gold.

The journey toward gold began when Daniel was 18 years old and culminated five years later. During those years, Daniel's life took many turns. He enlisted in the Marine Corps after his 2007 high school graduation. Knee injuries, however, cut short this segment of his military career. He came home on a medical discharge and began rehabilitation of his knees and his course of study at Navarro College. At college and throughout other segments of the community, Daniel found opportunities of service and growth, which worked well toward the obtainment of the Gold Congressional Award.

Earning the award involves setting goals in four program areas: volunteer public service, personal development, physical fitness and expedition/exploration. Hours spent and activities performed were carefully documented and supervised by his mentor, Ms. King, as well as other adults. As a scholarship student in the honors program at the college, Daniel had to be careful to balance his academic life with the requirements of the award. "I did well, but I had a good time at Navarro College," Daniel said. "I wanted a well-rounded education, so I majored in general studies."

As a volunteer in public service, Daniel was a Navarro College Ambassador, president of the Leo Club, treasurer of the Phi Theta Kappa Honor Society, a member of the student senate and served as a RA (residential advisor) in his dorm.

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He performed over 700 volunteer hours at the Cook Center, working with his mentor, Carole Davenport, the director of the center. Carole remembered Daniel walking into her office, volunteering to help at the many



Carole Davenport is grateful that Daniel Hux chose to volunteer at the Cook Center.

community events held at the Cook Center. "I actually thought an angel had just walked in! He explained that he was working on his Congressional Award and needed volunteer hours, and he had chosen the Cook Center. From that day on, Daniel was at everything and did anything I needed. He was a dream of a volunteer and worker. I told him one day, 'If I had a son, I would want him to be you.'" Daniel has continued to volunteer at the center even though the award requirements have been completed. Lifetime service to the community is a primary goal of the Congressional Award program.

The program focuses on the young person intensively working at only one or two volunteer jobs during the six-year period it can take to earn the award. "The idea is to make an impact on the community," Daniel stated.

Development of self was a large part of what Daniel learned. "I was exposed to a wide variety of people and many different situations," he said. Now a senior with two majors, economics and distribution management technology at Baylor University, Daniel finds his personal development gained through the award advantageous. "Business people are going to expect me to work well with

people and be a problem solver,” Daniel said.

“Daniel presented himself so well with the public,” Carole added. “He was a quick thinker, self-motivated, loyal and always respectful.”



The physical fitness requirement was met through running, weight lifting and performing crunches and push-ups. A country boy at heart, Daniel said, “I enjoy getting out on the lake, shooting and camping. While he is in Air Force ROTC at Baylor, the physical fitness component could not be satisfied through military training. “You can’t merge activities; you have to keep voluntary and required activities separate and organized.”

Friends joined Daniel for the expedition/exploration component. The group drove, staying often with friends along the way, to Washington, D.C., and onward to New York City for New Year’s Eve 2010. Daniel remembered, “We nearly froze at the Lincoln Memorial. We walked on



frozen water at the Mall, and it snowed on our way to Times Square. We met people from all over the world during the six hours of countdown and the rest of the trip. I was just a small-town kid making a trip to the Big Apple.”

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This son of Danny Hux, who lives “right by the Trinity River,” and nephew of Jimmy and Rita Hux of Gun Barrel City, has carried his sense of volunteerism forward in his life. Not only does Daniel still make it home to volunteer at the Cook Center on busy weekends, but he has worked with the Steppin’ Out Program at Baylor where students volunteer days of service to the Waco community. All this plus carrying 18-19 college hours each semester as well as ROTC, which is eight or more clock hours per week, keeps Daniel focused on what is important in life. “I enjoy the

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leadership aspect of ROTC,” he said. He plans to continue his service to the Air Force upon graduation. “I want to finish my duty to my country that I started in the Marines,” he added.

Daniel has earned a high GPA at Baylor. “I had no problems transferring to Baylor from Navarro since the college had given me a really good education and prepared me well for university studies,” he said.

Daniel’s advice to young people who might wish to follow his lead and pursue the Congressional Award applies to living a well-served life. “You really must love the joy you receive from volunteering. You can’t be worried about receiving a paycheck. You have to really, thoroughly, enjoy giving to your community.”

As his Baylor graduation approaches, Daniel does not know where his Air Force career will take him, but he does know that he will be serving the communities in which he will reside and will return home often to do the same, living by President Kennedy’s words, “Ask not what your country can do for you — ask what you can do for your country.” **NOW**



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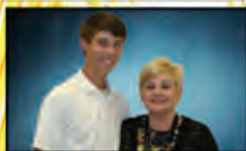
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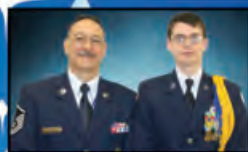
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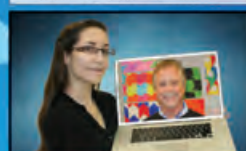
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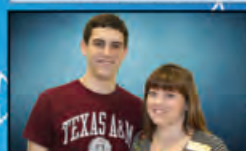
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FOR THE LOVE OF

SPORTS

By Hope Teel



Elizabeth Pratt's drive and motivation, formed by years of playing softball as a young girl, has had a profound effect throughout her life. A recent graduate of Kerens High School, she was an overachiever in extracurricular activities. She excelled in multiple sports, volunteered in her community and was an active member of student council, Fellowship of Christian Athletes and Future Farmers of America. She managed all of these activities while maintaining good grades. In a delicate balance of time and energy, Elizabeth immersed herself in the world of high school sports. She embraced her ever-busy schedule of long practice hours, tennis matches, track meets and volleyball and softball games. "It was very exhausting at times, but it was really worth it," Elizabeth shared. "I have a huge heart for playing sports!"



Elizabeth had her first competitive sports experience at age 6 when her parents signed her up to play softball at Nature Park in Corsicana. She remained active in softball — in the girls' league in Corsicana through eighth grade and at the high school varsity level. Upon entering middle school, Elizabeth expanded her athletic horizons and began playing volleyball and running track. As a freshman at KHS, she continued playing volleyball and softball. That same year she joined FFA, FCA and was elected treasurer for student council.

As a sophomore, Elizabeth was selected by her coaches to advance from the junior varsity volleyball team to the varsity team for the playoffs. With her help as a full-time varsity team member the following year, the Kerens volleyball team made it to the playoffs yet again. Elizabeth continued playing volleyball and softball through her senior year. That year she also joined the KHS track and tennis teams, making the spring semester



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very busy. Often Elizabeth had softball games, tennis meets and track meets all in one week — on top of practices, studying and finding time to sleep! “It can be very challenging to go back and forth between the different sports,” Elizabeth stated, “especially with softball and tennis, because you hit the ball so differently! You eventually get the hang of it, though, so it all works out.”

Picking tennis back up for the first time in several years was no big deal for Elizabeth. She placed first as an individual in a recent tournament, and she and her doubles partner, who also happens to be her lifelong best friend, placed third at another meet. Although Elizabeth enjoyed everything she was involved in during high school, her real passion was softball. “That was definitely my main sport!” she exclaimed.

“I love the action, and I always like to beat the other team to win a game means a lot!” Elizabeth shared. Her favorite part of the game is making an out. “I love fielding the ball and throwing it to first base to get a runner out, especially when they’re fast!”

Elizabeth has many great memories of her high school softball career. The first team she ever played on, The Bratz, placed second in their local championship, setting the trend for success in the years to follow. As Elizabeth and the remainder of her team grew older and moved through the leagues at Nature Park, the majority of them stayed together. “It was so much fun to play out there,” Elizabeth shared. “I got to make a lot of new friends, and



"I learned it takes a whole team, playing hard, to win a game."

I learned it takes a whole team, playing hard, to win a game."

When the girls began to play in a coach-pitch league for a team called The Xtremes, they won first place in the championship. They subsequently held that title every year following until Elizabeth began playing high school softball. "No one could beat us," she remembered excitedly. Elizabeth treasures the involvement and exposure she had to the game at such an early age. "It taught us so much about working together," she said. "That's where we learned how to play the game."

Her experiences in the Corsicana leagues versus playing at the high school level have been very different. "It's a lot more competitive in high school than it is in the leagues," Elizabeth said. "In high school, our main goal was always to win, but in the leagues, you were just there to have fun most of the time."

When she began playing at the varsity level as a freshman, Elizabeth was a second baseman. Her vast experience, however, allowed for flexibility in changing positions to whatever the team most needed. "The first time I met Elizabeth, she walked up to me and said, 'Hi! I'm Elizabeth, and I'm your second

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baseman,” shared Coach Haley Harrell, Elizabeth’s coach at KHS during her sophomore and junior years. “She is one of the most hardworking kids I have ever coached. She gives 110 percent in everything she does, and she is extremely coachable.”

Through the years, Elizabeth happily adapted to whichever position she was playing at any given time. As a senior, she played catcher. “It’s all for the team,” she said.

Elizabeth’s favorite memory from high school involved softball. She helped propel the KHS softball team into the playoffs for the first time in Kerens history. It was the last inning of the game, and the score was tied, four to four. Elizabeth stepped up to the plate with two runners on base and with two outs on the board. She slammed the ball on a clutch hit, knocked in two runs and stole third base and home plate for the win. “I was so happy that day,” she remembered. “The coach even gave me the game ball everyone had signed. I’ll never forget that!”

With a Go Texan Scholarship and a \$500 scholarship for her involvement in the College Achievement Program in Kerens, Elizabeth plans to attend Navarro College. Her plan is to complete basic courses before transferring into the nursing program at Tarleton State University. She also intends to try out for the Navarro College softball team.

Although Elizabeth remained constantly busy during her four years in high school, she enjoyed every moment and somehow still found time for one of her favorite hobbies — fishing at Richland Chambers Lake with her father. Looking back over her time at KHS, she remembers it fondly. “Overall, it was just a great experience.” **NOW**



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Kimiora – Seeking Health

- AT HOME WITH -
Kirstin Griffiths

— By Virginia Riddle

New Zealand was settled between 1250-1300 AD by Polynesians. They developed the unique Maori culture that was thriving prior to the arrival of the Europeans over three centuries later. According to Maori.com, kimikimi means “to seek” and ora means “health and vitality” in the Maori language. Used together, Kimiora, means “seeking health,” which is exactly what Kirstin Griffiths, a native of New Zealand, was seeking and has found in her home and nearby studio. “I’m creating my art to reflect my inner child,” Kirstin said.

At age 6, Kirstin immigrated to the United States, and with stops along the way in New Jersey and Colorado, she and her family settled in Texas — specifically, Galveston, Austin, Fort Worth and Navarro County. Kirstin’s English accent is a delightful and lyrical combination of all the places in which she has lived, in spite of “lots of speech and diction classes.” Today, Kirstin and her son, David, are living





a *Waltons*-type, multigenerational lifestyle at Lake Richland Chambers, after moving in with her mother and stepfather, Ken and Helen Griffiths.

While her parents were building their home in 2000, Kirstin was busy rearing David and his older sister, Kara, and working as a bookkeeper, auditor and motel front desk clerk in Fort Worth. Kirstin remembers visiting to help clear the land before any of the structures that now occupy the lot were built. "David was a toddler. We would camp out, and I didn't have to worry about the kids playing outside." Ken and Helen designed the home and nearby office/studio to accommodate their needs, so it could remain the center of life for their family.

Kirstin, a single mom, suffered a stroke nearly four years ago, and went to that family home "seeking health." Even though she has survived six strokes in all, she has, through medical, physical and occupational therapies, found more than a restoration of health. She has found a community that has embraced her and enabled her to return to her original passion — creating beautiful and authentic-to-the-period costumes for plays and musicals performed at The Warehouse Living Arts Center.

Ken is a scientist and engineer, and he influenced the development of Kirstin's scientific mind that pays attention to detail. But thanks to Helen, her passion

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is theater arts, and her first movie memory in the United States was the film, *Blazing Saddles*. Kirstin attended Lon Morris College as a theater arts and religion major. "I had excellent teachers. Every one of them had to have been on or off Broadway. My dance teacher had been Tommy Tune's teacher," said Kirstin, who had the honor of having been the first female student director at the college. However, Kirstin's life took a turn away from the theater. Marriage, kids and other jobs all came Kirstin's way after her college days.

While Kirstin was recovering from a stroke, Kara and David encouraged their mother to get back into theater by volunteering with the show, *Gyps and Dolls*. "A star was born," David said. Since that time, Kirstin has volunteered as a cast member and/or part

of the production crew in many of the theater's productions. "I am a perfectionist, so sometimes I have to learn to back off and get the outfits out. It all comes together at dress rehearsal. Sometimes, I have to make or adjust outfits overnight, but it is so much fun. We have lots of backstage stories," Kirstin said. For the recent production, *The King and I*, Kirstin created over 200 costumes at WLAC.

All this creating now happens in Kirstin's workshop, which is housed in the family's office/studio about 200 feet from the main house, from which she runs her business, Kirstin's Kreations by Design. Additionally, Ken and Helen have offices in the barn. Kirstin's workshop provides floor-to-ceiling storage for wigs, costumes and the many materials she uses. A state-of-the-art sewing machine, "my Rolls Royce," according to Kirstin, sits on a work table where a dress maker mannequin stands nearby. "There is a place for all of my 'stuff,'" she said.

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



a break from sewing, Kirstin enjoys a walk through the English rose garden or to her peaceful, meditative place, "Katie's Korner," which has helped in her recovery. A tree named Elizabeth honors the Maori custom of naming plants and also plays host to a rope swing. The latest addition to the grounds is the "Chicken Chalet." Kirstin hand painted the rooster design for the toilet seat entrance to the coop. Native birds abound, due to the propensity of bird feeders and the nearby lake. With three cats — Sheeba, Zach and Fuzzy Bear

— and three dogs — Skittles, Freckles and Sadie — it's no wonder Helen remarked, "We have more animals than humans here!"

A wide back porch facing the lake provides relaxing moments for the family. "I love being able to see my parents hold hands and watch the sunset. They are the cutest things," Kirstin said. The dinner bell by the backdoor was a gift from Kirstin to her parents. It is formed by letters spelling *kimiora*.

Inside the spacious home, the focal point for Kirstin's bedroom is the beautifully hand-carved angel headboard with a matching mirror hanging nearby. The mirror was a find at Kerens Cotton Harvest Festival a few years ago. Kirstin's paintings of English gardens, waterfalls and rivers are hung on walls that are the backdrop for a Victorian lampshade. In her spare time, she enjoys crocheting hair snoods while relaxing in her room.

David's room reflects a teenage boy's interests. A student at nearby Kerens Middle School, his room includes a



place for study and is decorated with his collection of wall posters and knickknacks. Another star may rise in theater, since David also enjoys volunteering at the theater and has taken a film acting class from his Nana Helen.

The family loves to gather in the large multipurpose living, dining and kitchen area. Kirstin made the table runner and placemats. Plans are being made around that table for Kara's upcoming wedding to Paul Ferguson, whom she met while they both attended Navarro College. Kara has furthered her linguistic studies at the University of North Texas. And who is making the wedding gown and veil? Kirstin, of course!

Life is good and stroke free. "I highly recommend whether you become a pauper or wealthy that you follow your passion. You are happier and healthier," Kirstin said. She is looking forward to taking a welding class and teaching a sewing class at the Warehouse. "I want to survive," Kirstin added, "and practice my love of creating." **NO**

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PRESERVED AND MOUNTED

— By Rick Herron

In the middle ages, it wasn't unusual for apprentices to work one-on-one with master craftsmen to learn a trade. Apprenticeships were and still are eagerly sought opportunities to actually work side by side with an expert to learn how to provide a service or create a work of art.

For Marcus Thomas, getting to work with noted Corsicana taxidermist, James Duvall, is a dream come true and something that's provided him with the ability to learn from someone whose experience in the art of taxidermy encompasses over 30 years. Marcus is learning from James how to



“You have to approach setting the scene by asking yourself how you’d find the animal if you actually walked up on it in the wild.”

create mounts that appear astoundingly lifelike, down to the last minute detail. “I got interested in taxidermy when I was 12 years old,” Marcus said. “James did some special mounts for my family, and I would go to his shop and watch him as he worked. He’s literally taught me everything there is to know about the process.”

It’s not unusual to drop by Marcus’ shop, located several miles outside Corsicana city limits, to find both men working intently on their latest project, surrounded by completed pieces awaiting pick-up, such as several deer head and shoulder mounted on the wall, birds, fish



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Marcus learned very early that being able to create believable and realistic scenes in which to place his preserved works was almost as important as producing a quality mounting. "James showed me the importance of building the right kind of scene for the artifact being mounted," he said, pointing to the bear, one of his and James' recent accomplishments.

Taxidermy is really an art as well as a process, according to James, and the process itself almost always follows a set pattern. "The animal is brought or mailed to us, either freshly killed or frozen. We take measurements then remove all the red meat, which is called 'skinning' the carcass. Then it's soaked in a preservative, called the 'tanning' process. We wash it clean, sometimes even rolling it in sawdust to clean the fur. We find the right Styrofoam manikin and shape it to fit the hide. Then we stretch the hide over the manikin," James explained.

"Next, we set the glass eyes, then form the nostrils and the mouth, which is a very delicate procedure and extremely important to make it look alive. After it has dried, we come back and use touch-up paint on the eyes, nose, mouth and antlers to give it a lifelike appearance," James continued.

Putting the finished animal in a pose and realistic setting is the last and most important step. "You have to approach setting the scene by asking yourself how you'd find the animal if you actually walked up on it in the wild," James said.



Formulating that final image and having it built to specification before any of the work begins is vital to the ultimate success of the whole mounting process.

James said that from the point the animal is harvested to the finished mounted piece placed in a realistic setting can sometimes take up to 18 months. "Our goal is to achieve permanence and to depict each animal in its natural habitat," James said. "We recommend that the mounts be kept clean in a controlled environment at room temperature."

Marcus remembered his first finished mounting, done back in January 2012. "James helped me prepare a mallard, and I've been doing bigger and more complex pieces under his watchful eye ever since," Marcus said. To date, the smallest animal he's mounted is a chipmunk, and the largest, a bear.

As for James, he doesn't hesitate to praise Marcus' abilities. "I've had other students throughout my career, but he's the best one I've ever worked with," he shared.

Taxidermy is a centuries old practice that was popular in ancient Egypt, according to the taxidermy.com Web site. Today, it has developed into a full-fledged form of wildlife art, and successful taxidermists are considered fine artists in their own right. The first taxidermists were primitive hunter/gatherers who crudely formed animal skins over mud and rock for use in their hunting rituals. Over time, as methods to preserve these skins improved and the need for tanned skins increased, the tanner became one of the most important members of the tribe.

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had a prosperous tannery business, and the 1800s saw hunters bringing their trophies to upholstery shops, where the upholsterers would actually sew up the animal skins and stuff them with rags and cotton. In the early 20th century, taxidermy began to evolve into its modern form, using techniques for mounting that allowed them to portray animals with uncanny lifelike accuracy.

James and Marcus find the kind of animals they get to work on fluctuates by season, but the exotic animals, like those from Africa, come in all year long. "In Africa, nothing is wasted. They skin them, let the skin dry, and then crate them up with horns and ship them to America where they are tanned. Then they are sent to us," Marcus said.

Marcus and his family moved to Corsicana from Arlington, Texas, when he was 4 years old. All through his life he had a real love of hunting and the outdoors, so discovering and developing a love of taxidermy seemed like a perfect fit. After his freshman year, he was homeschooled before attending college and police academy in Fairfield. When he's not busy creating lifelike mounts, he's also a reserve Freestone County policeman "when they need me," he said.

One wall of Marcus' shop is lined with framed certificates of membership in dozens of taxidermy affiliations, including the National Taxidermy Association, the Texas Taxidermy Association and SCI (Safari Club International). "So far, we've done about 30 animals from Africa, as well as the local game shot during hunting season," Marcus said. Not bad for a young and talented artisan who is fortunate to be doing something he clearly loves. **NOW**

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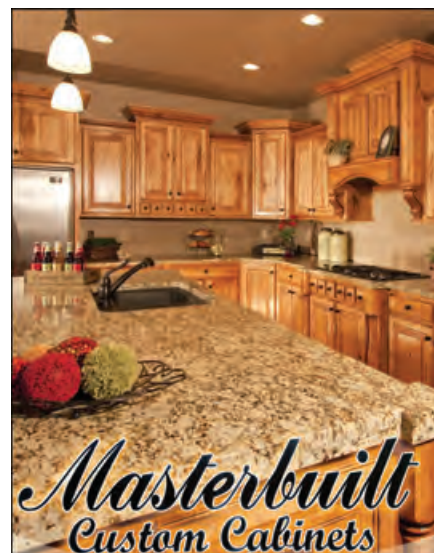
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When Dreams

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— By Rick Herron

In the 2000 movie, Pay It Forward, a young boy is given a school assignment that requires him to find some way to change the world. After some thought, he develops a “pay it forward” concept that starts a chain reaction of good deeds. The movie itself started a similar chain reaction around the world by popularizing the concept of one person helping another without hoping for repayment or good deeds in return.

Margaret Moreno firmly believes in paying it forward and has found the perfect opportunity to put the concept into practice every day as director of

student recruiting at Navarro College. "I was hired by Navarro College in 2012 to recruit new students to the college, and with my staff of three plus nine students, we give tours of the campus and introduce high school graduates to the many great things about the college," Margaret said.

When not meeting with prospective students in her role as director, Margaret keeps her focus on continuing her own education. By taking classes remotely from home, she is working on obtaining a master's degree in higher education, with certification in advising from Sam Houston State University.

Margaret grew up in Corsicana. Her father, Paul, works at True Value, and her mom, Maria, also works in Corsicana. She has an older sister, Paula, who lives in Dallas and works for Texas Workforce Commission. Margaret attended Corsicana High School, where she was the school mascot and wrote for the school paper. She graduated in 2001.

Margaret's first break came when she was a recipient of the Opening Doors to Success Scholarship and was one of approximately 40 students who received the M.C. and Mattie Caston Graduate Scholarship toward obtaining a degree from Navarro College. Thanks to the scholarships, she was the first in her family to be able to attend college.

The Caston Scholarships, in the amount of \$10,000 each, are awarded during commencement ceremonies in the spring each year to outstanding Navarro College graduates who have completed their associate degrees at Navarro and who plan to continue their studies at a four-year college or university. Another scholarship offered through the same foundation is awarded to students who plan on attending Navarro College soon after their high school graduation. This smaller scholarship is the one that introduced Margaret to the Navarro campus. "Winning the Caston Scholarship represented a dream come true for me," Margaret recalled. "My parents always told us we were going to go to college, and I saw that as a sign that they were right."

The Opening Doors to Success Scholarship Margaret won is designed to provide financial assistance for high school graduates and first generation

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college students. Both scholarships enabled her to attend the 2001 to 2003 school semesters at Navarro College. "Getting to attend Navarro College was such a great opportunity for me," Margaret said. She obtained her associate degree from Navarro College in arts and general studies in 2003.

Following graduation from Navarro College, Margaret moved to Huntsville where she attended Sam Houston State University and earned a Bachelor of Arts degree in 2006. Navarro College, however, had not forgotten Margaret, for in 2007, the opportunity to work as a recruiter presented itself. "I accepted their job offer immediately," she remembered. "As a recruiter, I traveled six weeks out of the year recruiting students to attend Navarro College."

Margaret worked in that role until 2010, when she moved to Corpus Christi. "I told myself I needed to broaden my



horizons," she laughed. "I worked in Corpus Christi as an outreach specialist for Del Mar College for two years, and then I returned to Navarro College."



The rest, as they say, is history. In her role as director of student recruiting, Margaret has been able to help make the dreams of hundreds of high school graduates come true by introducing them to the numerous benefits achievable by attending Navarro College. In 2012, shortly after moving back to Corsicana, she was invited to join the Corsicana Kiwanis Club. "My boss, Dewayne Gragg, brought me to the Kiwanis, and



Margaret Moreno (second from left) and her staff of three — Waylon Metoyer, Staci Moreno and Aubyn Turner — proudly recruit new Navarro College students.

I'm really glad he did," she said. "The Kiwanis is an organization that's known for its focus on helping children achieve their dreams."

Margaret's dreams of obtaining higher education started when she was very young. "I remember we spent a lot of time at the library just reading and learning new things," she said. "Even as a little girl, I somehow knew I'd go to college, one way or the other."

She credits her sister, Paula, as a major catalyst on her journey toward personal achievement. "I wanted to follow in her footsteps, as a lot of little girls do with

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their big sisters. We always had a friendly competition going to see who could outdo the other," she explained. "That, plus a very strong work ethic instilled in us by our parents when we were very young, played a big role in giving me the confidence to get where I am today."

While continuing to babysit in her spare time, Margaret took on her first "real job" when she went to work for Kmart at the young age of 17. She's worked either full or part time ever since. In the rare times when she takes time off, Margaret enjoys traveling throughout the state to visit friends and has a deep and abiding love of shopping. She's also very active at her church, Immaculate Conception Catholic Church, where she teaches catechism classes.

Looking back, Margaret knows she's been blessed with unbelievable opportunities, and she tries to "pay it forward" every day she's at work. Her advice to anyone who dreams of going to college and getting more education is simple, yet profound, and applies to young people as well as older people who want to work toward a degree. "Come see me! It doesn't matter how old you are. In fact, the older students have more to offer in the classroom environment. Every day, people drive down 7th Street and pass the college. Pull into the parking lot. Come inside and ask questions, and forget about any worry or anxiety," she said. "Everybody can do it if they have the desire to succeed. I guarantee that desire will lead you to where you want to be in life. I learned early in life there's a lot of opportunity out there, and so many ways to grow." **NOW**

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— By Virginia Riddle

Melissa Lopez is a Corsicana hometown young business owner who is working hard to make Corsicana a more beautiful place — one beauty client at a time. Her salon, Illusion Cuts, is conveniently located just a block off 7th and South Beaton Street in the heart of Corsicana's historical downtown district. "It is important to me that clients leave my shop feeling confident and love what I have done for them," Melissa stated.

Fellow beautician, Renae Andrews, has joined Melissa in providing the following services to clients: hair cutting, styling, coloring and straightening; permanent curling; makeup artistry; and facial (only) waxing. Cosmetologists Melissa and Renae are trained specialists in providing all aspects of personal beauty involving hairstyling and the application of makeup, including

permanent makeup. "I love to do up-dos and look forward to proms," Melissa said.

Prom season isn't the only busy season for this awesome cosmetology team. They also provide complete services for other special occasions, such as: weddings, quinceañeras and first communions. Melissa and Renae welcome opportunities to create the simple, attractive hair styles and makeup that look best for high school senior, professional and family themed photo shoots.

While a cosmetologist might be born with a sense of artistry, extensive training, testing and an apprenticeship are required before gaining a general cosmetology license from the Texas Department of Licensing and Regulation. The salon must pass

all requirements for Texas Cosmetology Salon Licensing.

Following her days at Corsicana High School, Melissa took advantage of the cosmetology program at Navarro College. She has furthered her knowledge by attending the Institute of Beauty and Cosmetology in Arlington, Texas, where she learned to perform permanent makeup skills. Cosmetology courses include: basic chemistry, anatomy, physiology, pigmentation, sterilization of equipment, topical anesthesia and after care, salon management and business classes. To stay current with the latest trends in hairstyling and makeup, Melissa enjoys attending hair shows in Austin. "They are great opportunities to study and learn new techniques," she said.

Melissa began her career as a cosmetologist at two other Corsicana salons. "Then I decided to start out on my own in May 2011," she said proudly. She opened Illusion Cuts a few blocks away from its current location, and in May 2012, she moved the business to its current South Beaton location.

Although Melissa declared, "I love to do hair so much it's like a hobby, not a job to me," she has returned to school to further her business skills. Melissa is a student at Navarro College where she has completed her second semester of credits toward earning an associate degree in general business.

This busy business owner and student appreciates all the support she has received from Corsicana area residents. "There is a community here that is always ready to support you," she said. She is quick to credit her family as being instrumental to her success. "My parents, Alfredo and Maria Lopez, have helped me in so many ways, and my husband, Omar Sanchez, has been there for me," she said gratefully. Omar and Melissa are parents of two children, 6-year-old Adrian and 3-year-old Mariana.

A once-a-year, short vacation is all the down time Melissa takes besides working out with local fitness trainers. She shared, "My real joy comes in working with people and making sure they feel good when they leave Illusion Cuts." **NOW**

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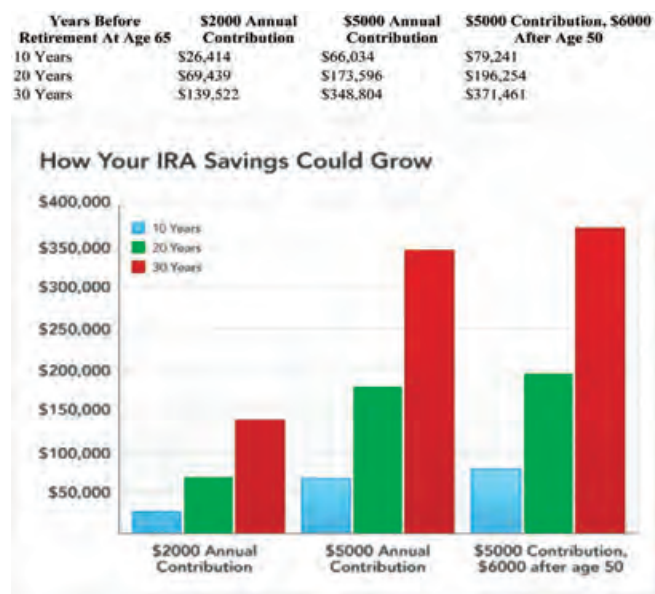
When the Individual Retirement Arrangement, also known as a traditional IRA, was set up by law in 1975, the maximum amount investors could deduct was \$1,500. It was raised to \$2,000 in 1981, and that limit stayed in place for 20 years. It was raised by Congress in 2002, 2005 and in 2008. The 2008 contribution limit was \$5,000. More importantly, the law allowed for automatic increases in the IRA contribution limit, without the need to pass additional legislation, to correspond to cost of living increases.

Because inflation has been very low in recent years, the 2012 contribution limit remains at \$5,000. But that's only if you are under age 50. If you've turned 50 since you last evaluated your IRA contributions, you may be in for a pleasant surprise. After you turn 50, you can contribute and deduct an additional \$1,000 per year, known under the law as a "catch-up" contribution.

The difference is significant. If you put \$2,000 away for 30 years, then your total contribution would be \$60,000 — and that's before earning any investment returns. Put away \$5,000 for 15 years and \$6,000 for another 15 years, and your total contribution would be \$165,000.

Assuming you earn an average annual investment return of 5 percent, the total value of your account may grow far beyond the amount you have contributed. At that rate, a \$2,000 annual contribution will compound to a \$139,522 nest egg

after 30 years. If you begin saving at age 35, make the \$5,000 contribution until age 50, then contribute the full \$6,000 starting at age 51, your nest egg would be \$371,461.



These numbers assume that contribution limits will remain where they are now, but they are expected to increase in future years with increases in the cost of living. Before you make your annual IRA contribution, check with your financial advisor or the IRS to determine your contribution limit. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.



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Sports Medicine: Not Just for Athletes

You don't have to be a competitive athlete to benefit from the care of a sports medicine doctor. Sports-related injuries — such as a sprain, strain or broken bone that happens because of physical activity — can happen to anyone, regardless of age or fitness level.

Types of movement-related injuries

Acute injuries occur because of an incident, such as an impact or a fall. These injuries might include a deep cut or bruise, an ankle sprain, a muscle strain, a dislocation or bone fracture.

Chronic injuries — or “overuse injuries” — develop over a period of time, as a result of repetitive motion, such as running, overhead throwing or extending a limb (such as swinging a tennis racket). Overuse injuries can also occur when you increase the intensity, duration or frequency of an activity too quickly.

Other factors that contribute to overuse injuries involve not warming up sufficiently before beginning the activity; improper technique; wrong equipment (lack of good running/walking shoes, for example); or specific anatomical issues such as weak knees, flat arches or an old injury that flares. Examples of these types of injuries might include stress fractures, tendonitis or shin splints.

What is a sports medicine specialist?

A sports medicine specialist is either a doctor trained in the prevention and non-operative management of injury, or an orthopedic surgeon with specialized sports medicine training. Non-orthopedic sports medicine specialists are usually board certified in family medicine, internal medicine, pediatrics or physical medicine, and have completed advanced training in sports medicine. Depending on your typical activity level (a daily walk or training for a marathon); the nature and severity of your

injury; and your treatment goals, your care team may include other specialty physicians and surgeons, athletic trainers and physical therapists.

A sports medicine doctor can offer a variety of non-surgical treatments, typically by partnering with physical and occupational therapists and other rehabilitation professionals. Your sports medicine specialist can recommend alternatives to surgery, involving less downtime, so you're able to resume your chosen activity more quickly — armed with new knowledge about how to prevent future injuries. Your doctor may also order X-rays and, occasionally, imaging tests such as a bone scan or MRI. Treatment depends on the nature and severity of the injury.

Conditions treated by a sports medicine specialist might include:

- Concussion and other head injuries
- Nutrition counseling
- Exercise regime for patients who want to increase their fitness
- Injury prevention
- “Return-to-play” treatment of sick or injured athletes
- Recommendations on safe strength training and conditioning exercises **NOW**

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.

Barton Giessel, M.D. is a member of the medical staff at Navarro Regional Hospital.

June 1

Low Cost Vaccination Clinic: 9:00 a.m.-noon, Mildred High School. Clinic sponsored by the Mildred HS cheerleaders and Beck Animal Clinic. Cats, dogs and horses welcomed. For more information, contact Jamie Kitchens at (903) 875-9729.

June 1 — 30

Summer 2013 Planetarium Programs:

Mondays, 1:30 p.m., "Oceans in Space"; 2:30 p.m., "Search for Life in the Universe"; **Tuesdays**, 1:30 p.m., "Night Lights"; 2:30 p.m., "Stars of Jade"; **Wednesdays**, 1:30 p.m., "Cowboy Astronomer"; 2:30 p.m., "Journey Into the Living Cell"; **Thursdays**, 1:30 p.m., "Secret of the Cardboard Rocket"; 2:30 p.m., "Blown Away: The Wild World of Weather"; **Fridays**, 1:30 p.m., "Galaxies"; 2:30 p.m., "The Planets"; **Saturdays**, 1:30 p.m., "Hubble Vision"; 2:30 p.m., "More Than Meets the Eye". Admission is \$2 per person, per program. For more information, call (903) 875-7596 or visit www.cookplanetarium.us.

Kenneth Bitz Art Exhibit: Warehouse Living Arts Gallery. Sponsored by Navarro Council of the Arts, this exhibit is free and open to the public. For more information, call (903) 872-5411.

Jester Park Pool: **Wednesdays-Saturdays**, 1:00-6:00 p.m., **Sundays**, 1:00-5:00 p.m. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

Bunert Park Pool: **Wednesdays-Saturdays**, 1:00-6:00 p.m. and Spray Park is open. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 3, 10, 17, 24

Aquazumba for Adults: 8:00-8:45 a.m., Jester Park. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 4 — 6

All-Star Baseball Camp: 8:30-11:30 a.m., Corsicana High School. \$60. Camp staff includes coaches from both Corsicana High School and Navarro College. Contact Whoa Dill at (903) 654-7896 or Heath Autrey at (972) 921-0895 for more information.

June 5

Splash Jam: 2:00-4:00 p.m., Jester Park. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 6

Splash Jam: 2:00-4:00 p.m., Bunert Park. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 6, 13, 20, 27

Live Music @ Fullerton Garitty Park: 7:00-9:00 p.m. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 6, 13, 20, 27

Corsicana Public Library Summer Programs: 10:30 a.m. For more information, call (903) 654-4810.

June 7

"Grill It": 11:00 a.m.-1:00 p.m., Lake Halbert Park. Have fun with food and Chef Slick D. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 8

"Boots 'N Brews" Second Saturday Event Series: 4:00-9:00 p.m., downtown Corsicana. Activities include microbrew tastings and children's events. Visit local merchants, street and food vendors and enjoy live music by Byron Haynie and Grant Jones and the Pistol Grip Lassos. Free. For more information, call (877) 648-2688.

June 10

Navarro Regional Hospital Teen Volunteer Program begins. Open to teenagers between ages 14-18. Applications are available at front information desk of the hospital. For more information, call (903) 654-6892.

June 10—14

Tennis Camp: Times vary with age groups, Mertz Tennis Courts. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 11

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.

June 14

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert, and enjoy a round of bingo after lunch. For more information, contact Connie Beal at (903) 654-6800.

Jackson Ex-Students Association's 2013 Juneteenth Pageant: 7:00 p.m., Drane Middle

School. The pageant is open to girls ages 13-19 and babies to age 6. For more information or to obtain applications, contact Mary Wilson at (903) 647-0005 or Seri Nolan at (903) 493-0612.

June 15

Praise in the Park: 7:00-11:00 p.m., Bunert Park. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 17

Lunch and Learn: "Identity Theft": Noon, Navarro Regional Hospital. CPD Officer James Hudson will teach participants how to prevent identity theft. Lunch provided. For more information or to make reservations, call (903) 654-6892.

June 17 — 18

Pioneer Days: 9:00-10:30 a.m., Pioneer Village. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 19 — 21

Bowling Camp: 10:00 a.m.-noon, Corsicana Bowl. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 22

Alcohol and Fire: 7:00 p.m., Palace Theatre. Fun, fellowship and casual summertime grilled favorites, wine, margaritas and microbrewed beer. \$50 per person. For more information, call (903) 872-5411.

June 26 — 28

Golf Camp: 9:00-11:00 a.m., The Oaks Golf Course. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

June 27

Corsicana Newcomers' Club Summer Social: 11:00 a.m., Kinsloe House. Decorate and wear your favorite flip-flops. For more information or reservations, call Marge Oslick at (903) 872-0180.

June 28

2nd Annual Senior Dance-Sock Hop: 6:00-8:00 p.m., Cook Center. For more information or to purchase tickets, call (903) 654-6800.

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



In The Kitchen With Dan and Patrick McLean

— By Virginia Riddle

When this father/son team cooks, whether for a large gathering of family and friends or just for themselves, only the pepperoni becomes “frazzled.” “I kind of learned how to cook on my own — a lot of trial and error,” said Dan, a retired Army officer. Patrick (Paddy) has had the benefit of learning from his dad, as well as from other fantastic family cooks.

During the summer, this dynamic duo cooks over a grill several times a week. “We cook a lot of thin, red-hot rib eyes. It only takes a few minutes,” Dan stated. “Another summer family favorite is spicy smoked sausage.” Dan and Patrick agree that bacon cooking slowly is the best food they fix. “You have to pay attention,” Dan advised. **NOW**

Dan’s Poached Eggs

Salt, to taste

1 slice bread per person served

1 egg per person served

1 dollop butter or Country Crock spread per person served

Pepper, to taste

1. Fill a medium saucepan with water; add a pinch of salt and bring to a boil.
2. Toast bread in toaster; crack eggs separately into boiling water.
3. With toaster set on 5, let each egg cook until toast pops up.
4. Place toast on plate; add a dollop of butter in center of toast.
5. Use a slotted spoon; remove eggs from water; place on top of butter and add salt and pepper to taste.

Paddy’s “Special” Sandwich

Makes one sandwich.

2 slices white bread, toasted

Newman’s Own Creamy Italian Dressing, to taste

2 slices ham

2 slices turkey

2 slices hard salami

2 slices pepperoni

2 slices Swiss cheese

1. Toast bread; spread dressing on both sides of bread.
2. Layer meats and cheese; microwave for 30 seconds.

Rule of Three Scrambled Eggs and Frazzled Pepperoni

For this recipe, follow the three rules for great scrambled eggs: Use too much butter, too

much cheese and too much salt.

1 Tbsp. olive oil

1 pkg. pepperoni, thinly sliced

1 egg per person served

Butter, to taste

Shredded cheddar cheese, to taste

Salt, to taste

1. In a frying pan, heat oil. Cook pepperoni over medium heat.
2. Break eggs into bowl and mix well; heat butter in second frying pan.
3. Pour egg mixture into pan; add cheese and salt; mix well.
4. Check on pepperoni. It is “frazzled” when it is crispy but not burned.
5. Drain pepperoni well. Serve with scrambled eggs as a side dish or mix pepperoni and eggs together.

Cheater Meatballs

1 large bag real meatballs, unbreaded

2 10.75-oz. cans cream of mushroom soup OR 2 15-oz. cans spaghetti sauce

1. Place meatballs and soup or spaghetti sauce in Crock-Pot.
2. Cook on high until meatballs are thoroughly heated.
3. Turn to low heat.
4. Meatballs can be served directly from Crock-Pot.

Turkey Spaghetti

1 lb. ground turkey

2 Tbsp. garlic powder

2 Tbsp. Italian salad dressing

1 Tbsp. red pepper flakes

Black pepper, to taste

Salt, to taste

1 15-oz. can spaghetti sauce

1 lb. spaghetti

Garlic bread

Parmesan cheese

1. In a skillet, brown ground turkey; drain.
2. Add garlic powder, Italian salad dressing, red pepper flakes, black pepper, salt and spaghetti sauce.
3. Cover; let turkey mixture simmer while pasta cooks according to package instructions; drain pasta.
4. Place pasta in large bowl; pour turkey mixture over pasta.
5. Serve with garlic bread and Parmesan cheese.

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