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Kim Carty
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Kathy Melton
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Lauren Southard
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Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Corsicana Editor, Virginia Riddle
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Lynda Housley . Abby Rich
Betty Tryon . Carolyn Wills
Editors/Proofreaders,
Pat Anthony . Randy Bigham

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Eduardo Barajas . Kristin Bato
Martha Macias . Felipe Ruiz
Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Memories by Melissa

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Linda Roberson . Rick Ausmus
Teresa Banks . Linda Dean . Mark Fox
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ON THE COVER



Corsicana's western heritage is lived well at the Farmers' home.

Photo by Memories by Melissa.

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Editor's Note

It's summertime, Corsicana!

While growing up, the month of June heralded the end of school and the packing of suitcases for the four to six weeks my family toured the United States each summer, staying on Army bases while my dad took — and taught — two-week classes as a reserve officer. Our celebrations of Father's Day and Flag Day during this month always took on a special meaning when celebrated on Army posts.

This month, I'm looking forward to celebrating these holidays with my children and grandchildren. I will become a tourist on my own turf, as I show them the local sites and make new memories with them. If you are privileged to host family and friends this month, please take advantage of all the programs sponsored by our parks and recreation department and YMCA, our museums, restaurants and theaters. I'll see you "Around Town."

Virginia

Virginia Riddle
CorsicanaNOW Editor
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Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

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MORE THAN A MENTOR

— By Abby Rich

Confidence, self-esteem and most of all, budding friendships, make up the core of the YMCA of Corsicana's Mentoring Program. Previously known as STAR, the initiative has evolved, thanks to the dedication and focus of Laura Kennemore, the program's pioneering director of nearly two years.

A graduate of Corsicana High School, Laura has lived in the city more than 35 years and shows a true love for the community and its school-aged children. This is never more evident than through her commitment to creating near-perfect matches of Corsicana students with adult and high school mentors. While referrals to the program come from school counselors, teachers and parents, Laura interviews the students and possible mentors, searching for common ground to guarantee long-lasting relationships. Mentors must commit to the students a minimum of one year, yet some matches are in their third and fourth year.

Laura isn't new to meeting the needs of children. Prior to the mentoring program, she was an investigator for Child Protective Services in nearby Freestone and Limestone counties. Although her previous job was important to the safety and welfare of children, she now has the chance to see the positive effect of mentoring relationships and the smiles they bring to kids' faces. "It's rewarding to know I'm



Mentor Leland Cook spends time with Clark Briggs.



helping children in a more preventative manner,” she said. Laura recalls having lunch once a week with her two now high school-aged children when they were in elementary school. It’s no doubt those memories have helped shape her passion for making other kids feel special and loved.

The YMCA’s mentoring program offers three volunteer opportunities: community mentoring (standard student and adult pairing), lunch buddies and teen mentoring, which pairs high school and elementary students. Volunteers are required to live and work in Navarro County and to pass a thorough background check. Teen participants must maintain passing grades, good citizenship and a clean social media record. Adults, college and high school students, retirees and other members of the community currently make up the volunteer pool.

According to Laura, new mentors can get their feet wet by committing to the lunch buddies program for the duration of one school year. They can choose to have weekly or bi-weekly lunch dates with elementary students in order to ease into the role. “You should see how the kids’ faces light up when their mentors walk through the lunch room doors,” Laura shared. “They get so excited. It means so much to them and makes them feel really special.” Five Navarro County elementary schools participate in the program, and lunches are only 30 minutes, proving that mentoring doesn’t have to be as time consuming or involved as one might think.

Mentor Van Nelson and Xavier Bradley enjoy playing football together.



Mentor Dr. Biltz enjoys a good book with Jesus Roman.

Corsicana’s Van Nelson mentors high school senior Xavier Bradley, who enjoys throwing the football around and getting together with Van to talk, often at lunch or dinner. He also appreciates Van teaching him how to better communicate with others in social settings. Van has been a positive influence and

Director Laura Kennemore pioneered the YMCA of Corsicana’s Mentoring Program as a way to invest in the lives of children.

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Lunch is a great opportunity for Mentor Ken Frost and Jamarian McBride to visit.

role model for Xavier, whose grades have improved. His outlook on the future is also brighter since the two connected.

With volunteering in his blood, Van attributes his philanthropy to his family members, who have always emphasized the importance of giving back to one's community. "I decided to get involved in the mentoring program in order to help steer Xavier in a more positive direction," Van smiled. "And ever since then his grades have improved, and he'll go on to graduate in May." In addition to mentoring Xavier, Van coaches youth football and oversees Glory Grinders, a Christian-based workout program.



Mentor Amy McMath, a middle school language arts teacher and high school cheer coach, joined the program around three years ago due to some extra time in her schedule. She was matched with eighth-grader Dayshanna Hawkins based on their mutual love for anything sports related and other physical activities. Dayshanna's mother referred

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her to the mentoring program in order to build more confidence in her daughter. "Dayshanna was pretty shy at first and sort of flew under the radar at school, not wanting to draw too much attention to herself," Amy explained. "I've tried to show her all she has to offer the world, and that has boosted her confidence in a big way." Amy refers to Dayshanna as her "sister," because they've grown so close over the last few years.

Van and Amy tell others they get as much out of their mentor/mentee relationships as the kids do, and it's been rewarding for them from the beginning. Ultimately, the goal of the program is to



Dayshanna Hawkins and Mentor Amy McMath share a love for sports.

nudge kids at risk of low self-esteem and social isolation toward positive relationships that provide support and guidance. But most importantly, mentors lend students an ear and an extra person to talk to, which in turn develops lasting friendships.

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mentors and students can foster their relationships through visits to the facility up to once a week to use its equipment and amenities. With parents' permission, students can go on off-campus outings with their mentors or meet after school or during lunch, as well as enjoy group activities held throughout the year. Currently, the mentoring program boasts 45 student/adult mentoring matches and 40 teen/student matches. This leaves little question that Laura knows what she's doing as "matchmaker." She ensures they are paired by interests and hobbies, and she personally interviews all potential mentors and kids. There's rarely



Mentor Anna Middleton
and Jillian Guilliams
love story time.

a mismatch, and Laura assesses the needs of students so all their expectations are met. Whether the match is for tutoring in a particular subject, encouragement or just a friend to hang out with, the program helps to fill important needs.

Studies show that the benefits of kids who have mentors include improved grades, enhanced social development and subsequent personal and vocational success. "The relationships ultimately raise a child's self-confidence and outlook on life," Laura emphasized. "It's an easy way people can invest a minimal amount of time to positively influence their community's children, who will soon be the future of Corsicana, as well as gain new, possibly long-term friendships."

The definition of mentor consists of such buzzwords as "inspirational," "wise and trusted counselor" and "supporter." But these are just bonuses, according to the students of the YMCA of Corsicana Mentoring Program. It's the friendships that stem from these pairings that seem to have the biggest impact on kids and mentors alike. **NOW**

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Friendly

— By Virginia Riddle

The Caddo Indians who farmed and lived on lands that are now East Texas used the word teyshas, meaning friends. When the Spaniards arrived, they recorded the Caddos' word as Teyas or Tejas, and used it to describe this land we now call Texas and the welcome they received from the Caddo tribes. The Texas State Motto, friendship, is lived daily by Kevin and Deborah Kay Farmer. Living on land that has been in his family for four generations, the couple loves to welcome friends and family to share their home and happiness. "We don't have to send out invitations to have a party," Kevin said.

Kevin is a proud product of Corsicana ISD having graduated from CHS in the class of '74, the first class to go all the way through the "new" high school. Following graduation, Kevin, who had played football and grew up working on his family's dairy farm, was running ranches when he decided to join the Corsicana Fire Department and, additionally, to become a bounty hunter.

A native of the Cedar Creek Lake area, Deborah Kay moved to Dallas when she finished high school. "I was working for a lady who owned a bail bond business and bingo hall," she said. The couple met through work. "I hated him when we first met. I thought he was arrogant."

AT HOME WITH KEVIN AND DEBORAH KAY FARMER





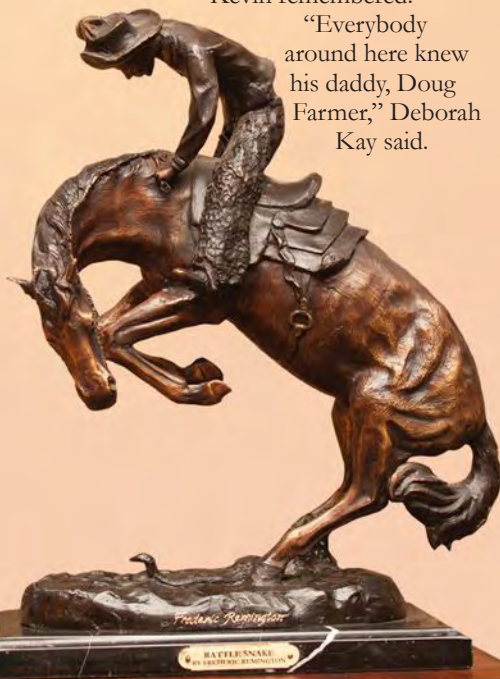
But Kevin won his lady over. With a 14-year difference in their ages, the couple started dating. "I had been praying to God every day, asking Him to send me the right woman. I didn't know He had to grow her up for me first," Kevin joked. "For a year, I would work all day here and drive to Dallas at night."

"We ate at IHOP every night," Deborah Kay recalled. The couple married and came home to the land they call home today.

"And I settled right down," Kevin said. "Yes, because I'm a good shot," Deborah Kay quickly quipped.

The couple first lived in a mobile home on the family land. "Deborah Kay was taking care of my momma and dad while I worked at the fire department," Kevin remembered.

"Everybody around here knew his daddy, Doug Farmer," Deborah Kay said.



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Growing up, all of Kevin's friends were welcomed by his dad. He treated them like they were his own. Now, Kevin and Deborah Kay are carrying on the family tradition of friendliness and hospitality when their son, Tucker, a CHS student, has friends over.

"We wouldn't have it any other way," Kevin commented. "In 2005, we put in the pool, which is a real magnet to his cousins and friends."

Their home and pool are built on 102 acres they bought out of the family land after working hard and saving well. Kevin's retirement plaque and helmet celebrating his 31 years of service as a Corsicana firefighter, hang proudly in the home. He is the owner of Texas Lawn

Care, a landscaping business. Deborah Kay owns AAA Bail Bonds and B Lucky Bail Bonds, and the couple has invested in several properties in historic downtown Corsicana.

A rock and cacti garden fronts their Texas-style home. The western theme is carried throughout the residence with Remington western prints and bronzes, as well as family heirlooms and mementoes Kevin and Deborah Kay have purchased while traveling in Texas, the southwestern United States and Mexico. Mounted animal heads and animal-skin rugs proclaim the success Kevin has enjoyed while hunting with Tucker and other family members and friends at their hunting camp.

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
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Billy Tallent, a creative friend, made the living room chandelier from antlers, which along with a lamp made from spears, provides light for the room. Another family treasure is the fireplace mantel made of a cedar log cut from Deborah Kay's home place, stripped by an uncle and sanded by the couple. Two collections are at home in this room — Kachina dolls and Kevin's hats. Milking and strainer pails from the old family dairy farm have been repurposed to contain decorative floral arrangements.

Deborah Kay's cross and Mexican pottery collections decorate the walls and cabinets of the kitchen, but one cross stands alone in a place of honor. It's dedicated to Douglas Farmer, Kevin's dad. A cross Tucker created from horseshoes is special to Deborah Kay.



A popular gathering place is the pool room. The pool table is not only the focal point for guests who enjoy the game, but it can also be covered to provide a buffet for large gatherings. A bar and cabinets were made by friend and fellow fireman, Kenneth Dunnagan. A "shrine to Tucker" photo screen, an antique chifforobe from Germany and comfortable seating line





the walls. Kevin and friends made the bunk beds found in the room from cedar gathered from the dairy's land. "They are made solid as rocks since there're no bolts. We used cut dowels," Kevin said.

The isolated master bedroom and bath is lit with Tiffany lamps. The couple redesigned the bath to include a whirlpool tub, separate shower and large walk-in closet. Deborah Kay's collection of Willow Angels graces the desk.

Tucker's room was enlarged during another remodeling project. A gun case made from the dairy's old barn and a mounted deer head — Tucker's first — decorate the walls. His bed was also made by Kevin from cedar gathered from the land. The pillows on his bed sport Tucker's cattle brand. A futon serves as a guest bed when friends sleep over. "There's a little bit of my daddy in Tucker," Kevin proudly said.

Doors from the pool room and Tucker's room open onto the wraparound porch. "We have had dances out here," Deborah Kay said. A collection of tables, a smoker, bar, rocking chairs and the hot tub insure guests will enjoy the friendly hospitality. The beautifully landscaped pool and the tank, "the blue lagoon," provide relaxing views. "Everyone loves coming here," Deborah Kay said.

Cattle, Pete the mule, ducks and dogs roam the acreage, and Stewie, a Chorkie dog, who is Kevin's constant companion, has the run of the house. Kevin has put in a large vegetable garden, orchard and grape vines. "Friends just like to come out, relax, shoot and get out of town," he said.

The couple's grown children, Elizabeth and Luke, along with grandchildren, Allie and Buck, are always welcome. So are Kevin and Deborah Kay's large extended family and many friends. After all, the home is also a reflection of the labor and memories of many of these individuals, who have painted, stained and created one-of-a-kind furnishings. Kevin gave credit to his hostess, "My favorite part of this home is my wife." **NOW**

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Stepping to **SUCCESS**

— By Virginia Riddle

With a flawless, dramatic delivery of Dr. Martin Luther King's "I Have a Dream" speech, Tamera White showed an appreciative audience at the Navarro College Inaugural MLK Breakfast why she was being honored as the first recipient of the event's namesake scholarship. A Corsicana High School alumna currently studying at Navarro College, she is an experienced orator, who honed her public speaking skills while competing for the last seven years in the local MLK Oratory Contest. She admitted to never having watched the black and white videos of Dr. King delivering his famous speech, preferring to perform her own interpretation. "His words mean there's an

Stones DSS

open door with a stepping stone path for me," Tamera said. "I just have to take the first step. It means freedom, equality and unity with no barriers."

A native of Corsicana, Tamera has always enjoyed the support of her family. Her father, Samuel White, passed away when she was 7 years old, leaving her mother, Sonya Davis, to guide Tamera through life. Now joined by Tamera's stepfather, Tremayne Davis, at many of Tamera's school events, Sonya is a justifiably proud mother to whom Tamera turns for advice and counsel. "My mom is hard on me, but she always gives me a boost," Tamera explained. "She's always told me, 'I know you are going to have a bright future.'"

Tamera followed in her parents' footsteps during her years at CHS. "My parents were in sports in high school and were just natural talents," she said. "They played everything." Tamera honed her athletic skills by participating on Corsicana YMCA soccer teams from the time she was 3 years old until age 13. "Soccer kept me in shape, but my mom wanted me to try playing something else in school," Tamera said. She met the challenge, choosing basketball for four years and volleyball for four years, three of which were spent on the varsity teams. Her family cheered for her at almost every home game. Due to breaking her clavicle during her senior year, Tamera hasn't played organized sports since, but she still participates in casual games with friends. "I love to work out," she confessed.

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Sonya Davis is proud of her daughter, Tamera White.

With her eye on becoming a pre-veterinarian major at Navarro College, Tamera took high level and dual credit math and science courses at CHS, graduating in the top 10 percent of her class. "I had a dog that died, and I love animals," she shared. "Now I want to help people with their pets, especially if they can't afford some treatments."

Sonya was also an inspiration to Tamera in her studies. "I look up to my mom," Tamera pointed out. "She got her GED, went to college to get her degree,

"My mom is hard on me, but she always gives me a boost."

and now is a full-time student who is getting her master's in health care. When I look at her — knowing where she came from and where she is now — I just have to go, "Wow!"

During her junior year in high school, Tamera added a job to her already busy schedule by becoming a waitress at Applebee's where she still works. "My mom was a bit iffy about me getting a job, but she wanted me to get a taste of making my own money and having to pay for my gas and phone," Tamera commented. Sonya made it clear to her daughter that studies should always come first, reminding her that if they didn't, Tamera would have to quit her job and sports activities.

As a Lady Tiger, Tamera earned a

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place on the 2013 Academic All-District basketball team. In addition to the recent Navarro College MLK scholarship, she is a four-year James Collins Scholarship recipient and has a scholarship from the Jackson Ex-Students Association. "More people need to know about these scholarship opportunities," she said.

A love of poetry helps Tamera memorize passages easily. She was a Miss Juneteenth runner-up in 2010, and won the title in 2011 by reciting poetry in the competition. "I have always had a mind for memorizing and reciting poetry for my family on holidays," she said. "I wrote poetry to give as gifts, and everyone was always very appreciative." Tamera especially enjoys poetry written by Maya Angelou. "I like how she describes the black woman," Tamera reflected. "I would love to follow in her footsteps."

Now a sophomore at Navarro, Tamera appreciates the college atmosphere.

"The instructors take time to help you, even with little things," she said. Tamera is planning to further her education by attending Texas A&M University or Louisiana State University, which will then lead to veterinarian school.

Committing to an extensive education will mean many changes in Tamera's life, and she admitted that accepting them is her biggest challenge. "I've always



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Faith Holt, Navarro College trustee, presents the MLK scholarship to Tamera White.

liked a quiet environment and working at my own pace but still getting things done," she related. "I like Corsicana's relaxed atmosphere. It's calm and peaceful here."

Summer plans for this promising young woman include the family reunion at Lake Halbert that her mother organizes in honor of Tamera's late grandmother. Tamera is also looking forward to her first CHS class reunion in another few years. "I can't wait to see how everyone looks then and to find out what they are doing," she said. "I have made so many friends and memories in Corsicana over my 19 years."

Setting goals has helped Tamera in her achievements. "I am a very optimistic person," she confessed. "I do what it takes to reach my goals, so I can feel a sense of pride and feel like all the work was worth the effort. I am pretty self-motivated, and I always look for the higher road."

However, Tamera makes it clear that Sonya deserves most of the credit for the academic and athletic success she's enjoyed. "After the MLK breakfast, I had to thank my mom for keeping me from giving into peer pressure and bad influences," she recalled. "She's always kept me grounded. My mom's always my go-to person. She's the person who held my hand when I crossed the street." Whether as a vet, a poet, or an inspirational speaker, but definitely as an appreciative daughter, Tamera's eyes and feet are set on a path to success. **NOW**

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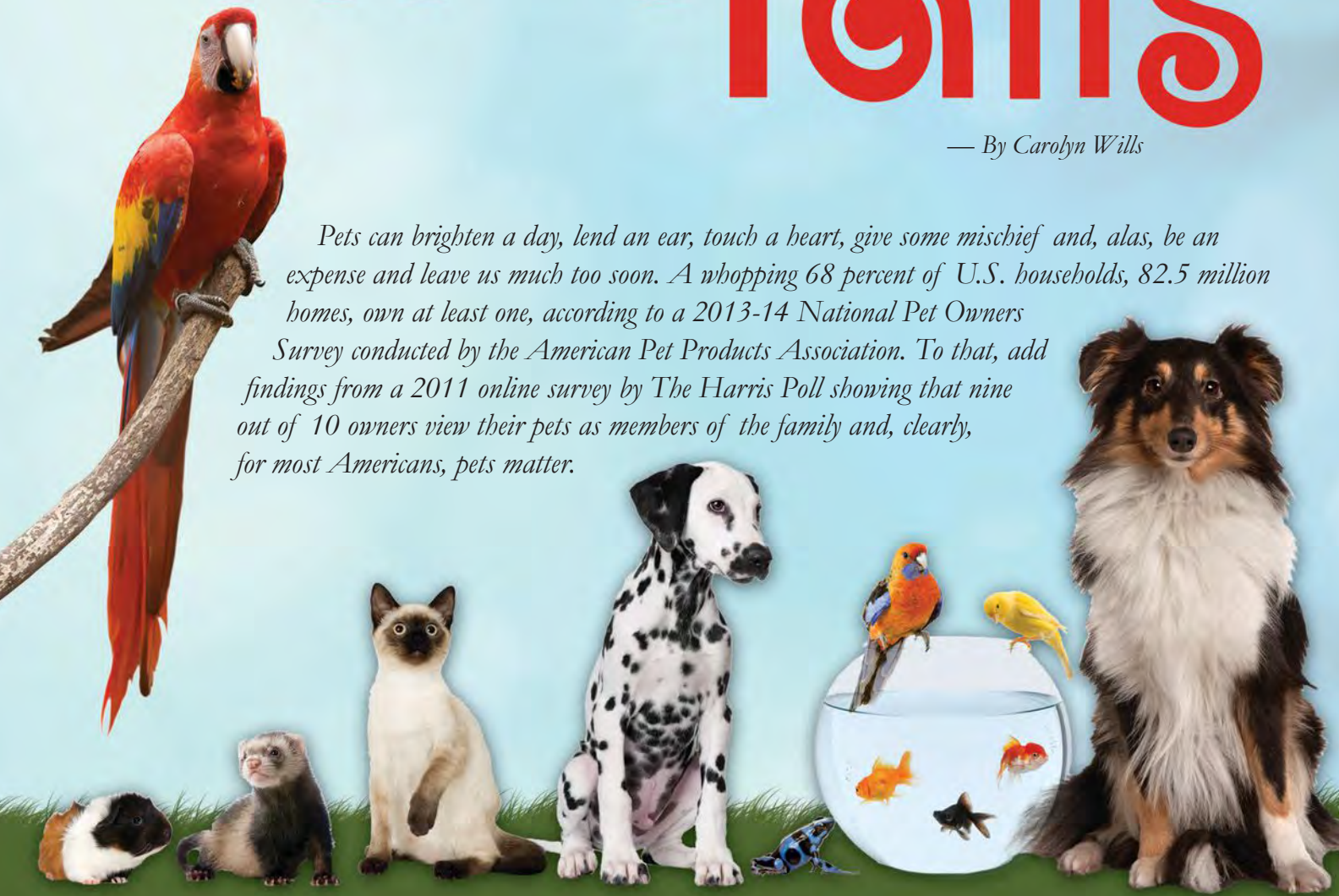
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WaggingTails

— By Carolyn Wills

Pets can brighten a day, lend an ear, touch a heart, give some mischief and, alas, be an expense and leave us much too soon. A whopping 68 percent of U.S. households, 82.5 million homes, own at least one, according to a 2013-14 National Pet Owners Survey conducted by the American Pet Products Association. To that, add findings from a 2011 online survey by The Harris Poll showing that nine out of 10 owners view their pets as members of the family and, clearly, for most Americans, pets matter.



Anyone who has marveled at a cat, enjoyed the perfect horseback ride or looked into the eyes of an old dog knows the special language between human and animal. On the simplest level, pets are our companions, but they can also be conduits to physical, competitive and/or social outlets. Today, labels like “horse people” and “dog people” are familiar, and clubs, training facilities and activities exist for just about every breed, talent and interest.

Remarkably, Americans care for an estimated 20.6 million birds, 95.6 million cats, 83.3 million dogs, 8.3 million horses, 158.6 million fish, 11.5 million reptiles and 18.1 million small animals. That’s a lot of millions supporting pets, particularly against the realities of their expense and shorter life expectancy.

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 (CONFERENCE BEGINS)

&
SATURDAY, JULY 19TH
 10:00AM - 4:00PM
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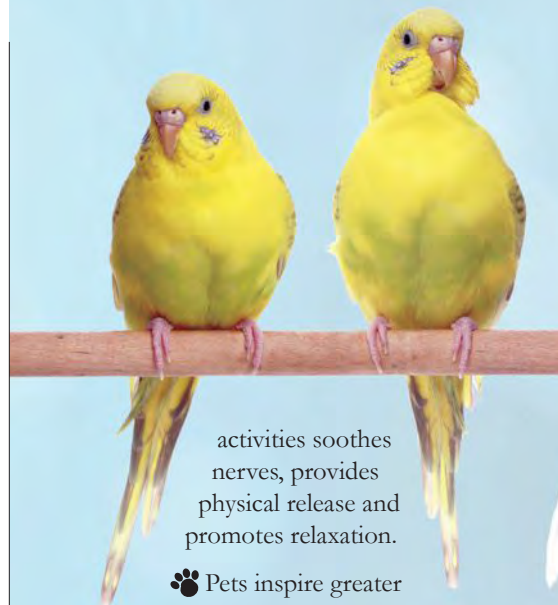
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activities soothes nerves, provides physical release and promotes relaxation.

Pets inspire greater psychological stability,

which for humans, may add a measure of protection against heart disease. Studies indicate pet owners tend to make fewer doctor visits. (National Institute of Health Technology Assessment Workshop: Health Benefits of Pets.)

APPA also notes that autistic children tend to be more responsive when a pet is in the area, and children who have pets often perform better in school.

Senior citizens and dementia patients have shown a tendency to react more positively around pets. Baby boomers have the largest instances of pet ownership, and as they transition to empty nesting are keeping pets longer.

These benefits and privileges come with responsibilities. Truly there is no such thing as a free puppy, and although according to the National Council on Pet Population Study and Policy (NCPSP), about 65 percent of pets are acquired from friends and family for free or at low cost, pet owners must provide medical care and prevention for their pets.

Advancements in veterinarian care, education and training are allowing animals to live longer and healthier. Medical care includes such basics as vaccinations,





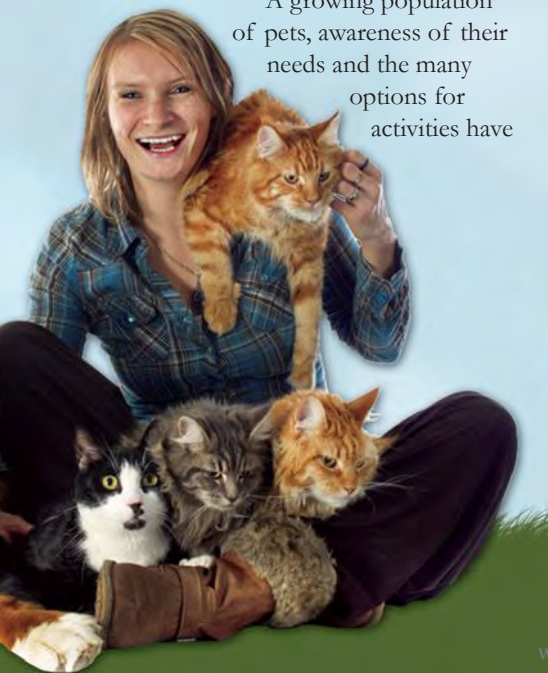
heartworm preventative (in Texas nearly 1-in-45 heartworm tests in dogs are positive), spaying/neutering and might also include microchipping, vitamins and pet insurance. Much, too, has been learned about the importance of dental maintenance.

Currently APPA estimates that, at most, 3 percent of dogs and 1 percent of cats are insured. Investing in pet insurance is on the increase, though, at an expected annual rate of 10 percent and may especially be pertinent for horse owners considering the cost of equine surgery. Annual medical expenses for a dog are generally just under \$1,000 and for a cat around \$650.

Annual costs of pet food, including treats, begin at around \$300. Where this investment ends depends on the sizes and quantity of pets in a household.

Grooming is also essential. Horses need farriers. Dogs and cats require regular grooming and nail clipping and some breeds are best groomed by a professional.

A growing population of pets, awareness of their needs and the many options for activities have



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6th - Team Sorting: Books open 6:00 pm, Event starts 7:00 pm
7th - Marriage Round Table 9:00-12:00
14th - Motorcycle Ride: Meet at the Church at 8:00 am
#10 Team Ropin' capped @ 6: Books open 1:00 pm, Event starts 2:00 pm
20th - Eatin' Meetin' 6:30 pm
 Open Mic Night 7:30 pm

For more information please call the church or check out our website: www.lscnavarro.net

Join us Weekly

Sunday Gatherin' 10:00 am
 Monday: Horsemanship classes 6:00 pm/Celebrate Recovery 6:00 pm
 Mounted Shooting 7:00 pm
 Tuesday: Team Ropin' 7:00 pm
 Wednesday: Youth Dinner followed by Youth Service 6:30 pm
 Children (0-5th grade) & Adult Bible Study 7:00 pm
 Thursday: Barrel Practice 7:00 pm



spurred development in America's pet industry. In 2014, an estimated \$58.51 billion will be spent on pets in the U.S., and that's a lot of billions. Today's pets are being treated to orthopedic dog beds, designer clothing, IQ-raising toys, seat belt systems, automatic water and food dispensers plus a myriad of foods from basic to breed-specific to organic. Travel-related pet services, after-care (burial) services, pet day care, dog parks, pet portraits and products are all in demand.



More than at any time, people have access to pet-specific information via specialized broadcast programming, publications, social media, clinics and events, breed associations, veterinary journals and pet industry studies. Individual pets have gained fame as social media "stars" with their own Facebook pages, Twitter accounts and blogs. As the industry grows and people increasingly grasp the peril of unwanted animals and unscrupulous/uneducated breeders, more rescue operations and organizations are forming and tolerance is lessening toward all abuse of animals.

Thankfully, for those puppies, guppies, kittens, ponies, parakeets, hedgehogs, hamsters or gerbils, bunnies, ferrets, turtles or others fortunate to be adoptees of responsible and devoted pet parents, life in America is good. **NOW**

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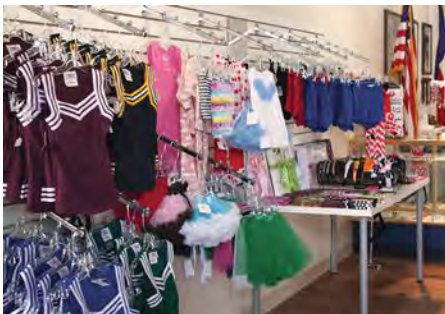


Double Trouble Duds

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Owner of Double Trouble Duds, Christie Smith (above), and her knowledgeable staff work together to meet the needs of their customers.

Special Days Every Day

Custom designs and bling for every occasion are Double Trouble Duds' specialty. — By Virginia Riddle

The big question around town when Double Trouble Duds opened its doors in November 2013 concerned the origin of the name. Christie Smith, owner and manager, revealed the secret. "My dad, Steve Sanders, called my twin sister and me 'double trouble,'" she said. "He even named his boat *Double Trouble*."

The on-the-corner store features "duds" for the young and young-at-heart. As a dealer for Holloway Sportswear and Teamwork Athletic Apparel, Christie and her staff can provide uniforms and accessories for every sport. The store stocks clothing, jewelry, handbags, tutus, blank phone covers, layette sets, flip-flops and boots. "We can do embroidery, and we have a bling machine that works like a printer to decorate anything in rhinestones," Christie explained. Screen printing can directly inject ink into fibers so designs won't crack. With a graphic

artist on staff, Double Trouble Duds can even execute pictures and fine-line designs. "We save the customer money and time by being able to do everything in-house, and we are constantly updating with the changing seasons," Christie assured.

The store provides spirit and fan wear for all the Golden Triangle schools. Christie has also originated two clothing lines that have "a '70s retro feel." If a custom order is especially unique, Christie asks permission from the customer to make it a standard item for the store. "No one has ever said no," she revealed.

As a daughter and widow of U.S. Army veterans, Christie makes friends easily and strives to follow her father, Steve's, success in business. "My dad was a brilliant businessman," she said. Steve taught her many lessons, but the most important was to be honest. "We tell customers what we need to, even

if it's not what they want to hear," Christie said. She has a wall of the shop dedicated to her dad.

The staff of Double Trouble Duds numbers four full-time employees and one part-time employee. Those responsible for screen printing have at least seven years in the art of printing.

Christie, a 1999 graduate of Kerens High School, has served on the 2014 Derrick Days Committee as chair of the Wine and Cheese Stroll and as an underwriter for the Oil Baron's Ball. She has also been a liaison to military families who have lost loved ones killed in action. Double Trouble Duds is a member of the Corsicana & Navarro County Chamber of Commerce and the Advertising Specialty Institute. Christie also has volunteered the store for the local community fundraisers like Humane Society of Navarro County's Angel Tree and the Corsicana Police Officers Wives Auxiliary Christmas Toy Drive.

"We save the customer money and time by being able to do everything in-house, and we are constantly updating with the changing seasons."

Last July, Christie married Cody Smith. Together they are rearing two sons, Grady and Will. The family is involved in the Lone Star Cowboy Church.

"Our store is a friendly place," Christie said. "We really want to help our customers. We always say thank you even if a customer doesn't buy or order anything — it's just for coming into the store." The acknowledgement is also a "mom thing," taught to Christie by her mother, Jane Sanders, who helped Christie with the store's concept.

With a background in fashion, computers and social media, Christie is a people person. Combining these skills, she puts her knowledge to work to meet customers' needs for those special times in their lives. **NOW**

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The Navarro College table is all smiles at the 6th Anniversary Healthy Woman event.



Navarro College choral students present Fascinating Rhythms with music from Mamma Mia, Hairspray and Gershwin.



Moms Kimberly Ogburn and Brandy Sewell help daughters, Alexy and Jozalyn, get into their roles for Collins Catholic School's Suessical Jr. presentation.



Christie Smith and Liz Fleenor make sure everyone is served during the Wine and Cheese Stroll in downtown Corsicana.



Dale Smith Thomas entertains and inspires the audience at the 6th Anniversary Healthy Woman event.



The Rev. Dairy Johnson led the way on the Gospel Music Stage.



The Randy Blue Band entertains folks at an outdoor block party in downtown Corsicana.



Marianne Mitchell and Laura Capehart celebrate a successful Be Fashionable, Live United Style Show and Expo.



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Nasim Aleagha, DDS

Estimate Your Retirement Income Needs

Have you been saving for retirement without a clear idea of how much money you'll need to live on? If so, estimating your retirement income should be an essential part of your saving strategy.

A 2012 study by the Employee Benefit Research Institute found that only 42 percent of American workers said they have completed a retirement-needs calculation — the basic planning step that can help individuals determine how much money they may need in retirement and how much they will need to save to meet their retirement goal.

Plan to Maintain Your Standard of Living

Most retirees want to maintain their standard of living during retirement. To accomplish this, financial experts say you'll need between 70 and 80 percent of your pre-retirement income. So, for example, a couple earning \$60,000 per year would need between \$42,000 ($\$60,000 \times .70$) and \$48,000 ($\$60,000 \times .80$) each year during retirement.

Why less? Retirement typically triggers a number of changes in spending patterns. Your cost of living will change if you've paid off your mortgage and other loans, your children have finished college and moved away, or you no longer have working- and business-related expenses. Plus, you'll no longer be contributing to retirement plans.

Of course, your specific situation will dictate the amount of money you'll need to live on. You may need more money than you anticipate. Health care costs have increased, and you could possibly use up a greater portion of your income than you planned to ensure your insurance needs are met. Also, you'll have more time to do the things you love, so you may spend significantly more on leisure activities, such as travel, entertainment and hobbies.

Consider Your Lifespan

In addition, you need to take into consideration how long you might live. People are generally in better health and living longer, more active lives than ever before. According to the Social Security Administration, a man reaching age 65 today can expect to live to 83; a woman, 85. Those are only averages — one in 10 people will live past age 95.

With so many factors to consider, estimating retirement needs can be difficult. A retirement calculator is a good place to start. To see if you're on track, answer a few questions about your goals, how much you're saving now and your retirement income sources. **NOW**

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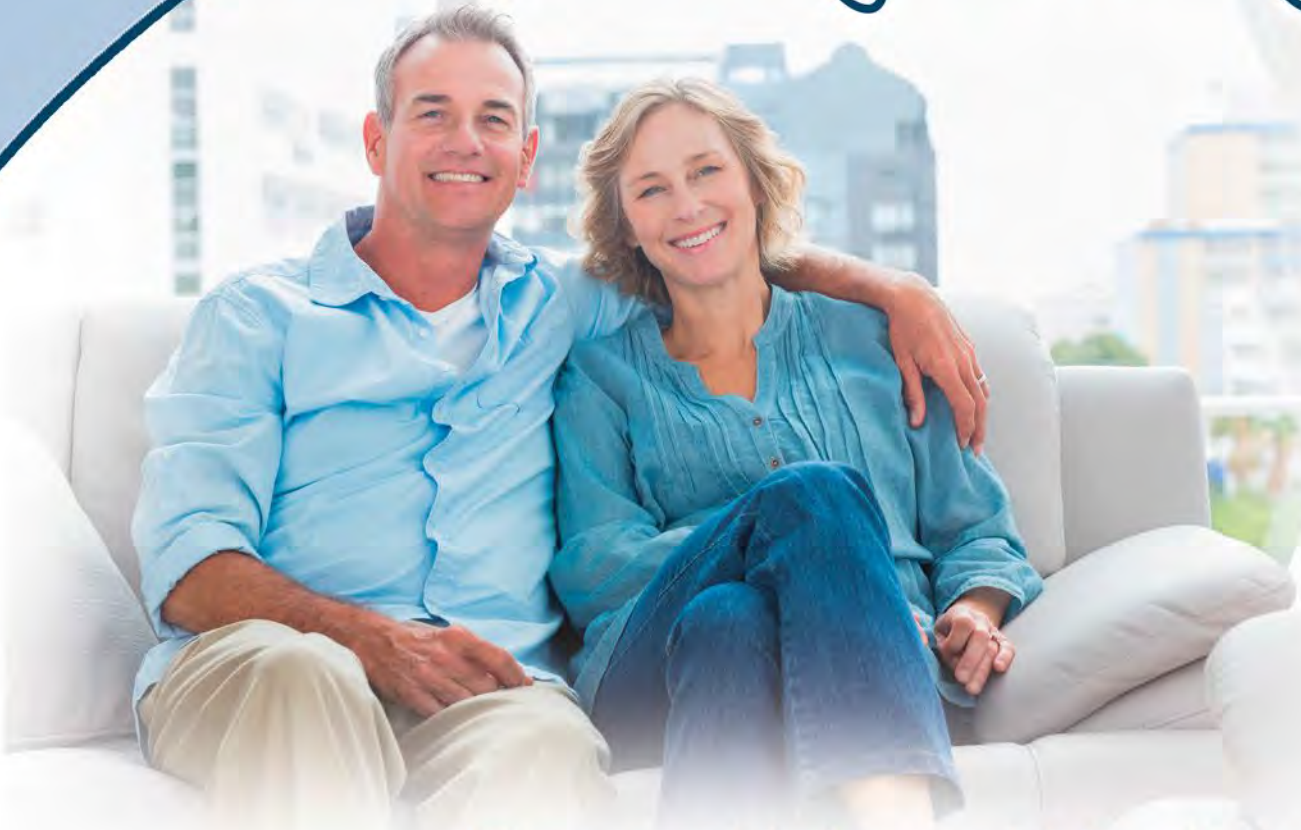
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Complexity in Lupus

— By Betty Tryon, BSN

Leslie Hunt, a contestant on the *American Idol* TV show defines lupus as the biggest hindrance in her life. She is only one of the 1.5 million Americans with lupus. Lupus erythematosus is an autoimmune disease where the body targets its own cells for destruction. The cause of this devastating turn of events is unknown. Some scientists, however, believe any one or a combination of these triggers may precipitate it: hormones, stress, genetics, sunlight, some medications and the environment. Because it is an autoimmune disease and possesses the ability to occur and create havoc to any organ in the body, it is very complex in its actions, diagnosis and treatment.

When lupus manifests itself, common symptoms are: pain, swelling, fatigue, inflammation and a characteristic butterfly rash on the face. Other symptoms will be specific to the organ affected. Lupus can be a challenging disease to diagnose because of its possible wide-ranging effects. The disease can be mild or life threatening, short-lived or protracted. Some symptoms can have a rapid onset with a short duration, or there can be a progression of symptoms over years. If all of that were not challenging enough, the disease can be confused with other diseases, because early symptoms are not distinct enough and can mirror many other diseases or disorders. Symptoms also vary from person to person.

Diagnosis might be difficult, but it is not impossible. Being treated

by a physician who is very familiar with lupus, such as a rheumatologist or immunologist, is important. Your doctor will take an in-depth medical history and do a very thorough physical examination. This can establish a baseline for symptomatology for the disease, as well as give the doctor a clue as to what triggers or exacerbates symptoms. Some of the laboratory work done is a complete blood count (CBC), urinalysis, blood chemistry, tests for specific antibodies and erythrocyte sedimentation rate.

Treatment will depend on where and how lupus manifests itself. As symptoms progress, other clinical professionals may be called upon for assistance or consultation, such as a cardiologist if lupus is in the heart, a nephrologist if the disease is in the kidneys or a dermatologist for the skin. Other professionals who may be included on the health care team are psychologists, nurses and social workers. Your health care team will create the best treatment plan for your age, symptoms and your general health. Coming up with a plan will take much observation, tests and time. Putting a conscientious effort into finding a way to live your best life with lupus is the first step toward good health. **NOW**

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

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June 2 — 30

Summer 2014 Planetarium Programs: 2:00, **Monday-Saturday**, The Cook Center. A different favorite program will be showing each day. Cost is \$2 per person. For more information or show schedule, call (903) 874-1211.

Take on Summer Fun: Times and dates vary, Corsicana YMCA. Summer programs at the Y include basketball camp, healthy kids' camp, machine pitch baseball, swim lessons, volleyball, day camp, kid pitch baseball, soccer camp and T-ball. For more information or to register, call (903) 872-2412 or visit www.corsicanaymca.org.

June 9 — 26

Corsicana Parks & Recreation Department's Summer Programs: For more information, call (903) 654-4874 or pick up a flyer listing all events at the City of Corsicana offices or Corsicana Public Library.

June 10

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, email Roy Messick at roy.messick@gmail.com.

June 11, 12

Jester Park and Bunert Park openings: Pool hours for Jester Park starting **June 11** are **Wednesday-Saturday**, 1:00-6:00 p.m.; **Sunday**, 1:00-5:00 p.m. Pool hours for Bunert Park starting **June 12** are **Wednesday-Saturday**, 1:00-6:00 p.m. For more information, call (903) 654-4874.

June 12, 19, 26

Library Summer Reading Programs: 10:30, Corsicana Public Library. For more information, call (903) 654-4813.

June 13

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892 or email connie_beal@chs.net.

June 15

AARP Driver's Safety Course: 10:00 a.m.-2:00 p.m., Navarro Regional Hospital. For more information or reservations, call (903) 654-6892

June 16, 23, 30

15th Annual Corsicana Children's Company

Theatre Camp: Warehouse Living Arts Center. Offered for campers in grades kindergarten-high school. For more information, call (903) 872-5421 or visit www.warehouselivingartscenter.com.

June 18

Dining Out With Senior Circle: 11:30 a.m.-1:00 p.m., Schlotzsky's. For more information, contact Connie Beal at (903) 654-6892.

June 26

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. It's a luau social meeting. For more information or confirmed reservations, contact Marge Oslick at (903) 872-3508.

June 27

"Greased Lightning!" Sock Hop: 6:00-8:00 p.m., The Cook Center. Get out those poodle skirts and come and dance to the music of the '50s by the Corsicana Swing Orchestra. For more information, contact Connie Beal at (903) 654-6892.

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 Nelia Tovias

— *By Virginia Riddle*

After a business day filled with greeting visitors to the Corsicana & Navarro County Chamber of Commerce offices, administrative assistant Nelia Tovias likes to prepare a healthy chicken or beef and veggie meal for her son, Carlos, who is a student-athlete at Corsicana High School. “I love to cut vegetables thinly, longways,” Nelia said. “It’s almost like meditation.”

Nelia, who has taught herself to cook healthy meals, loves trying new recipes and experiencing new foods. But she does often prepare one, not-so-healthy dessert for large family gatherings. “I get joy out of making my cheesecake, because my grandchildren, Tony Vargas and Lexus Almanza, love it,” she admitted. **NOW**

Greek Salad

- 1 6-oz. bag fresh spinach leaves**
- 2 avocados, peeled and chopped**
- 3 tomatoes, coarsely diced**
- Lemon salt, to taste**
- 1 Tbsp. olive oil**
- 1 16-oz. pkg. basil mozzarella cheese**
- Salt and pepper, to taste**

1. Toss all ingredients together; chill and serve.

Cherry Pretzel Cheesecake

- 2 cups pretzels**
- 1 1/4 cups sugar (divided use)**
- 1 stick butter, melted**
- 1 8-oz. pkg. cream cheese, softened**
- 1 8-oz. tub Cool Whip**

1 30-oz. can cherry pie filling

- 1.** Preheat oven to 350 F
- 2.** Use rolling pin to crush pretzels into consistency of chopped nuts.
- 3.** Mix pretzels, 1/4 cup sugar, and butter; press mix into 9x12x2-inch glass baking dish. Bake for 8 minutes; cool.
- 4.** Mix cream cheese and 1 cup sugar. Fold in Cool Whip; spread on pretzel crust; refrigerate for two hours.
- 5.** Spread cherry pie filling on top; serve.

Chicken Cacciatore

- 6 skinless, boneless chicken breast halves**
- 1 28-oz. jar spaghetti sauce**
- 2 green bell peppers, seeded and cubed**
- 8-oz. fresh mushrooms, sliced**

- 1 onion, finely diced**
- 2 Tbsp. garlic, minced**

- 1.** Put chicken in slow cooker; top with rest of ingredients.
- 2.** Cover; cook on low for 7-9 hours.

Spinach Pesto Chicken Breasts

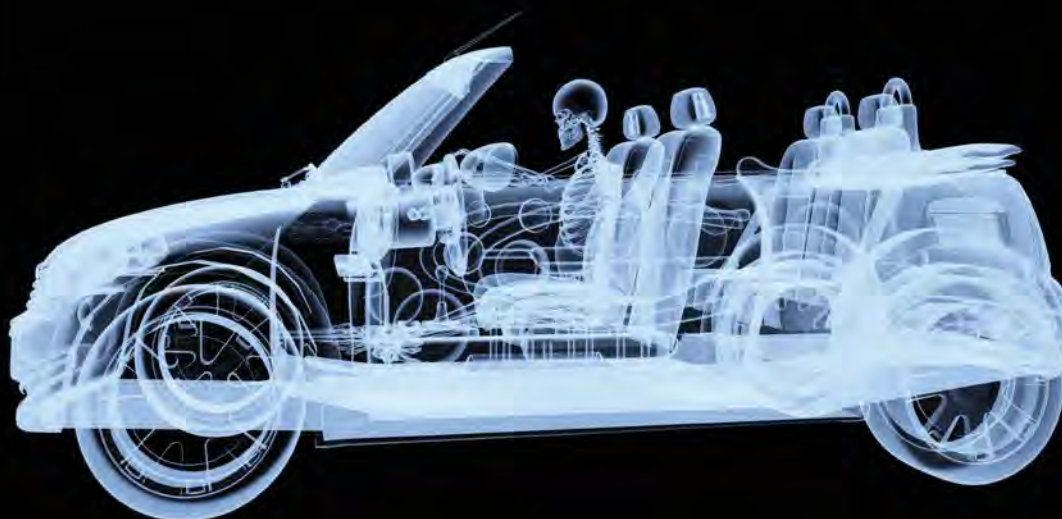
- 1 1/2 cups fresh spinach, finely chopped**
- 2 Tbsp. basil pesto**
- 4 chicken breast halves, skinned and deboned**
- 2 Tbsp. Parmesan cheese, grated**

- 1.** Preheat oven to 375 F
- 2.** Mix spinach and pesto in a bowl. Spread half of mixture in bottom of baking dish.
- 3.** Create second layer with chicken breasts.
- 4.** Top with remainder of spinach/pesto mix. Cover with aluminum foil; bake for 30 minutes.
- 5.** Uncover; sprinkle with Parmesan cheese. Return dish to oven; bake for another 15 minutes or until cheese has browned.

Healthy Homemade Veggie Soup

- 1 Tbsp. olive oil**
- 2 medium onions, diced**
- 2 large sweet potatoes, skin scrubbed and diced into 1/4-inch cubes**
- 3 15-oz. cans black or kidney beans, drained**
- 1/3 tsp. dried oregano or 1 tsp. fresh oregano, finely chopped**
- 2 32-oz. cartons low-sodium vegetable broth**
- 2 tsp. sea salt, or to taste**
- 1 tsp. ground cumin**
- 1 tsp. freshly ground black pepper, or to taste**
- 1 lb. fresh baby spinach**
- 8 cups kale or another leafy green, chopped**
- 2 cups soybeans**
- 1 bell pepper, seeded and sliced**
- 1 Tbsp. Parmesan cheese per serving**

- 1.** Heat oil in a large pot over medium-high heat. Sauté onion for 5 minutes.
- 2.** Stir in remaining ingredients except for bell pepper and Parmesan cheese.
- 3.** Bring to a boil; reduce heat to low boil for 12-15 minutes or until sweet potatoes are softened.
- 4.** Top individual servings with green pepper slices and Parmesan cheese.



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