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July 2007

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At Home With
**Paul and
Lynda Green**



WE LEND A HAND IN OUR COMMUNITY IN MORE WAYS THAN ONE.

2006 was a busy year at Navarro Regional Hospital.

During the year we strengthened our management profile adding industry veterans Fred Woody as Hospital CEO, and Jack Wilcox as CFO. We enhanced our diagnostic services department with the addition of state-of-the-art digital mammography equipment. We undertook a major capital expansion project, beginning the building of a new 40,000 square foot medical office building. We also began an aggressive physician recruitment initiative and welcomed Dr Michelle Confer and Dr Kimberly Evans, two new female Obstetricians, to the medical staff. In addition to improving the quality of care offered, we're also very serious about our role as a good corporate citizen; after all, it's our home too. Here are some of the community contributions we made last year alone.

In 2006, Navarro Regional,

Admitted	3,589	Patients
Delivered	560	Babies
Cared for	22,026	ER patients
Performed	1,237	Inpatient Surgeries
Performed	3,389	Outpatient Surgeries

PAID LOCAL TAXES

Property Tax	\$	410,417
Sales Tax	\$	579,017
Total Local Taxes	\$	989,434

PAID SALARIES/WAGES/BENEFITS

Total Employees		371
Capital Funds Reinvested	\$	1,567,681
Local Vendor Purchases	\$	131,247
Salaries/Wages/Benefits	\$	22,752,071
TOTAL ECONOMIC IMPACT ON LOCAL ECONOMY	\$	24,450,999

DONATED HOURS

Medical Auxiliary		11,392
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CHARITY CARE	\$	1,862,805
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BAD DEBT	\$	7,798,313
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DISCOUNTED CARE TO THE UNINSURED	\$	1,303,098
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SUPPORTED GOVERNMENT HEALTHCARE	\$	1,808,710
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Unpaid cost of Medicare, Medicaid, indigent care programs, SCHIP and other safety net programs

SPONSORED COMMUNITY BENEFITS PROGRAMS	\$	209,880
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TOTAL VALUE OF QUANTIFIABLE BENEFITS

PROVIDED TO THE COMMUNITY	\$	12,982,806
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Waterfront Homes



609 Sunset Point, Chambers Point

Spectacular 3/3.5/2 on 2.74 waterfront acres. This one of a kind property offers tons of amenities & an awesome boathouse! **\$700,000.**



307 Tonkawa Trail, Arrowhead

Fabulous lake home with tons of space! 4/3.5/2 with 3 living areas, 2 dining areas, mud room, 1.26 acres, ret wall & boathouse. **\$570,900**



9023 Blue Diamond, Azure Bay

Stunning 3/2 on wide open water! Gorgeous views, gated driveway, open floor plan, 0.8 acre lot, ret. wall & boathouse! **\$575,000.**



9036 SE CR 2175, Bay Oaks

Breathtaking, 12 acre country retreat! 3/2 cedar home offers a secluded location & tons of oak trees! Boat ramp, cov. pier. **\$549,000**



142 Pearl Valley Drive, Pearl Valley

Rustic & lovely 3/3/2 cp home on 1.5 waterfront acres. Built 2006, great amenities, covered patio, dog run & more! **\$359,000**



14003 Whatley Drive, Rustling Oaks

Awesome, new construction 3/2/2, appx 1760 sq ft. Property will also have ret wall & cov. boat slip. Don't miss this one! **\$330,000**



3405 FM 2859, Hideaway Harbor

Awesome deal, priced to sell! 3/2/2 on 0.5 ac with ret. wall & boathouse. Out buildings, covered deck & lots of trees! **\$309,900.**



916 SE CR 2230F, Ladds Harbor

Awesome 3/2/2 waterfront home, with wonderful deck on the lake side of the home, ret wall & boat house. Must see! **\$305,000**



6936 SE CR 2385

Great weekend getaway! 3/2 on 6 secluded ac. Pond, large barn(could be guest quarters), floating pier, plenty of privacy! **\$299,900**



523 La Bota, Arrowhead

Beautiful, cottage style 3/2/2 on a protected cove. 0.9 ac, trees & retaining wall is in place. Many amenities, great lake house! **\$259,900**



Lot 5 SE CR 3321, Northlake Estates

Beautiful 6.1 acre tract on a very large cove near the dam. Horses are allowed, site built homes only. **\$179,000.**



The Woods at Richland Chambers

Waterfront home sites, site built homes only. Several available, 1 ac to 2.97 ac. Pricing starts at **\$109,000.**



13055 SE CR 4271

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Contents

July 2007, Volume 4, Issue 7

6



Calling Dr. Campbell... The Move That Was Meant to Be

At Home With Paul and Lynda Green

16



24

Navarro CountyNOW
A Long and Winding Road

30

ArtsNOW
The Sound of Texas Music

34

SportsNOW
A Born Leader

38

BusinessNOW
He is There When You Need Him

40

EducationNOW
Mathematician With Artistic Tendencies

50

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On the Cover: Fireworks over an area lake.

Photo by Mark Ashley.

44 **Who's CookingNOW**

54 **OutdoorsNOW**

46 **Around TownNOW**

56 **FinanceNOW**

48 **Dining Guide**

58 **HealthNOW**

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Editor's Note

Hello Corsicana,

Congratulations graduates! New challenges await. Your family and friends here salute your accomplishments and wish you well. A special recognition goes to the G.E.D. graduates who took their place on the stage at Navarro College on June 8, and for all the students who are making plans for next fall, we wish you a bright future.

Celebrate Independence Day this month with a sense of joy, gratitude and humility for the freedom we have in the United States. We appreciate the great men and women who have made our country and our community the place we enjoy today. Faith Holt is one of our county commissioners. Thanks, Faith, for all you have done and continue to do to make this a good place to call home.

The three Drs. Campbell (Lowell, Dave and Dale) are profiled in our main feature. Their many contributions to Corsicana are worth noting.

Kelly Kovar

Corsicana Editor

kkovar@nowmagazines.com



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12044 HWY 14 - Outstanding 3 bedroom, 2.5 bath w/ 3 living areas, plus office. Also has pool, guest house, workshops, pond, gazebo, & koi ponds, all on 12 acres! Lots of redos. Recent kitchen & baths! Call Julie @ 903-654-3970.



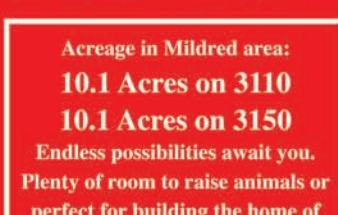
532 Oakridge Dr. - Lovely 3/2 home! Enjoy the fire-lit den with high ceilings. Work from home in the study or office. Great built-ins in breakfast area & 2nd bedroom. Neutral colors that add to the décor. Master bath w/ updated tile shower. Don't delay in seeing this one!! Call Julie @ 903-654-8583



1427 Hackberry - Charming 3/1 home w/ hardwood floors, stone fireplace, open kitchen w/ breakfast bar. Nice covered deck, security system, metal roof. 3rd bdrm could be used as a den. Call Judy @ 903-654-8583



3611 FM 3243 - Beautiful custom-built brick 4/2.5/2 on acreage w/ wkshp, central vacuum syst, covered patio, formals, FP, copper vent-a-hood, and much more! Too much to list! Call Julie @ 903-654-3970.



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143 FM RD 2452 - Neat as a pin! 3/2 home w/ covered front porch, covered patio, workshop, carport, pipe fencing, & a pond. All on 4.880 acres. This one you will want to see! Call Karen @ 903-641-9998.



1923 W. 1st - REDUCED! Right out of Better Homes and Gardens! Redone inside and out! 2/1 w/ 2 living areas, granite countertops, new everything from cabinetry, sinks, faucets, & appliances to flooring! Wood laminate, ceramic tile & carpeting throughout! Bathroom has beautiful tub/tile shower combo! You won't believe all the updates!! Call Julie @ 903-654-3970.



0000 Cumberland - Lovely lot in prestigious Drane Estates. Ready for your dream home! Building restrictions in this subdivision. Call Lynn @ 903-874-3722



308 Gladstone - FOUR BEDROOMS & PRICED RIGHT!!! Perfect home for the family with kids! Great 4-2-2 home features a large family room w/ pretty ceramic tile flooring, nice dining area & functional kit w/ tile countertops & gas appliances. Huge backyard w/ plenty of room for the kids to play, a covered patio & privacy fencing. Call Lynn @ 903-874-3722



131 Goodwin Ln - WELL CARED FOR 2/2/2 townhome in great neighborhood! Large living/dining combo perfect for entertaining! Fully equipped kit & brkfst bar open to a cozy den. Spacious master bdrm opens to wonderful bath & large walk-in closet. Back covered patio, manicured yard w/ landscaping & spklr syst. Hurry! Call Lynn @ 903-874-3722



210 Tonkawa Trail - Spacious 3 - 4 bdrm home on 1 acre! Lg den w/ drop down media screen for family viewings. Open-concept kit w/ eat-in bar, 3 extra lg bdrms w/ huge walk-in closets. 4th room currently weight/game room combo. Master ste w/ sep shower, jetted tub & lg walk-in closet. Oversized garage extends into 14x 20 workshop area. Call Julie @ 903-654-3970.



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118 Chaperial - REDUCED! Magnificent 4 1/2 on 2 acres. 2 lvg areas, frml dng, modern kit w/ granite countertops & stainless apps, enormous screened in porch. Heated gunite pool w/ waterfall & bathhouse. Sec syst, spk syst, & green-house. Call Julie @ 903-654-3970.



184 Sherry Ln - Great Prop, Great House, Great Location! 3/2 on 11.01 acres near Blooming Grove. Lots of windows, kit w/ custom cabinets & built-in hutch. Open concept living and dining, Lg master bdrm. Bonus room for living/dining, New metal roof, 2 car detached garage, pipe fencing, cross fencing, loafing sheds for cattle, storage bldg. Too much to tell! Come & see! Call Karen @ 903-641-9998.



2908 W. Park Row - Darling home on 2 lots, completely redone. Nice hardwood fls, recent paint, like new bathroom. Central heat & air. Also includes vacant lot. Call Julie @ 903-654-8583.



616 Overlook Dr. - Kerens - COMPLETELY REDONE & TASTEFULLY DECORATED describes this immaculate 3-2-1. Kit features stainless apps, granite countertops, custom cabinetry & wine rack. Beautiful paint & finishes throughout, designer fixtures & window coverings, carpet & tile. Huge fenced bkyd w/ open patio. Total of 4 lots w/ this property. This is a model home! Call Lynn @ 903-874-3722



1716 Kingston - REDUCED! This 4/2.5/2 property is ready to move in. It has a pool w/diving board, storage building w/elec, attic fan, sprinkler sys, and all the extras inside. Great neighborhood. Call Julie @ 903-654-3970.

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Calling Dr. Campbell . . .

— By Kelly Kovar



For over 50 years, ‘going to the doctor,’ in Corsicana, as likely as not meant you were going to see Dr. Campbell. Dr. Lowell Campbell opened his office here as a general practitioner in 1954. His brother, Dr. David Campbell, began practicing here in 1957 and Lowell’s son, Dr. Dale Campbell, has been a family practitioner here for 25 years. These much-loved and well-respected gentlemen have been tending the sick, celebrating the living and delivering babies for as long as many Corsicanians can remember.

Lowell retired three years ago, but every Thursday he volunteers in the in-patient surgery waiting room. “I attend to the family; see that they get what they need; chat with them, keep them entertained, keep their mind off the worry.”

David moved his office to the airport in 2003, where he still practices as an Aviation Medical Examiner (AME). “I think we are the only family of three

doctors all doing family medicine in the same town that are all AMEs,” David said. “I am chairman of the Airport Board, and I do flight physicals.” David has long been a familiar sight at Corsicana sports events, where he was the team doctor for 37 years. “I served

At age 65, he was thrilled to be sent to England to staff a war-time hospital and treat combat casualties.

on the State Sports Medicine Committee for about 10 years, and chaired it for five years in the ‘80s.”

Lowell and David grew up in Crowell in West Texas and trace their decision to enter the field of medicine to an early age. “I was about 12 and he was about 8,” Lowell recalled. “When

I was around Boy Scout age, we were doing first aid. On a farm, you can get pretty hot, pretty quick. Somebody got a little bit of heat exhaustion and tried to pass out. I got some cold, wet towels and gave them a bunch of water to drink, and the patient was

up and running and doing well. I said, ‘Hey, that is fun; it is something I can do.’ So, that is where I made up my mind.”

Lowell, being the oldest, went off to the University of Texas at Austin for pre-med first. “That was interrupted by WWII,” Lowell said. “I volunteered and was in active duty from 1944 to 1946 in the U.S. Army Air Corps.” At the end of the war, Lowell was home on furlough, and caught a glimpse of a girl he had

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known in high school. "I was in the drug store having a [soda], and I saw this really pretty lady walking by. I said, 'Hey! Is that Juanita? Give me my ticket; I've got to go!' I followed her, and we dated every day for the two or three weeks that I was there on furlough, and by the time I left, we were engaged." After he was discharged, Lowell and Juanita married, and Lowell finished his medical training.

While David was in medical school in Houston, he met his future wife, Peggy, at a party. "Growing up, I always wanted to be a doctor, and I wanted to be a flight surgeon. I spent two years in active duty in the Air Force, mainly Laredo Air Force Base. I practiced medicine there for two years," David said.

"Going into private practice was always my game plan," David said. So, at the end of the two years, he joined Lowell who had set up practice in Corsicana. They practiced with Dr. Barnebee, Dr. Grizaffi and Dr. Mayfield.



"People want to know you care about them."

"I did a lot of anesthesia in the Air Force, so when I came here I did 800 anesthetics a year," David remembered. "I was doing anesthetics; I was doing surgery, delivering babies, seeing patients in the office and having a ball."

Lowell joined the Air Force Reserve when he was 57. "After they started Operation Desert Storm, they activated me within a week," he said. At age 65, he was thrilled to be sent to England

to staff a war-time hospital.

Lowell, 81 now, is taking a lot of pride in his son's work. "Dale has done probably more than the average family practitioner. He did obstetrics and surgery. He is still real busy doing family practice," Dr. Lowell said. "I am glad he went into medicine because he has been a good doctor. A lot of people brag on him, and I am just so proud of him."

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Cute home-apx. 1 acre in the city limits. Nice den opens into dining & kitchen. Patio-large yard. Reduced \$79,900.
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 Neva Johnston 903-654-2968.



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Charming 2 story home on pretty treed lot. 4/2.5, LR, DR, music room. Pretty floors, updates, 2 FP's. \$149,000.
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Dale recalled two incidents that resolved the issue of becoming a physician for him. "In about the fourth grade, I had to write a paper about what I wanted to be when I grew up, and I chose a doctor," Dale said. "When I was a junior in high school, I started flying. One of my instructors was the pharmacist Jim Stephenson." Jim told Dale that if he was going to go to school for five years, not to go into pharmacology but to pursue medicine. Dale apparently



**"We both still call
our patients on
their birthdays."**

decided that Jim had more than good advice to offer. He went on to medical school and ended up marrying Jim's daughter, Kathy.

The Campbells treasure their many years of medical practice. "We came along at such a wonderful time, because general practitioners were treating everything," Lowell recalled. "I think it was better for everybody."

"There was a sacred relationship between you and the patient," David agreed. "Now, that relationship is influenced and overshadowed by third parties – government and insurance. There are too many other people besides doctors making medical decisions. Surgery patients are sent home too quickly. It is almost tragic the way things have happened."

When Dale set up a private practice in Corsicana in 1982, he did something that doctors are unable to do nowadays, he said. "It didn't matter what insurance



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people had; they could see me. Now, in order to treat a patient, you have to be put on an insurance company's medical panel, which takes six months, so no one can set up as an independent and get started. New doctors have to join a clinic to practice."



**"It was a
wonderful time
to practice
medicine."**

"We came here at such a good time. It was a wonderful time to practice medicine," David added. "Before the days when the insurance companies were in charge, it was just a marvelous thing. We treated multiple generations of the same family."

"We delivered 2,000 - 2,500 babies a piece," Lowell said. "Practicing in Corsicana has been fun. I wouldn't take a word of it back."

David and Lowell shared ideas and worked together. One idea, which David had, has inspired both of them. "We both still call our patients on their birthdays," David said. "I just always thought birthdays were special."

The personal touch runs in the family. "People want to know you care about them, Dale said. "My nurse gets frustrated with me because I spend so much time talking to my patients. The insurance companies want you to spend less time with patients, but if my patients are there, I am going to listen to them." **NOW**

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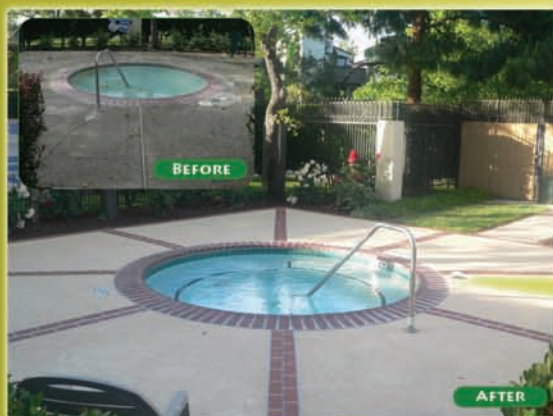
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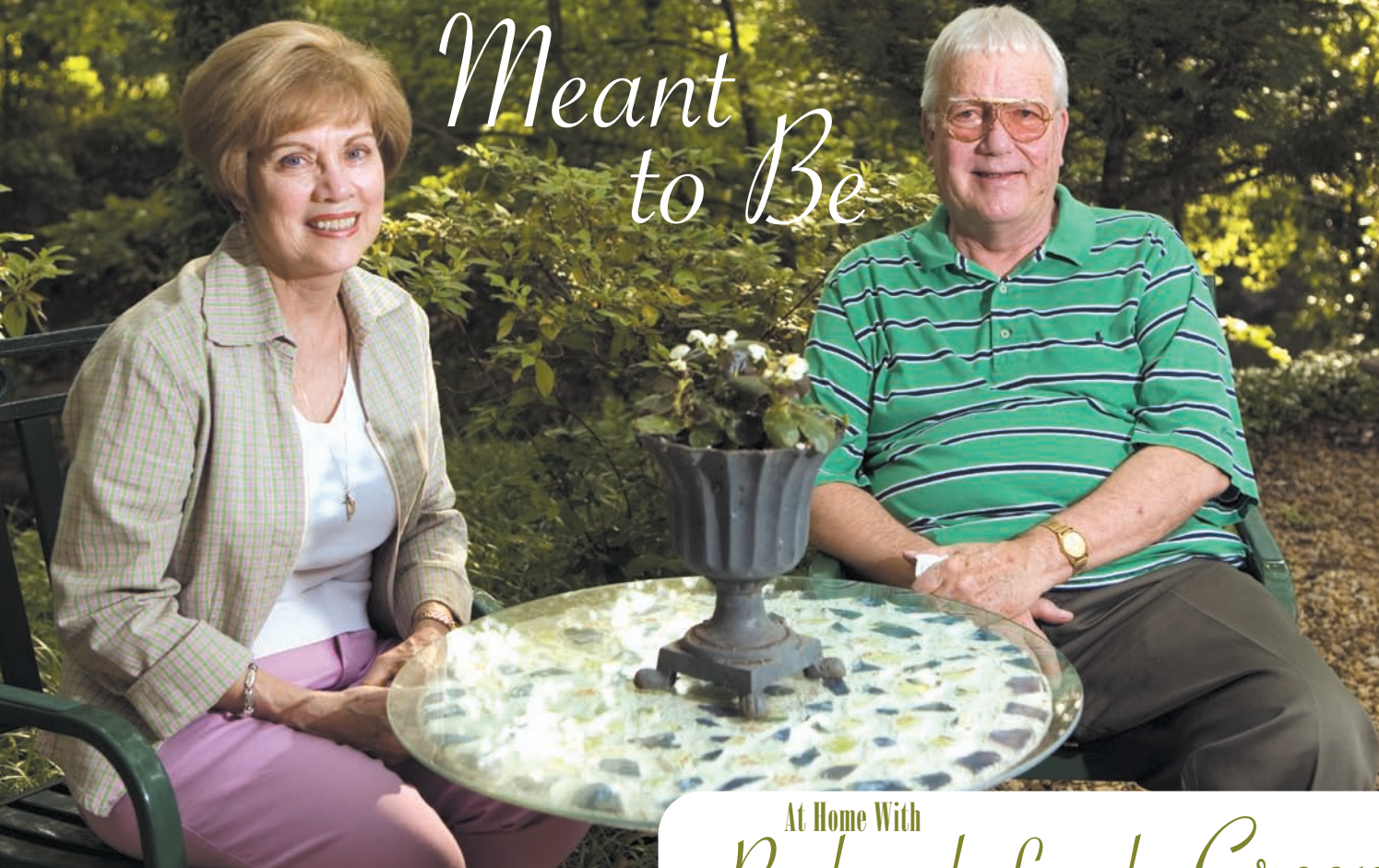
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The Move That was *Meant to Be*



— By Sandra McIntosh

At Home With *Paul and Lynda Green*

Paul and Lynda Green had been living in Barry for 26 years when family matters began pulling at their heartstrings. It became time to consolidate the family, and the Greens quickly realized they needed a house large enough to comfortably accommodate a full-time houseguest. “We wanted to move my mother in with us and move Lynda’s mother into an assisted living facility,” Paul said. “We had tried to sell the house in Barry many times before, but were never successful. This time though, it sold almost as soon as we put it on the market.”

Paul remembered the evening the house sold as if it were yesterday, instead of more than 10 years ago. It was late November; the winter weather was cold and nasty. As he made his way through Barry, he noticed a real estate vehicle at the post office. Moments later, as he turned into his own driveway, he noticed the same car behind him. “I pulled into the garage and waited in the car while the Realtor showed the house. The buyer made an offer over the phone before he even got back to Corsicana,” Paul said. “We had to be out in two weeks, and at that time, we still hadn’t found another home to move into.”



The two-story, three-bedroom, three-bath house they lovingly call home today was not for sale when they first laid eyes on it and became interested in buying it. "The homeowners decided to sell, and here we are today," Lynda said. "It was just meant to be."

Remembering that season in life was much like taking a trip down memory lane for Paul and Lynda. Once they were able to physically move into the house, and after first sifting through the belongings of three well-established households, they held a huge garage sale. "We kept all the things that mattered the most to us," Lynda said. "What you see is a mixture of his, hers, theirs and ours."

Four years ago, they remodeled the entire house except for the suite of rooms where Paul's mother had spent the remainder of her life. In fact, during the eight months the house was "under construction," Paul and Lynda shared the guestroom, bathroom and library with his mother.

The major change was the 900 extra square feet added to what, in the beginning, was just over 3,000 feet of living space. What once was the washer





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and dryer room has now become a space reserved for only a small portion of the ceramic roosters that have grown into quite a collection since the Greens first moved in. "When I was unpacking, I came across three roosters that my mom and I had made in a ceramic class when I was in high school," Lynda said. "I just started adding to the collection when we moved here. I think every family member has given me a rooster. They

just make me feel happy."

Lynda has no idea how many roosters she has in her collection, but she knows that no two are exactly alike. The one that gets the most attention these days is the one with a chalkboard for a belly. She said Paul uses the chalkboard on a daily basis to remind himself of what is on his busy volunteer schedule, as well as his "honey do" jobs.

The kitchen was the one room in the remodel that was completely gutted

and redone. The sink was moved to a location that affords anyone doing dishes a wonderful view of the beautifully landscaped backyard. The black granite countertops, dark wood cabinets and built-in china hutch offer several more places for Lynda to display her roosters.

Paul and Lynda spend a lot of time in the kitchen, the breakfast nook and the sitting room which are located at the back of the home. "We share our

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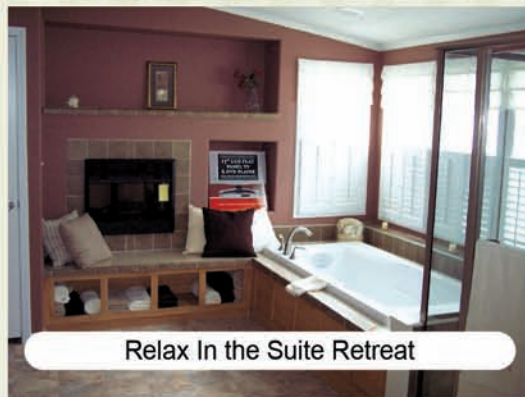
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morning coffee in the sitting room,” Lynda said. “Sometimes, when weather permits, we’ll drink coffee out on the back patio.”

The downstairs TV room off the kitchen is where several of Paul’s keepsakes are displayed. As a retired history instructor and World War II buff, it is only natural to find a framed photograph of the carrier he served on during his tour with the United States Navy hanging in the room where he enjoys watching the History Channel. “I have a passion for that time in history,”

Paul said. “I’ve been intrigued with World War II and Hitler since I was a young adult.”

“We’ve been told that Paul has the largest collection of books on Adolf Hitler in the county,” Lynda added, referring to the library down the hall.

When deciding to renovate their new home, Paul and Lynda had a strong desire to bring in nature. They were able to successfully accomplish this with the use of large, single-pane windows in the rooms that face the rear of the home. Each of the picture

windows affords a view of their landscaped, backyard haven. “We were very isolated in Barry,” Paul said. “We wanted that same private feeling here in the city at the end of a dead-end street.”

Other notable items include a hickory nut and a railroad watch that Lynda’s father carried in his pocket. The nut is displayed in the master bedroom, while the watch takes its rightful place upon the family’s piano. Handcrafted pieces of furniture, toys, farm implements from Paul’s family



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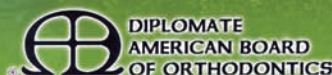


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farm and several keepsakes Paul has received over the years from his many students are found throughout the home.

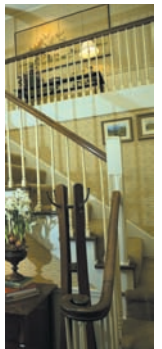
Paul and Lynda were both longtime educators prior to their retirement in 1999 and 2000,

respectively. Once retired, they made traveling near and far a priority. "We have made it a point to purchase at least one print on each of our trips," Paul said. "We bring them home and have them framed."

Lynda pointed to the many colorful prints that line the stairway." Prints from trips to Germany, Israel and Scotland share wall space with prints from Georgia, South Dakota, Big Bend and even a picture of Texas bluebonnets.

After each trip, Lynda puts her scrapbook skills to work. "Lynda makes a scrapbook after every trip," Paul said. "When we look at them, it's almost like taking the trip all over again."

Just now back from their latest trip to Italy, Paul and Lynda are again finding enjoyment in their home. "When deciding to move from Barry, everything went smoothly and quickly," Lynda said. "Obviously, the move to Corsicana was meant to be." **NOW**



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Many women have a constipation-associated form of IBS, known as IBS-C. IBS-C is characterized by constipation or infrequent bowel movements and may include other common IBS symptoms such as lower abdominal pain and bloating.

Today, local doctors are conducting a medical research study evaluating the safety and effectiveness of an investigational medicine, called Renzapride, to see if it helps relieve the symptoms of IBS-C in women.

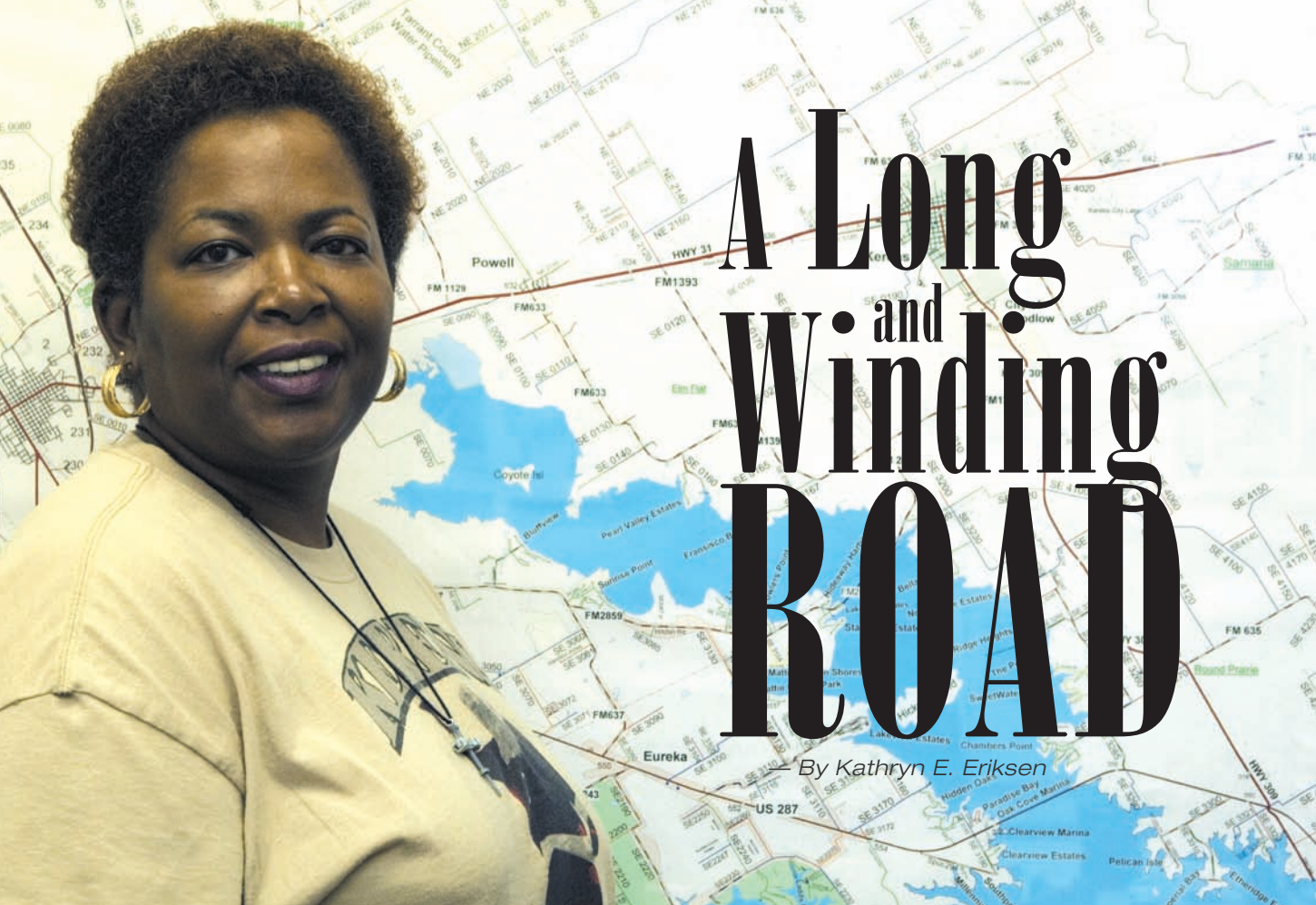
To pre-qualify for this study, you must:

- be a woman between the ages of 18 and 65;
- regularly have less than 3 bowel movements per week;
- regularly have abdominal pain or discomfort.

Qualified participants will receive a study-related medical evaluation and investigational medicine at no cost. Reimbursement for time and travel may also be provided.



**For more information on this local study, please contact:
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A Long and Winding ROAD

By Kathryn E. Eriksen

Lifetime journeys are rarely predictable. The path we thought we were on changes abruptly, either by choice or circumstance. Then we find ourselves in a completely different endeavor, learning new things and being grateful for the detour.

The life journey of Faith Holt could be described as circular. She was lead away from Corsicana by her job and husband, yet the road always seemed to lead her back to her childhood home.

Faith is Navarro County's Precinct #2 Commissioner. She was appointed to complete the term of Olin Nickelberry, after his untimely death in April 2005, and is the first African-American woman to hold one of the highest administrative jobs in the county. In 2007, the people of her precinct elected her to a four-year term.

Just who is Faith Holt, and why was she first chosen, then elected to such a critical position? To answer that question, you have to take a look at her life experiences. She is the only child of Mabel and Bob Scott, both of whom are morticians. Her mother was 24 years old when Faith was born in Dallas. After Bob's aunt passed away, the young family moved into her home directly across the street from Scott Funeral Home. This home had been Bob's childhood home.

Faith grew up in a home where death was the family business. "I never thought that much about it," she said, "until Halloween night when my friends refused to come over!" When she was 12 years old, Faith built an unusual model of a cemetery. She made tiny headstones, and added trees and monsters. "After a few months, dust and cobwebs had settled on it," she recalled. "Nature did the decorating for me!"

With her unusual family business, you would think that Faith would be a quiet and reserved person. As any of her family and many friends will tell you, she is anything but. James Olson, the Precinct #4 Commissioner, works right

next door to Faith at the courthouse. They were in the last class to graduate from "old Corsicana High," which is now Drane Intermediate. "Faith was always fun in high school," James reminisced. "Now, I get to work with her every day!" His eye rolling at the ceiling made Faith reach back



and pull out a slim, hardcover book. "Oh no," James said, holding his hands up in mock desperation, "anything but that!"



**“I work hard;
I study hard
and I learn.
Then I do my job.”**

Faith gave him a look that said, “You asked for it,” while immediately turning to a photo of a young James, class of 1970. James told her to be sure to show her own picture, and she gracefully complied. “Behold – the Mod Squad,” Faith laughed, as she pointed to herself 37 years ago. A young Faith smiled at the camera, her afro-hairstyle prominently displayed. Even in high school, Faith was not a shy person.

“My parents were strict, but loving,” she said. “They demanded my respect.” Faith thought for a moment, then added, “My mother has a favorite saying that I passed on to my girls. It goes like this, ‘You don’t slide your feet under my table, eat my beans, then disrespect me.’”

Faith went to work for Bell Helicopter in Fort Worth, got married and had two daughters. After 12 years, she and the girls returned to Corsicana and Faith continued to drive to Fort Worth every day. Two hours a day in the car gave her a lot of time to think

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about her life and she decided to look for work locally. It was then she found her way home.

Leadership can be shown in many forms. Faith became a dispatcher for the Navarro County Sheriff's office. Her office was at the county jail and she quickly learned the different jobs required to smoothly run a prison facility. Faith became interested in law



enforcement and obtained her master's certification as a peace officer. She graduated second in her class of 28, becoming the first African-American woman to achieve that status.

Faith downplays her accomplishments. "I work hard; I study hard and I learn. Then I do my job," she stated with characteristic directness.

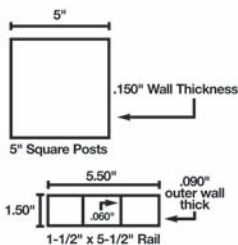
The attributes of hard work and persistence have served Faith well. She became a captain in the Sheriff's office and was assigned the task of running the county jail. But, handling the administrative details for 200 or more inmates for 22 years made Faith begin to think it was time for a change. She was planning to announce her retirement on May 23, 2005, but received her appointment to the County Commissioner's position one week earlier – on May 16, 2005. Faith laughed about the timing. "I was all set to retire, relax and have fun," she remembered. "The county still needed me, so here I am."

The main role of a County Commissioner is to take care of the county roads. "So far, I've never had to run a motor grader," she said candidly, but she certainly had to learn what it looked like. Her challenge was to acquire the knowledge and learn the

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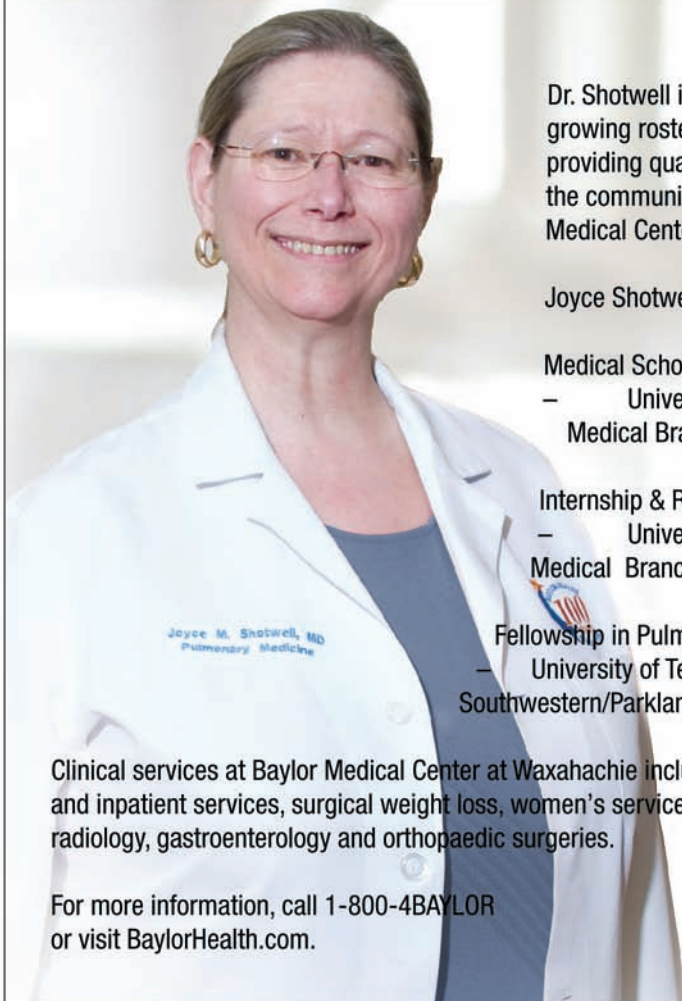
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procedures quickly to maintain 273
miles of roadway.

"When I first started, I didn't even
know what a belly dump was," she
laughed, as if that piece of knowledge
was something everyone should know.
She quickly explained that a "belly
dump" is a long gravel truck that

**"I didn't really
start living until I
turned 50. ... And
now that I'm
55, I'm really
having fun!"**

dumps gravel from the "belly" or
middle of the truck.

Faith is determined to be of service
to her constituents. She inherited roads
that were in a state of disrepair, and it
will take a lot of hard work and money
to fix them. Floods at the end of
January and the heavy spring rains
have made the task even more difficult,
but Faith cares about the roads, the
people and her community. "I work for
all the people in Precinct #2, not just
one area," she said.

She has journeyed on many roads
during her lifetime. A deep sense of
commitment – to her God, her family
and her community, has provided the
compass that has directed Faith's life.
It is her inner joy, love of life and
contagious laughter that sets her apart.
"I didn't really start living until I
turned 50," Faith declared, with a
laugh. "And now that I'm 55, I'm
really having fun!"

Faith's life is connected – to her
family, her friends and her career. She is
the axis or connecting point for many
people in Navarro County and Faith
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The Sound of TEXAS Music

— By Kelly Kovar



Local musician Ryan Payne is bringing the big sound of new, Texas, country music to the clubs and venues where he plays. Growing up in the middle of a 1,000-acre ranch, he has lived first-hand the themes of God and country, love and family, hard work and fun that color the lyrics of his songs. His original music has been heard in clubs from Fort Worth to Dallas, where he has appeared at Gilley's and Adair's Saloon. Locally, he plays in Corsicana and Ennis on a regular basis. "Every one of my songs is a real-life experience; they are not made-up stuff," Ryan said. "Life is where I get the drive to write the songs." Ryan writes from the heart, whether the song is about Texas, about love or just about having a good time. "Being able to perform your own songs and hearing people sing them back to you is pretty cool," he said.

Ryan has a 'day job,' to which he is 100 percent dedicated, as the juvenile intake officer for Ellis County. He is

certified as a juvenile probation officer and has a criminal justice degree from Sam Houston State University (SHSU). "The criminal justice field has always been very interesting," Ryan said. "It is never the same. You never know from day to day how it

"... me and the lights and the crowd."

will go." One thing Ryan has learned from his job is how much he appreciates his upbringing. "It makes you more thankful for how you were raised. It makes you thank your parents for things that you thought were so bad at the time. I love my parents to death,

and I thank them for everything now."

Even his employers (who have all been out to see him perform) know that Ryan's nights and weekends belong to Texas music. "My love is in the music," Ryan explained. "I do majority lead guitar work, but fiddle is a big deal with me. I have experience with piano, percussion and drums."

Ryan's brand of country music opens doors for him. "The Texas sound is huge now," he explained. "Getting a gig is all about how you present yourself. You have to be professional from A to Z." But, once you are in the door, the music has to win the audience. "The big thing is

that people come out to see you play, and you better give them a show because that is what they want to see. When I play shows, I like to try and incorporate a lot of new songs. I like to pull something out that they are not expecting. If you can do your own music, and get people to like it – if



they have heard it on the radio station and they want to hear that song, and they request it – that is your payoff right there.” Ryan’s love song, “Me and Texas” has gotten some radio play.

Not only learning the values of hard work and responsibility from his family, Ryan also credits them with his musical heritage. “My dad is a musician. He plays acoustic guitar. I learned everything I know from him and from my grandmother, my mom’s mom. My grandma is very musically inclined. She plays the piano and the organ. She played old country and hymns. As a young kid I played those same songs with her and she would teach me. My biggest supporter is my family. My parents never miss a show.”

Ryan began taking piano lessons at age 10. He plays by ear, though, and he said his favorite teacher is the radio. “I grew up with country music. Bob Wills turned me on to the fiddle. Pat Green and Cory Morrow turned me on to the Texas scene.” When Ryan went to a Rhett Akins concert in junior high, he met Akins and his road manager, Jeff Gossett. They invited him to their next appearance at Billy Bob’s. “That is

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where I really got the drive to want to do something on my own."

By the time Ryan was 15, he had started a band, 22 West, in which he played guitar, fiddle and sang. The band, made up of friends from high school, played together for three years



but dissolved when everyone graduated from high school and went their separate ways. "It was a great band," Ryan reminisced. "By the time we decided to break it up, we were beginning to get radio interviews."

While he attended Navarro College, Ryan played fiddle and guitar with the Kyle Hunt Band, traveling to gigs two or three nights a week. When Ryan moved on to SHSU, he began playing with the Randy Blue's Full House Band. This brought him full circle. "When I was a little kid, my parents and I used to go out to dances in Corsicana where Randy would play with his band. When I was 11 or 12 years old, I got up and played drums with his band at one of the shows."

Ryan focuses on original songs in his performances. Yet he makes time for a few from his favorite singers, Willie Nelson and Johnny Cash, always including "Folsom Prison Blues," which is the most requested song he plays. "I love playing in a band, but performing my own songs, playing acoustic – that is where the love is – me and my acoustic guitar and a lot of Texas music. I'm out there by myself – me and the lights and the crowd." **ARTS NOW**

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A Born Leader

— By Ashley Carlino

There is a new athletic director in town who is eager to get started. Kerens High School graduate Russell Anderson is back after years of training and continued education, and he has great goals for his new students.

Coaching is nothing new for Russell. His now retired father, Jerry Don, was head coach at Kerens for 13 years. Russell grew up with an appreciation and understanding of sports. As a child, he participated in football, baseball, basketball and track. "I was a pole vaulter," Russell said.

After graduating from the University of North Texas at Denton with a bachelor's degree in education, Russell began his coaching career at Kerens High School. After two years, he transferred to Gainesville for a five-year stint. He was then hired as head coach at Wortham, where he spent another five years.

Russell later received an opportunity to try coaching at a larger school, so he began working for Corsicana High School. "I had spent my entire life in smaller schools. I went to Corsicana to get a taste of how things are done in a bigger school," he explained. "Coach Jeff Berry and Coach Dave Henigan treated me very well. I learned a lot about football and the inner workings of a big school."



When the opportunity arose for Russell to be head coach at Kerens, he took it. A multitude of sports are offered at Kerens. "We offer football, cross country, basketball, baseball, track and tennis," Russell noted. "On staff, there are six male coaches and three female coaches."

As athletic director, Russell oversees the other sports and maintains the budget. "One of the fun parts about being

athletic director is the opportunity to be involved in the recruiting process," he explained. He enjoys being the one to tell the recruiters about all the achievements his students have made, how well they are doing and why he thinks they would be assets to their schools.

Russell not only coaches, but teaches as well. "Our philosophy is that a good teacher is also a good coach, and a good coach



is also a good teacher," he said. "A coach [is a teacher who] teaches in an intense environment." Russell has taught physical education, as well as biology classes.



"It is not just about wins and losses, ... our real goal is to help shape our kids to be productive members of society."

Whether coaching sports or teaching biology, Russell has found that discipline is an important factor in student success. On discipline, the Kerens motto is to be "firm and fair." "We will treat [the students] fairly. We expect them to act as young men and women and to take responsibility for their actions," he explained.

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“Work hard, do right

but Russell strives to inspire. “Kids must have respect,” he said. “I have an open door policy. I tell my kids they can tell me what is going on at home or in the classroom. You have to show kids that you care about them. When they see that you care, they want to do better.”

The coach has been given some



inspiration of his own. He owes a lot of gratitude to coaches Berry and Henigan. Russell described the coaching profession as a fraternity. “The coaches check up on each other from time to time,” he explained. When hired on at Kerens as the new athletic director, he received several e-mails congratulating him on the achievement. “This is a tight-knit profession,” he added.

Russell has already set goals for his new students. First, he wants to improve the athletes’ academic standard. Second, he wants to continue guiding students in the right direction, using discipline. Third, he wants to put the most competitive teams possible on the field.

It is interesting to note the order in

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which these goals were described. The main goal is not to win a state championship. “It is not just about wins and losses,” Russell said. “Our real goal is to help shape our kids to be productive members of society.”

One thing often overlooked in the coaching profession is the family at home. If a coach is to be successful, he

or she must have family support. Late hours and games on weekends can put a strain on family life. “They have to realize that you’re going to be spending a lot of time with other people’s kids,” he explained.

“My wife is great about it. My kids understand. One good thing about coaching at a small school is that they can go with you a little bit more. There’s more room on the bus.”

His boys, Cole, 6 and Brett, 11, are both baseball players. They like to accompany their dad to some of the games. Russell’s wife of 15 years, Sheila, also participates. One year, she even coached a girls’ volleyball team and took them to the regional finals.

Being athletic director, and a devoted husband and father is certainly enough to keep Russell busy, but he would not have it any other way. He enjoys the many challenges and rewards that come from all three very important jobs. His motto: “Work hard, do right and have fun!” **NOW**



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He is There When You Need Him

— By Kelly Kovar

Gene Bullard Jr., owner of Paschal Funeral Home, is a hometown kind of person. He is just your neighbor, who “happens to be in the funeral business” as he put it. So, when his friends and neighbors find themselves in a time of sadness, it is only natural to call him for help. “We are a family, helping other families,” Gene said.

In a time of loss, there are so many calls to be made, and so many things to be done. “I make all of the arrangements for them,” Gene said. He offers services in his gracious chapel, which seats up to 200, or can make all the arrangements for a service at a church. “The local pastors are very cooperative and compassionate,” he said.

Gene realized a lifelong dream when he became the owner of Paschal Funeral Home in 2000. The business, which serves the north side of the lake, was established as Stockton Funeral Home in 1915 by Percy Stockton, who operated it until 1947. Percy’s son, Zach, ran it for one year, until Burt Inmon and his wife, Mag, purchased it. They handled Kerens’ funeral needs from 1948 until 1964 under the name Inmon Funeral Home. Don Paschal became the owner in 1964, renaming the establishment Paschal Funeral Home.

Gene Bullard came to work for Don Paschal in November 1977. Gene is

from Lubbock, but he went to school in Corsicana, graduating from Corsicana High School, and later attending Navarro College. As a youth, he formed his ambition to enter the funeral business after becoming friends with a mortician in his grandmother’s hometown. He would spend summers at his grandmother’s home where he divided his time between shining shoes in his uncle’s barber shop and driving the local hearse. Gene went to mortuary college and to Forest Park Funeral Home in Houston where he did one year of apprenticeship, followed by another year of apprenticeship in Hillsboro. He worked in Tyler for a year-and-a-half.

When he joined Don Paschal in Kerens, Gene said he found a good friend and a man he greatly respected, as well as an employer. Don still lives nearby, and they are glad to be able to stay in touch. When Don retired, it was only natural for Gene to buy the company and carry on the valuable services offered by Paschal Funeral Home.

“In Kerens, I am on a first-name basis with my neighbors here,” Gene said. “My neighbors know that I love and care for them. I am here for them when they need me. It is a time of sadness, but people know that when they call me, I am going to do the very best that I can with sincerity and reverence. It is a comfort for them.”





**"We are a family,
helping other families."**



Just like his neighbors, Gene has placed a lot of emphasis on rearing his family well. "My daughter, Natalie Compton, is a schoolteacher in West ISD." She is also mother to Gene's granddaughter, Ava. Gene's son, Andrew, is a junior at Howard Payne University seeking a political science degree. Lindsey Bullard is following in her dad's footsteps. She is a licensed funeral director in Dallas. Gene's stepson, Neil Lawley, is married to Sarah. They both teach English near Tokyo, Japan, and Gene's stepdaughter, Emily Serna, has two children, Gabi and Gabe.

Family is a part of Gene's work. "We are trying to continue the family-owned business. It has been family-owned for 92 years." Assisted by his wife, Bobbie, Gene offers respectful and courteous assistance to those in need. Paschal Funeral Home is located at 120 S.W. Third St. in Kerens. You can contact Gene Bullard Jr. at Paschal Funeral Home at (903) 396-2371. **NOW**

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Mathematician With Artistic Tendencies

— By Ashley Carlino



Albert Einstein once said, “Do not worry about your difficulties in mathematics; I assure you that mine are greater.” Even a genius struggled with the universal language in which so many others proclaim deficiency. What a relief!

Students at Blooming Grove High School who are having difficulty understanding exponents and derivatives have a great teacher to help. Helen Albritton has been a math teacher for over 30 years. She goes out of her way to help her students understand and appreciate math. “I try to explain it in as many different ways as I possibly can,” Helen said.

When asked how she became interested in math, Helen answered, “It has just always been so easy. When I was in high school, I had a friend who had trouble in math. I helped her.”

After high school, Helen attended the University of Texas at Austin where she obtained bachelor’s degrees in history and English. Her continued interest in math led her to achieve her math certification in Dallas. She taught at Corsicana High School for many years and led developmental classes at Navarro College as well. She has been at Blooming Grove High School for about three years. Her classes include Algebra I, Precalculus and TAKS math.

Some students have trouble in math largely because they cannot grasp the necessity of it or how it applies to real life. “It’s important that they understand what you are trying to teach them, and why it’s important to learn,” Helen explained. “The future holds jobs we’ve not encountered yet,

computer-oriented jobs that require problem-solving skills. If you can get those problem-solving skills, you are ahead of the curve.”

Most of Helen’s students are ninth-graders, learning Algebra I. She believes that students must gain an understanding of Algebra I before tackling the rest of math. Algebra I is the basic math class at Blooming Grove, and it coincides with the TAKS curriculum.

It has been said that some students tend to excel in either mathematics or English, but rarely both. Helen once experimented with this concept. She was teaching math and English at the time.

“I’ve taught both subjects to the same group of students, in the same classroom,” she explained. “Those who excelled in math and sat in the front of the math class were the ones in the back of the room in the English class.” These dynamics are interesting. The same result held true for her English students. Those who excelled in English sat in the back of the math class.

Blooming Grove High School continues to strive for educational excellence. Each teacher has, on average, 16 years of experience. The average math class contains 15 students versus the state average of 20. Last year, Blooming Grove students ranked above the state average in math scores. Ninth-graders were 13 percent above average; 10th-graders were five percent above average; and 11th-graders were eight percent above average, as cited on the school district’s Web site.

Education NOW

Helen is not only a skilled mathematician, but also a very talented artist. Her home is wonderfully decorated with elegant furniture and fixtures. Her magnificent artwork is prominently displayed throughout her



home. The downstairs alone houses at least 15 pieces, all of which are unique and filled with radiant color.

When traveling with her husband, Oliver, she carries a camera and photographs those things that she believes might make a good painting. A painting of a grand Scottish landscape hangs above her fireplace. A portrait of one of their four grandchildren hangs across the room. Throughout the kitchen there are other works, including more landscapes and a floral print. She is clearly a versatile painter, who loves the medium of oil.

She has sought artistic instruction from the Creative Arts Center in Dallas and has taken several art classes in Austin.

So how is her left-brained job as a math teacher connected with her right-brained hobby as an artist? "One

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of the things it does is make you a fairly good technician, but maybe not as creative. [It makes] painting more structured," she said, as she pointed to a Picasso piece on the wall. She does not paint many abstracts, but certainly appreciates the talent possessed within them. The Picasso reveals her interest in the abstract world.



Helen's daughter, Ellen, is also a talented artist who enjoys painting in the abstract. Ellen is an architecture student currently studying abroad in Spain.

It is possible to be skilled both mathematically and artistically, as Helen demonstrates. As with most subjects, success and interest can begin with the teacher. Just as Helen has grown as an artist through the experience of talented instructors, the same applies with her math students. Her goal is to get them to truly understand the subject and the reasoning behind it. So, if you are like Albert Einstein and have experienced difficulty in math, the answers are only one good teacher away. **NOW**

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IN THE KITCHEN WITH RHONDA DAVIS

Rhonda Davis has worked for 15 years at National Envelope. Her husband, Michael, owns Clear Signal Radio, where he sells and maintains equipment for two-way communication, such as police radios. Michael and Rhonda, former high school sweethearts, volunteer with the Corsicana Emergency Corps. "I'm a 15 year veteran of CEC," Rhonda said.

In 2005, Rhonda became involved with Relay for Life. "For 2006, I was asked to be co-chair and I went to other area relays to get ideas," she recalled. In 2007, she served as the chairperson. Michael and Rhonda attended Celebration on the Hill, in Washington, D.C. last year and wore purple with a community of cancer survivors.

"I like to cook, and I try to cook healthy. My family is from Louisiana, and I'm sharing my authentic Cajun red beans and rice recipe," she said. **NOW**

APPLE CRISP

5 cups thinly sliced Granny Smith apples
1 cup apple cider
1/2 cup fat-free butterscotch ice cream topping, divided use
1/4 cup all purpose flour
1 tsp. ground cinnamon
3 cups low fat granola with raisins
3 Tbsp. melted margarine or butter
Low fat, no-sugar added ice cream (optional)

Heat oven to 350 F. Lightly coat 8-inch-square baking pan with non-stick cooking spray; set aside. Combine apple cider, 1/4 cup butterscotch topping, flour and cinnamon in large bowl. Place in prepared pan. Combine remaining 1/4 cup butterscotch topping, granola and margarine. Dollop over apples. Bake, covered, 40 - 45 minutes. Remove cover and bake an additional 15 - 20 minutes or until mixture is bubbly and apples are tender. Serve warm with ice cream, if desired. Makes 9 servings. *This has only 254 calories and 6g of fat per serving.*

CAJUN RED BEANS AND RICE

1 cup Converted white rice
1 15-oz. can red kidney beans, rinsed and drained
1/2 cup cubed 96 percent fat free ham
1 1/2 cups water
1 can (about 14 oz.) fat-free, reduced-sodium chicken broth
1/4 cup tomato paste
1 bay leaf
1 tsp. Cajun seasoning
1/8 tsp. ground red pepper
1 - 2 tsps. olive oil
1 medium chopped green bell pepper
3/4 cup chopped onion
3/4 cup celery
hot pepper sauce (optional)

Combine rice, beans, ham, water, chicken broth, tomato paste, bay leaf, Cajun seasoning and red pepper. Bring to boil. Reduce heat to low; cover and simmer for 15 minutes. Meanwhile, heat oil in medium skillet over medium heat until hot. Add green pepper,

onion and celery. Cook and stir 5 minutes; add to rice mixture. Continue to simmer 10 minutes or until rice is tender or flavors have blended. If mixture becomes dry, add small amount of water. Remove bay leaf and serve with hot pepper sauce. Makes 4 servings. *This has only 335 calories and 3g of fat per serving and is a good part of a heart-healthy, low-calorie and low-fat diet. Enjoy!*

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2 bay leaves
2 1/2 tsp. dried basil, divided use
2 tsp. dried oregano leaves, divided use
3/4 tsp. black pepper, divided use
1/4 tsp. red pepper flakes
1/2 pound 95 percent lean ground beef
1/3 cup chopped green onions



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Who's Cooking **NOW**

1/3 plain dried bread crumbs
1/4 cup chopped fresh parsley
1 egg white
2 Tbsp. water
1/2 tsp. dried marjoram leaves
1/2 tsp. ground mustard
4 French bread rolls, warmed and cut in half lengthwise

Spray large nonstick saucepan with cooking spray. Heat over medium heat until hot. Add onion and 2 teaspoons garlic. Cook and stir 5 minutes or until onion is tender. Add tomatoes with juice, bay leaves, 2 teaspoons basil, 1 teaspoon oregano, 1/2 teaspoon black pepper and red pepper flakes; cover. Simmer 30 minutes, stirring occasionally. Remove and discard bay leaves.

Combine beef, green onions, bread crumbs, parsley, egg white, water, remaining 1 teaspoon garlic, 1/2 teaspoon basil, 1 teaspoon oregano, 1/4 teaspoon black pepper, marjoram and mustard in medium bowl until well blended. Shape into 16 small meatballs.

Spray large nonstick skillet with cooking spray. Heat over medium heat until hot. Add meatballs. Cook 5 minutes or until meatballs are no longer pink in centers, turning occasionally. Add meatballs to tomato sauce. Cook 5 minutes, stirring occasionally.

Place 4 meatballs on each roll. Spoon additional sauce over meatballs. Serve immediately. Makes 4 servings. *This has only 282 calories and 9g of fat per sandwich.*

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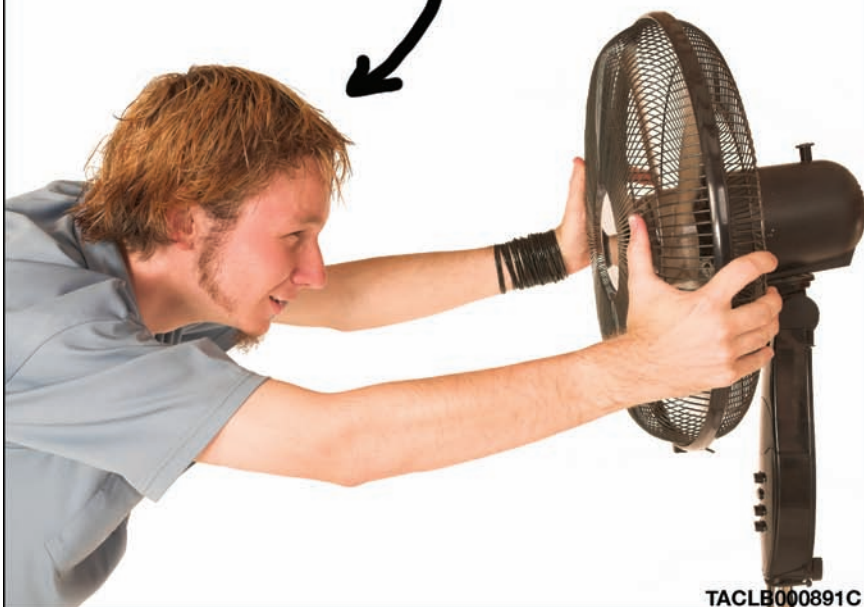
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The cast of "Home to Roost," top left, takes a curtain call after a musical number. Children, top center, take a much-needed break after a relay run at Bowie Elementary. The Corsicana Art League, top right, held an opening reception recently at the Warehouse Living Arts Center Gallery. Kerens eighth-graders, bottom left, acted silly during graduation ceremonies. The tug-of-war competition is always fun. Bowie Elementary students, bottom right, have fun tugging against one another during field day.

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Tammy Belcher and Sherry Kelly, top left, volunteered to serve famous steak dinners in the food line at the Youth Expo. A large crowd gathered at the grand opening ceremony, top right, at Niles River Massage Clinic. Mrs. Hendriks' third grade class from Bowie Elementary, bottom left, visited the Dallas Zoo where they were able to pet a corn snake. Friends, neighbors and customers of Richland Chambers Hardware gather for an open house celebration.

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Ryan, Amy, Sandra, Evonne, Richelle, Charlie, Vicky, and Justin



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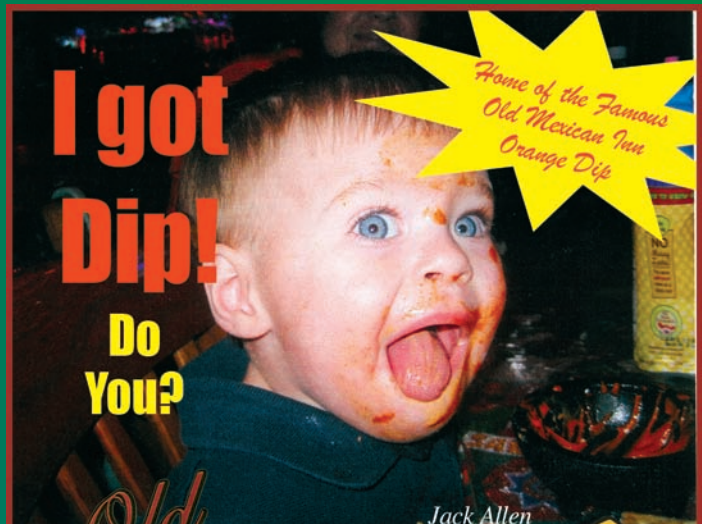
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— By Diana Merrill Claussen



Corsicana Office Manager Jason Smith and Richland Chambers Office Manager Tyrone Hood, are ready to assist you with your building needs.

There is nothing like having a fun, memorable childhood or being able to create those types of memories for your own children. There is a company that not only can assist you in achieving that dream, but they have the capabilities to make it a reality. With 15 locations, including Richland Chambers, Ulrich Barn Builders can provide your family with a near infinite choice of portable buildings suitable for everyone in the family, including the children.

"We are family owned and operated and have been in business since 2001. We've primarily been building storage units since 1990," said Jonathan Ulrich, COO of Ulrich Barn Builders.

"We also construct a wide variety of play sets for children, garden sheds, utilities, low barns, lofted barns, garages, horse barns, gazebos, lakeside cabins, log cabins, weekend cabins, deer lease cabins, outdoor lawn furniture, screened-in porches to help keep away the pesky mosquitoes of summer, and much, much more."

Variety is just one of the many reasons patrons seek the Ulrich family for their outdoor building needs. They even offer a huge variety of children's playgrounds, too. "Our playgrounds have become very popular since we added them to our quality line

of products," he added. "You can get these sets in the shape of a castle or a pirate ship."

These sets even have their own lists of features that you can add so as to achieve your child's ultimate playtime experience. The castles feature wave slides, twin towers, a monkey bar

climber and turbo tube slides. The pirate ship comes with an above and below deck and its additional features range from port windows and cargo nets to pipe climbs.

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through GE Capital to make the purchase of your log cabin the easiest in Texas," Jonathan said. These cabins are perfect for that extra room you wanted to add to the house, or even for your house! Many different options exist when it comes to a log cabin.



Ulrich Barn Builders prides themselves in providing high-quality work.

They are built like a house, but portable so that you do not lose your investment when you move.

Jonathan also said their screened-in gazebos, decks and patios are just as popular as their log and lakeside cabins, especially during the summer months when everyone is engaged in outdoor activities. Variety is important, but Ulrich also ensures high safety standards and quality workmanship with all their products. "We try to deliver the highest quality product while keeping them affordable and convenient for our patrons," he said. "We don't offer anything that needs to be assembled by the customer. All of our units are built from scratch at our facility and then delivered to the customer fully assembled and ready to use."

Besides a good-quality product and

Richland Chambers **NOW**

friendly personal service, Ulrich Barn Builders offers customers flexible payment plan options, as well as some tips to consider when looking for an outdoor unit. "Make sure you get a



"We also construct a wide variety of play sets for children, garden sheds, utilities, low barns, lofted barns, garages, horse barns, gazebos, lakeside cabins, log cabins, weekend cabins, deer lease cabins, outdoor lawn furniture, screened-in porches to help keep away the pesky mosquitoes of summer, and much, much more."

unit that is portable in case you ever need to move it," Jonathan suggested. "You also want a low-maintenance building that you won't have to continually repaint."

Providing service to the community while delivering high-quality work is what makes Ulrich Barn Builders a top-notch choice. To find the location nearest you, please log onto the Web site at www.ulrichbarns.com or call them toll free at 1-888-674-BARN (2276). **NOW**



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A Mosquito-free Summer!

— By Nancy Fenton



Happy July! Now that our rainy season is somewhat over, we can “enjoy” our summer! How are the mosquitoes doing at your house? Despite our efforts at eliminating all the standing water, they are “doing well” here! Are you aware that there are hundreds of varieties of mosquitoes? They have been around longer than we have, and will continue to be. In Cuba in 1900, Dr. Walter Reed, for whom the Walter Reed Army Medical Center was named, did the pioneering work for understanding and learning to control the various illnesses caused by this pesky insect.

After learning that a female can lay up to 200 eggs every 10 to 20 days in standing water, it became critical that even

bottle cap sized pools be eliminated! Those little “wigglers” in the water promptly grow into bloodsuckers. This knowledge has given me a whole new perspective on the water in the saucers under my plants! I now empty them if the plant has not taken it up within 24 hours! No baby mosquitoes for me! I have even searched under my porches for the odd pot or saucer that might hold even a tablespoon of water. It is amazing how even the shelves of my potting area can hold a tad of water as can the lids to the five-gallon cans I use

to store potting soils.

If you use five-gallon cans to catch and hold rain water, put screens over them until you are ready to use the water. A drop or two of bleach in the water will also kill the “wigglers” and not hurt the plants. These early mosquitoes have not been observed to carry the really bad diseases we fear, but as the season progresses the “really bad guys” appear. It is better to try to prevent their breeding and biting than to worry about this age-old problem. Get rid of the standing water, and get out the insect spray for a mosquito-free summer! **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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Three photographs showcasing various tropical plants and garden decorations. The top left photo shows a tiered stone fountain surrounded by plants. The top right photo shows a large palm tree in a pot next to a wooden animal sculpture. The bottom photo shows a garden path with various plants, a wheelbarrow, and other decorative items.

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Life Insurance: *Plan Today for the Unexpected Tomorrow*

— By Lynda Housely

Life insurance is a practical way to protect your family's financial hopes and dreams, yet millions of Americans have no life insurance coverage! In fact, only 61 percent of adult Americans have life insurance protection – a decline from 70 percent in 1984. Only 41 percent have individual policies, while others depend upon group insurance, leaving them underinsured as well as vulnerable to being uninsured if they lose their job.

When you purchase a life insurance policy, your primary thought is usually security for your family and beneficiaries. Knowing that there will be funds available for your final expenses, the mortgage and income replacement after you are gone, can be a great comfort to your spouse or loved ones.

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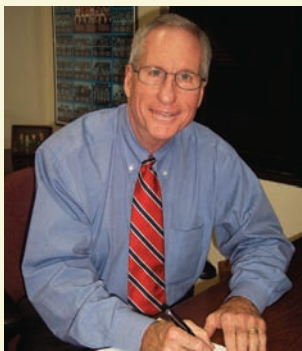
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What Did You Say?

— By Vicki Sims

If this is a common question for you to ask, you may be interested to learn about some of the new developments in hearing technology (audiology). Millions of infants, children and adults in America have some degree of hearing loss in at least one ear, if not both. Science and technology continues to develop new ways of treating these losses.

Many hearing losses can be the result of a medical condition (i.e. ear wax, damaged ear drum or ear infection) that is easily treated with medicine or procedures. There are others that can be treated with assistive listening devices such as: TV Ears, amplified telephones, etc. Still, others can be helped with hearing devices.

Wait, do not stop reading now! We are not talking about your great-grandparents' hearing aids that always whistle or sit in a drawer. Recent developments in hearing technology allow us to fit most patients with hearing devices that look nothing like "hearing aids." Some adjust

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Single Female	119	136	157	186	214	261	292	346
Applicant & Spouse	212	225	253	299	379	430	549	686
Applicant & One Child	177	194	215	244	272	319	350	452
Family with One Child	270	283	311	357	437	488	607	744
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One Child Only	Under 1 \$95	Child 1-17 \$58						

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themselves according to the listening environment to allow the best possible hearing in any situation. Still, others monitor themselves for that annoying whistle and stop it automatically. In the near future, we will likely see hearing devices that interact with PDAs (Personal Digital Assistants).

Living with a hearing loss can lead to a life filled with anxiety, insecurity, isolation, embarrassment and depression. It can affect a school-age student's academic performance and social interaction. It can keep infants from learning language skills. If you suspect you or someone you know is suffering from a hearing impairment, urge them to see an ear and hearing specialist soon for treatment. **ADVIS**

*Vicki Sims, BC-HIS, COHC
Corsicana Ear, Nose & Throat Clinic of
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Gastroenterologist

Meet Dr. Syed



Dr. Syed is committed to improving the health and well-being of his patients and our community by providing high-quality service aimed at the prevention and treatment of gastrointestinal related illnesses. He is a Board Certified physician in both Internal Medicine and Gastroenterology. Dr. Syed and his family are excited about becoming part of our community.

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July 2007

Community Calendar

First and Third Tuesdays

Training Academy for Dental Assistants offers free informational sessions at 5:30 p.m. Call (972) 842-2999 for details.

July 1

Heart of Texas Barrel Racing Association Barrel Racing Series begins at noon at the Navarro County Exposition Center. Please call (903) 875-5283 for more information.

July 4

Old-time Fourth of July Celebration in downtown Kerens. Food, drinks, games, raffles, horseshoe tournament, bicycle parade and fireworks! Please call (903) 396-2391 for more information.

July 7

Waco Central Texas Black Business Expo from 10 a.m. - 4 p.m. at the Waco Convention Center, 100 Washington Avenue, Waco. Please call (254) 715-8943 for more information.

Second Annual Fund-raiser benefiting Mary Peterson, the oldest African-American Daycare Center in Corsicana, begins at 10 a.m. at the Single Believers Ministries. Entertainment will be provided by Recording Artist John Byron Haynie from 1 p.m. - 3 p.m. "The House Band" of Corsicana will be performing from 10 a.m. - 12 p.m. Please call (903) 874-2921 to verify program and for additional information.

Corsicana Opry takes the stage spotlighting local artists. Dining begins at 6 p.m. and the show begins at 7 p.m. at Martin's Music Hall, 201 South Beaton Street. Tickets are \$10 per person. Call (903) 872-8226 for reservations.

July 7 - 8

Texas Motorplex O'Reilly Bracket Series #9, 10 and Good Guy #4. Visit texasmotorplex.com or call (972) 878-2641 for more information.

July 14

Ellis County Equine Association Horse Show begins at 9 a.m. at the Navarro County Expo. Center. Admission is free. Please call Brenda Escamilla at

Research Study For Chronic Constipation

Chronic Constipation?

We are conducting a clinical research study for men and women who suffer from Chronic Constipation. All office visits, medical evaluations and investigational medications or placebo related to this study will be provided at no cost to participants.

Participants Must:

- Be at least 18 years of age.
- Have less than 3 bowel movements per week.
- Be able to complete a daily phone questionnaire during study participation.

Key Research Study Details:

- Length of study participation is approximately 8 to 12 weeks.
- Number of clinic visits is approximately 6 visits.



Trinity Clinic
Research
903-875-7226

For more information on the clinical research study or to find out if you may be eligible, please contact Patsy Hargrove at 903-872-4611 x5107

July 2007 Community Calendar

(972) 483-6175 for more information.

July 21

Indian Artifact Show at the Waxahachie Convention Center from 9 a.m. - 5 p.m. Admission is \$5 and booths are available for \$40. Call (972) 723-5113 or (214) 870-1392 for more information.

July 21 - 22

Rice FFA Junior Cattle Show at the Navarro County Expo Center. Admission is free. Please call (903) 641-3170 for more information.

July 28

Feedlot Sorting Buckle Series at the Navarro County Expo Center.

Admission is free. Please call (903) 229-3850 for more information.

August 2

Carter Blood Care Community Blood Drive, 11 a.m. - 5 p.m. at 120 N. 12th Street. Call (903) 874-4731 to sign up for a time slot.

August 11

Show Goat Sale at the Navarro County Exposition Center. Free admission. Contact Bob Carroll at (903) 872-7860 for more information.

To have your events posted on the community calendar, e-mail us at: kkovar@nowmagazines.com.

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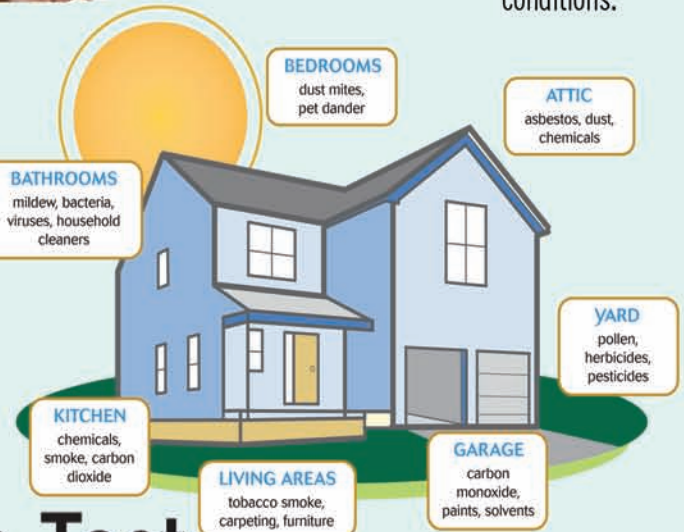
So what is the air quality in your home? Now you can find out. The Air Advice Indoor Air Analysis pinpoints key indoor air quality problems (IAQ) that can affect you and your family's health, as well as their comfort and safety.

To perform the Air Advice Indoor Air Analysis, Area Wide Services places an Air Advice IAQ monitor in your home for three days to measure the air you're breathing under real living conditions.



Indoor Air Pollution Can Trigger Asthma and Allergies.

Indoor air pollution can trigger allergic reactions, asthma attacks, and other respiratory symptoms. Children, the elderly, and even healthy adults can experience fatigue, nausea, headaches, scratchy throat, and nasal irritation. New Homes are constructed with tighter windows and doors to save energy, but they also keep fresh air out. Without adequate indoor air circulation, pollutants can build up over time, leading to poor indoor air quality. Most homes may not be properly equipped to filter and purify the indoor air.



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