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JULY 2011

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Also Inside

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In the Kitchen With
Caleb and Oliver Jackson

The Cake
Lady

Loving Life
Every Day!

At Home With
Bonnie Rhodes





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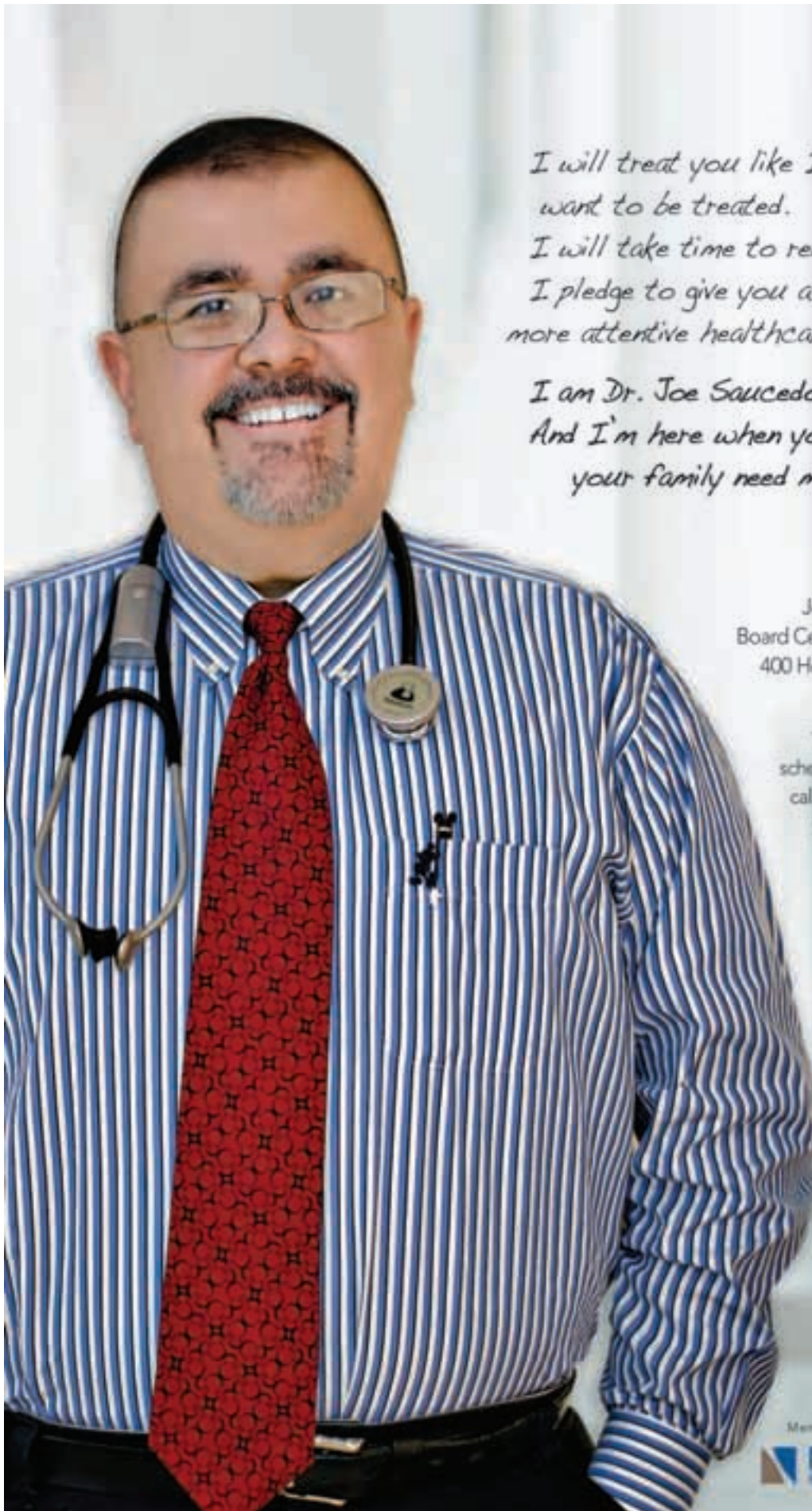
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Corsicana Editor, Virginia Riddle
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Randy Bigham . B. Kyle Ward
Editors/Proofreaders, Angel Morris
Pat Anthony . Teresa Maddison
Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Allee Brand . Cherie Chapman
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PHOTOGRAPHY

Photography Director, Jill Rose
Photographers, Amy Ramirez

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On The Cover



We honor those who
have fought for the
freedoms we enjoy
as Americans.

Photo by Amy Ramirez.

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Editor's Note

Celebrate Freedom, Corsicana!


As we celebrate the Fourth of July with fun, fireworks, friends and family, let's remember to cherish the real reasons for the Fourth — our freedoms for which so many patriots throughout our country's history to present day have fought. Let's also pause and take time to remember the military servicemen and women who protect us today. Please enjoy a free press by reading about neighbors who are living their lives well, while making Corsicana and Navarro County a great place to live.

Food is always an important part of any Fourth of July, and we celebrate the red, white and blue with Alissa Barlow's cake creation. Caleb and Oliver Jackson's grilling recipes remind us that meat tastes better in the summer when it's cooked outside. Finally, take time this month to make memories like those recalled by Bonnie Rhodes, who reminds us all to enjoy living life to the fullest in this great country!



Virginia

Virginia Riddle
CorsicanaNOW Editor
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★ The SKY is

— By Randy Bigham





is the LIMIT

The husband and wife at the center of fundraising for a local aviation and military museum are flying high with pride for the cause they share. Navarro County residents, Gary and Sarah Farley, head up the board of the Corsicana Field Aviation Heritage Foundation and have the patriotism and passion to prove it. The energetic pair oversees an expanding collection of World War II flight artifacts and memorabilia housed at the Corsicana Municipal Airport.

Founded in 1998, the Glenn Cumbie Museum of Aviation and Military History is outgrowing the two rooms originally allocated to it and is seeking a new home near the recently unveiled Army Air Force Cadet Memorial Park, a five-acre section of the airport property. "Our goal is to construct a free-standing museum adjacent to the memorial," Gary said. "The airport board and the city council have approved it, and we're now polling veterans on what they'd like the new building to be before we have architectural drawings and a survey done."

Sarah added that the new museum benefits civic pride and education. "It will be an asset to the city and to every teacher in the county," she said. "The younger generation is eager to learn more about their great-grandparents' contribution to the history of World

War II, and many veterans and their families are already involved in the work we're doing."

Named for a former manager of the Corsicana Municipal Airport whose knowledge of aviation brought him recognition from the Smithsonian Institution, the Glenn Cumbie Museum focuses primarily on the history of the field, a one-time training base for Army Air Force pilots. Established in 1940 as a branch of Air Activities of Texas, a civilian-operated flight school affiliated with the Army Air Force, the present airport was originally known as the Corsicana Army Air Field. "The men who trained here came from all over the country as well as Brazil and Mexico," Gary said, "but they were very much part of local life, and some cadets did meet their wives and start families here."

Gary explained that at the height of

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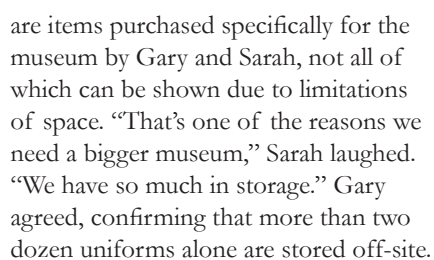
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the war more than 250 planes were based in Corsicana and that, between 1940 and 1944, some 5,000 cadets completed their primary pilot training at the field. "The men had a busy 10-week period here," he said. "They had to accumulate 60 hours of flying time in PT-19s, of which we have three on display — and they still fly. But the pilots didn't just have to learn to fly; they had to know meteorology, navigation, aircraft identification and physics, in addition to carrying out military drills and procedures."

The museum Gary and Sarah preside over brings to life the days of the war, with well-placed exhibits and informative place cards describing the items on view. Visitors to the museum, located in the pilot lounge and flight planning room in the airport's main office, see an original parachute, a foot locker, an instructor's jacket with Corsicana Field shoulder patches, a winter flying suit and a bugle played by a local cadet. There's a display of film strip canisters containing original celluloid training films, a set of dishes from the base's cafeteria and photos of the site after it was decommissioned and transformed into rental apartments and classrooms for what would later become Navarro College. There is also a wall of photos charting Navarro County's earliest connections to aircraft history, such as a 1911 refueling stop for a pilot trying to win a coast-to-coast flight contest sponsored by the Hearst Newspaper syndicate.

Sarah said many exhibits have been donated by veterans who served at the old Corsicana Field or by other locals. Some are gifts, others on loan, still others



The stories behind the acquisition of some of the artifacts are poignant. A pair of sunglasses in a monogrammed case came to the museum from the family of a woman who as a teenager lived in Emhouse. Walking through a meadow one day, the pretty girl attracted the attention of some of Corsicana Field's pilots-in-training. To show off, the cadets swooped down and around her, and when one of the planes did a summersault, out fell the pilot's glasses in their case. She kept the glasses as a souvenir of her heroic admirers until several years ago, when she presented them to the museum with much pride and emotion.

Another fascinating tale forms the back story for an Associated Press photo of a young fighter pilot that hangs on display. “Sarah and I first saw the picture at the Smithsonian, and I said to her, ‘Wouldn’t it be great if that guy was a Corsicana cadet?’” Later, while



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researching soldiers' names on the Internet, he ran across the photo again. "The Web site said the man's name was Vernon Richards, an ace who had flown P-51s in Europe. Then the info pops up that he was in the Corsicana class of '43D. I thought, *No way! He really was here!*"

Gary said donations have also come through the museum's association with the Pilot Classes of World War II, the president of which, Major Ray Blake of West Virginia, was a Corsicana Field graduate of '44-H and has been a leading supporter of efforts to improve and expand the facility. "Major Blake was really touched that we cared enough to preserve the history of his old training base," Gary said. "Consequently, he has donated a lot of memorabilia, from uniforms to photos."

Over its 13-year existence, the museum has brought national attention to the city, through contacts with former cadets and instructors and connections to other museums and organizations. Gary and Sarah are looking forward to future fundraising events for the new museum, including a Hangar Dance set for October 1. The Corsicana Swing Orchestra will perform hits from the 1940s. "It will be fun and the sound will be amazing," Gary said. "A 16-piece band playing Glenn Miller songs! You can't beat it!" **NOW**

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Loving *Life* Every Day!

— By Virginia Riddle



An open door and a smile from Bonnie Rhodes greet visitors who frequent her studio apartment.

"I keep my door open so everyone stops and talks. I'm a people person," Bonnie said while smiling a greeting. "I am just happy living every day."

Born in nearby Roane, Texas, Bonnie moved with her family to Corsicana when she was 2 years old. With the exception of two years during World War II when she served as a "rover" delivering

At Home With Bonnie Rhodes



messages and “all kinds of things” at Consolidated Aircraft (a builder of B-36 airplanes in the Metroplex), she has lived much of Corsicana’s history firsthand.

Bonnie was married to Herman Rhodes for 54 years, until his death. “I went to school with his brother, so I knew Herman when I was just a child,” she remembered. The couple had two “lovely” daughters, Janice Dixon, who is married to Johnny Dixon, and Joyce Gaines, as well as two grandchildren and four great-grandchildren. “Johnny is the son I never had. That’s real happiness when you are happy with your in-laws,” Bonnie said. While her children live close by, Bonnie wanted them to be free to do what they wanted. “I’m taken care of. My children have been good to me, and I have to return that. Happiness is feeling secure,” Bonnie stated.

After selling her home, Bonnie moved to an independent living town home and then to her current apartment at Heritage Oaks Retirement Village. “My



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children came to help me. This was a turnkey job," she said. By blending furnishings and treasures from her home with new, updated amenities, Bonnie's home is perfect for her. "I'm homesteaded," Bonnie declared firmly. "That's the beautiful part; I feel right at home," she added. Her apartment has a sitting area that will easily accommodate seven visitors and a large-screen television mounted on the wall. Beautiful needlework created by her sister and a mirror adorn the walls. An efficiency kitchen completes the sitting area.

A lighted curio cabinet holds treasures of days gone by. Bonnie and Herman loved searching through trash for treasures in Corsicana area dump sites. Some of their finds include a soda bottle

from the Coca-Cola Bottling Company located once upon a time at 407 S. 9th Street in Corsicana. The bottle still sports a stopper with a wire handle that predates bottle caps. A Catlin pipe from the British Isles, ink bottles and a salt and pepper shaker set were all "someone's trash." Other finds include a Webster sterling moustache spoon, a bowl full of crock marbles and a cannon ball the couple located "on Walter Beaton's place." The crock marbles were pottery fired at high temperatures. Most were produced prior to World War I in Germany and have "eyes" where the marbles touched each other during the firing. "It's all history," Bonnie exclaimed. The couple had a three-car garage at their home on 4th Avenue, and



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one-third of the garage held their antique bottle and fruit jar collection. "We were just like pack rats. We just collected everything!" Bonnie said.

Her collection of Indian arrowheads is arranged artfully in three frames hung above her bed's headboard. They are just



part of her collection of 19 such framed panels of arrowheads. "I let the children draw numbers and pick their own frame to keep," Bonnie said. "There were lots of people who hunted arrowheads back when my kids were growing up. The rain would turn the soil; we would get umbrellas and boots out and go dig for arrowheads. We were digging in the dirt, and we weren't raising anything," Bonnie said laughingly.

The family that digs together stays together, and Bonnie and Herman spent several summers digging at archeological sites with The University of Texas at Austin and the Texas Archeological Society. "We were trained to work within three-foot squares," she remembered. We endured the July heat for several days each year but enjoyed the fun of joining in with the group singing at nights.

The couple began their business, Central Texas Hearing Aid, downtown but moved it into their home in the Carriage District for customers' convenience. "We could accommodate people after hours," Bonnie stated. "We were in business for 40-plus years because we took care of our customers." An injury to Herman's arm necessitated selling the business and retiring.

The couple built a cedar home on

acreage at nearby Pisgah Ridge, where they also dug a tank and had a paddleboat. The children would come on weekends and find the beds made up and food in the refrigerator. Old-fashioned cookouts and just being together made the times the family spent "on the ridge" special.

"They thought they had died and gone to heaven," Bonnie said. "That weekend home held a lot of memories."

"Life in general gives you experience and knowledge," Bonnie reflected. She is actively learning and doing as she enjoys activities, such as bingo, and just a look out her window allows her to enjoy the beautiful scenery. "I try to keep up with everything," Bonnie said. She volunteers to deliver the Sunday paper and the facility's newsletter to all the residents. When her great-grandson, who is currently

serving in the military in Afghanistan, visited her, he remarked, "Nene has a paper route!"

A member of Corsicana's First United Methodist Church, Bonnie finds it easier now to attend church services on-site



but remembers volunteering with the United Methodist Women in the Food for Fitness Program. She and Herman also volunteered with the People for Active Living (PAL) program at Navarro College. She now enjoys weekly shopping and dining out ventures.

"Everything I have ever done was with my family. We have shared everything. I am very fortunate to have three great families; my family, my church family and my family here. I enjoy all the people and the friends I've made. I feel blessed," she said. **NOW**



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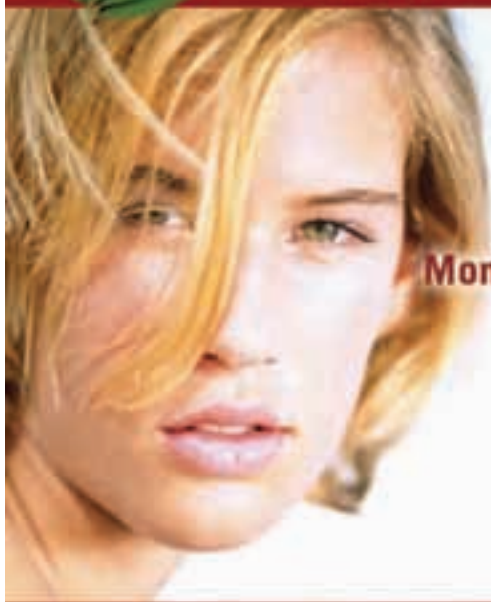
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KELLER WILLIAMS

From left to right: Principal Herbert O'Neil and Rosie Kelly.

Class Act

— By Randy Bigham

Numbers may be the stock-in-trade for local math teacher Rosie Kelly, but she is quick to clarify that compassion for students is the key to her success as one of Corsicana Independent School District's (CISD) most

beloved educators. "It's about getting to know your students and understanding where they're coming from," Rosie said. "You have to show them respect and let them know that you are there for them."



Rosie's philosophy has served her well over the 30 years she has worked as a CISD math instructor, first at Bowie Elementary, then at Drane Intermediate, before joining the faculty at Collins Middle School in 2003. The awards she won explain her longevity. Twice she received the Education Foundation's Distinguished Teacher Award, and she was recently presented with the Golden Apple Award for Excellence in Education. Her tenure and credentials are impressive, but her personality sets her apart, too. Energetic with a bright smile, her old-fashioned Southern drawl is a distinct trait. "I get comments on my



accent all the time," she laughed. "But I'm not from Georgia or Alabama. I'm from right here in Texas!"

Yet the charming teacher's reputation as a taskmaster to her eighth-grade students is also a trademark. "I'm strict with my classes," Rosie admitted. "You have to be. But you can't get your point across yelling, so you lead with concern and caring."

Misty Boring, a fellow math teacher whom Rosie mentors at Collins, said she appreciates the example her colleague sets. "She is tough, but she has mellowed out a little," Misty grinned.

Rosie agreed, replying with a twinkle in her eye, "I'm still tough, but I used to be tougher."

The award-winning educator reveals her special brand of sternness and empathy in her determination to assist students after hours in one-on-one sessions. "Some students have more trouble with math than others," Rosie granted. "But you find their level of comprehension and make it personal. I just break it down for them that way." She added that games, flash cards or other methods of learning are employed to aid students who require support

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beyond the classroom's traditional scope. "And I'm here for all my students if they need extra help," Rosie insisted. "After all, I live right across the street!"

That alluring fact may have been one of the perks that determined Rosie's move from Drane Intermediate to Collins Middle School seven years ago. "The principal at Collins at the time wanted me to transfer, but I was so

"It's about getting to know your students and understanding where they're coming from."

happy where I was that I said, 'No,'" she recalled. "But he asked me to visit the school anyway to see what I thought. I did, and here I am!"

Collins' current principal, Herbert O'Neil, is glad she made the move. "She's our own campus celebrity!" he enthused.

Rosie loves her work, adding that her interest in education is in the genes. One of nine children, Rosie said her mother instilled in her and her siblings the importance of academic achievement. In addition, her older sister, who has since

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passed away from cancer, was a teacher. "My sister was my inspiration," she said. "And I wanted to be like her. I want to be the best that I can be." She imparted this same ambition to her own sons — Adam, a junior at Baylor University, and Bryan, a freshman at the University of North Texas.

Having brought her skills and devotion to bear on a 30-year teaching career, Rosie said when she looks back, she's amazed at the technical innovations that have transformed the modern classroom. "I go back to the days of chalk and blackboards," she laughed. "Now we have computers and SMART Boards. We are so technology-driven."

Rosie welcomes the technical advancements that are streamlining the educational landscape but doesn't believe digital media can ever replace the human touch. Stressing that it should always come down to the student and the teacher, she confesses that some aspects of that interaction have become more difficult. "Our culture has changed so much that we have to adapt to it if we are going to make any difference," she said, pointing to the increasing influence of drugs and alcohol on middle- and high-school-age children, and to special problems inherent to single-parent family units. "It's hard being a single mom or

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dad, and kids' learning can suffer," she said. She also pointed out that when parents are very young, it can sometimes pose further complications to children's education. That is why she tries to make herself available to students who have need of the supplemental guidance they may not be able to get at home.

Such challenges have not diminished Rosie's optimism or her dedication to teaching, and she has no intention of slowing down. Involved in a variety of school activities, she confides that she especially enjoys attending football games and other sports events on CISD campuses. When out and about, she interacts with students — past and present. "I like running into kids from my classes, and it's always gratifying to meet up with kids I taught years ago," she said. "I love seeing them with their families. You know, the students from my very first class, in 1981, are now 38 and 39 years old!"

Rosie takes pride in the success achieved by many of her students. One young man, Randall Holloman, who went on to become a CHS valedictorian and is now studying at Baylor University, initially regarded her with skepticism. "Randall was so intelligent that I think he felt he wouldn't learn anything new," Rosie said. "But he soon found out I knew what I was talking about, and later he singled me out as one of the biggest influences on him, which touched me very much." Another student whose life she impacted and who made a deep impression on her is Joshua Salaises. "I can't forget him," she said. While she regularly sees many of her former students, others have since moved away — including Leslie McClanahan, who now lives in New York. Rosie also taught her niece, Jan Merida, who has since gained her doctorate in nursing.

"All in all, it's been a great ride," Rosie said, adding she hopes to continue teaching, motivating and "Building Champions" — the Collins Middle School slogan she has already done so much to justify. Asked what keeps her going, she said with her compelling smile, "It's the young men and women who fill my classes who inspire and sustain me every day. I get so much out of my work," she added. "It's rewarding in many ways, but the greatest feeling is the satisfaction that I have changed a life." **NOW**

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THE Cake Lady

— By Virginia Riddle

As anyone who watches cooking programs knows, creating a cake today involves more than just baking a box mix and smoothing frosting from a can on top. Pastry chefs have to be true artists as well as carpenters, plumbers and engineers as they defy gravity and create cakes with moving parts and fireworks. "I consider myself a homemaker who creates on the side. My family considers me to be a cake artist. At schools, I'm known as the cake or cookie lady," Alissa Barlow said laughingly. Cupcakes, cake balls, pies and fudge are also part of Alissa's repertoire. "Anything that has sugar, cream or butter, I will do," she said.



Alissa's mother experimented with recipes from magazines, and her dad baked great homemade pizzas. "All of my family could cook, but I could only burn water when I got married," Alissa admitted. Her mother-in-law is also a great cook, so Alissa was challenged to get comfortable in the kitchen of her Richland area home. After becoming a stay-at-home mom, Alissa started perfecting her baking skills by watching television shows and following directions



in how-to books. "I now cook all the time and can always be found in the kitchen. My kids know when I am looking for the next challenge when they say, 'Mom's reading the magazines again,'" Alissa said.

A former cosmetologist, jailer and state school employee, Alissa found her true calling when her sister brought over some icing bags one day, and they started experimenting to see what could be accomplished. Alissa found that not only did she have an artist's eye, but she also loved working with the icing. Soon her cupcakes, brownies, cookies and cakes were becoming desired treats in her children's school classes, and she quickly became the "soccer mom baker" as working mothers called her with orders to fill for school and other special occasions. A star with passion was born!

Self-taught, Alissa's newfound passion for baking has brought challenges to her. She must create sketches from which

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her plans for the cake's design and form will be derived. Like many other artisans, Alissa finds that the design and form may change from the original sketch as the creative process evolves. Color schemes must be coordinated and what figures and script to use must be planned. She has studied human anatomy as well as the anatomy of popular animal subjects such as fish, teddy bears and dogs so that she can successfully use sculpting tools to create realistic figures in chocolate or fondant. Inanimate figures such as favorite cars are often requested.



Modeling, sculpting and stenciling are very time-consuming and made more difficult when the chocolate or fondant gets too hot or too cold, which can happen quickly with Texas summer and winter extreme temperatures. Alissa has perfected her own fondant, which she molds just as a potter would with clay. To decorate cakes, she can make sugar glass beads that sparkle like diamonds and



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are painted in silver or gold by mixing a gold luster dust with liquor. Knowledge of chemistry has helped Alissa perfect this process. Lessons in geometry are utilized in order to create some of the cakes, especially with the latest craze of topsy-turvy cakes, which Alissa identifies as being very challenging.

Alissa's husband, Jason, helps her whenever she must use carpentry, electronic or plumbing skills. Bases must be cut from plywood or mirrors for the heavier cakes. Dowels and pipes are cut and assembled for supports, and wires are used as apertures for sculpting. When parts must move, wiring and remote controls must be assembled and inserted into the cake or stand. "I told my husband that he was going to have to get involved," Alissa stated. Married for 16 years, she added, "My husband is my best friend, biggest critic and biggest supporter. He's a wonderful man."

The first cake Alissa tried to create using her newfound knowledge and skills was a birthday cake for her then 5-year-old son. "It was pretty sad," she remembered. A perfectionist in her art, Alissa admitted, "I have redone so many cakes, but the family doesn't mind. They have gained weight on the mistakes." Jason, along with sons, Coltin, 15, and Jayden, 11, enjoy serving as taste testers and consume the shavings of cake from carvings and sculpting.

Cakes take on all forms. "I want my cakes to be very special. I love the challenge," Alissa said. From elegant wedding cakes to Gary, the snail of *Sponge Bob* fame to a deer's head on top of a camouflage-decorated groom's cake to the Earth, complete with its continents to

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ballet slippers and baby shoes, she's done it all. From week to week, Alissa shows her versatility in baking cakes that reflect her life and of lives of her friends and family.

Another challenge arises when Alissa bakes a large creation that requires sections or tiers and must be moved and then assembled. The movement, often through small doorways and steep stairwells is challenging. A large cake can slip or fall during the moving or assembling stages. Alissa keeps a "boo-boo kit" on hand to repair any damage to her latest culinary creation. She has found that loud music can affect her cake creations as well as exit doors being left open to summer's heat. "Butter cream frosting and chocolate, especially, will melt in our heat," Alissa said.

Alissa suffers the same emotions that affect other artists with similar creative spirits as they fashion their creations. Those emotions include stress, fear of failure, sleeplessness, the challenge to get the project completed and, finally, the relief that she has created another beautiful cake. When everyone has eaten their fill and the compliments have flowed freely Alissa enjoys sitting back and drinking a cup of coffee. She has once again survived the hazards of cooking, cut hands and burns, and achieved success.

Real relaxation comes when she and her family take time off together and go camping or to the beach.

Alissa takes the hazards of baking in stride and focuses on the smiles and compliments. As every cook has always known and Alissa revealed, "That's the best feeling! If it wasn't fun, I would stop doing this tomorrow." **NOW**

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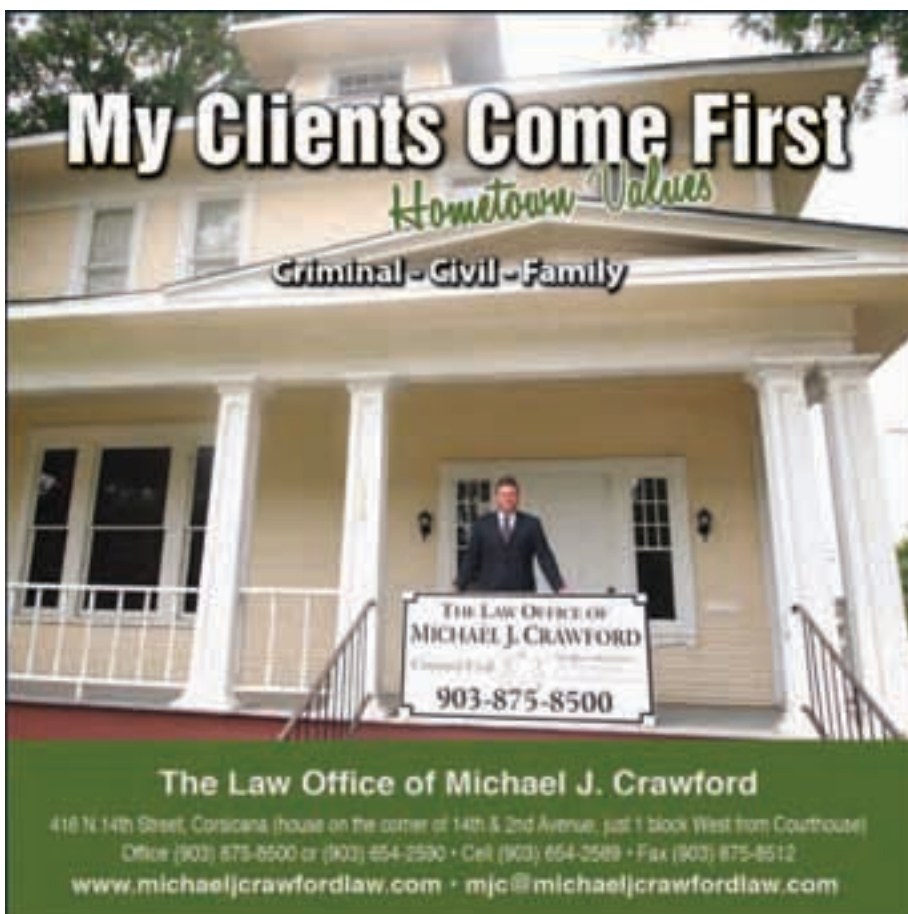
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REBUILDING LIVES AND CARS

David Perry and his crew take care of customers during some of their most stressful times.

— By Virginia Riddle

A true friend is there when needed, and David Perry and Jordan Paint and Body are there to help when Navarro County vehicle owners are experiencing some of their worst and most stressful moments. When a wreck occurs, even just a fender-bender, lives change instantly. "We take the vehicle from their hands and do everything we possibly can to take care of all the stress," David said. No wonder a sign in his shop says, "Sometimes in the course of business we're lucky enough to find customers who become our true friends."

For 28 years, David and his 13 employees have provided wrecker service, put customers into rental cars and worked with insurance companies to give customers quality service by getting

their vehicles repaired and back on the road in a timely manner. "We can do everything but turn the insurance claim in," David stated. Voted Corsicana's Best of the Best for 10 years, David will even pick up and deliver vehicles to customers' homes. Commercial customers, such as area farmers, can continue business as usual when David puts them into a three-quarters or one-ton pickup truck temporarily. "Our main goal is to do the best quality work and satisfy the customer. That's very important. Navarro County has been very good to us," David said.

High standards are set and met by all technicians through yearly out-of-town training sessions that include hands-on demonstrations and testing. Jordan Paint and Body is

Business **NOW**

recognized as an I-Gold Facility. I-Gold is an independent insurance industry certification which requires yearly updates to retain certification. All techs have earned the Automotive Service Excellence (ASE) certification. "We feel that we have the best techs there are. It takes all of us to get the job done. This isn't a one person type job," David stated. Recognizing employees that do their jobs well is important to David. Another shop sign defines teamwork as "Many hands, many minds, one goal."

The shop is a direct repair shop for several insurance companies. To become a direct repair shop, the collision shop must meet the insurance company's requirements, meet all certification requirements, avoid complaint problems and have the necessary updated equipment. The direct repair program streamlines and eases the repair process for the insurance company's claimants.

The shop equipment includes the Shark computerized electronic measuring system that uses sonar waves to make sure that unibody and frame specs are back in line to a three millimeter tolerance. Parts that are used meet original equipment manufacturer (OEM) designation. Three paint booths, all heated, utilize the Waterborne Paint System and the Pittsburgh Plate Glass (PPG) paint system that is OEM approved. These systems are "green products" that were created without the previously used petroleum-based thinners. "This business has changed so much in the past five years. With the technology that is available today, there is nothing cheap, but the quality is excellent," David stated.

The business gives back to the Navarro County community as a Youth Expo buyer. "It's good for the kids," David said. He has also repaired trucks for the Salvation Army at no cost.

David and his wife, Tammie, have three grown children. Son, Kevin, a tech who is now 25 years old, began working in the family-owned shop during summer vacations when he was 14 years old. David said, "We have quite a bit of repeat customers who have been coming to us for many years, and we plan on being here for another 28 years." **NOW**



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Dana and Randy Collins prove that love abounds at the Relay for Life.



Humane Society volunteers, Barb and Jack Wepler sell raffle tickets to Chris Brandy at the Dawg Daze of Summer Sooner Chili Cook-off.



Danielle Spain is surrounded by happy children: Chance, Cameron, Tamaia and Colby at the Community Spray Park.



Crystal and Rocky Shepherd and daughter, Ronnie, cheer on walkers at the Relay for Life.



Popeye, the parrot, Cherry Baker and David Lake entertain the crowd while competing in the Dawg Daze of Summer Sooner Chili Cook-off sponsored by the Humane Society of Navarro County.



Dolly Applegate (left) and Diane Jones sell fresh produce to Pat Warren at the Navarro County Farmers Market.

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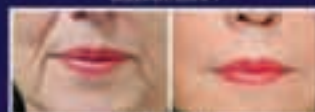
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Top cancer risks for men

Health disparities between men and women due to habits, not genetics

For all the wives, daughters and girlfriends who have wrung their hands over the health habits of the men in their lives, science is beginning to back up their argument. Men's notorious reluctance to see a doctor may be contributing to a growing gap in cancer rates between men and women.

According to one study, men are more likely to develop and die from cancer than women — even those cancers affecting both sexes. And the difference is not biological, but behavioral, based on 2009 research by the National Cancer Intelligence Network. Men are less health conscious, more reluctant to visit a doctor when symptoms arise and less likely to make lifestyle changes.

At least one-third of all cancers can be prevented through lifestyle changes: avoiding tobacco, eating healthy, staying active and losing weight. While screenings and self-awareness won't prevent cancer, they do increase the chance of discovering cancer early, when it is most treatable. In addition to genetics and lifestyle habits, advancing age is a major risk factor for cancer in both sexes.

The Centers for Disease Control and Prevention ranks the 10 most common cancers diagnosed among American men in order of prevalence, as:

1. prostate cancer
2. lung cancer
3. colon and rectal cancer
4. urinary and bladder cancer
5. skin cancer

6. non-Hodgkin's lymphoma
7. kidney cancer
8. mouth and throat cancer
9. leukemia
10. pancreatic cancer

A man's preventive health regimen should include initial cancer screenings and repeat checks for the following common cancers:

Prostate cancer

Beginning at age 50, men should undergo an annual prostate-specific antigen (PSA) blood test and digital rectal exam (DRE). Men with risk factors such as a first-degree relative or multiple relatives with prostate cancer, or African-American heritage, should consider beginning screenings earlier, at age 40 to 45.

Testicular cancer

Testicular cancer has no known risk factors and is most common among Caucasian men age 20 to 54. It can develop in one or both testicles of men at any age. Testicular cancer is highly treatable and can usually be cured. Self-screenings should be performed regularly and changes in appearance or feel of the testes should be reported to your doctor.

Colorectal cancer

Beginning at age 50, men should be screened for colorectal cancer. A colonoscopy is typically performed to check for any polyps or abnormal growths.

Bladder cancer

Though no clear cause exists, certain risks have been linked to bladder cancer: smoking, age, race, working in industries with frequent exposure to chemicals and gender — men are four times as likely to develop bladder cancer as women. Symptoms include blood in the urine or changes in bladder habits, although these symptoms do not necessarily point to bladder cancer.

Skin cancer

Skin cancer is the most common form of cancer in the U.S. — and men's risk is nearly double that of women, according to the Skin Cancer Foundation. Additionally, the American Academy of Dermatology points out that men also have the highest chances of dying of melanoma, the most serious form of the disease. Why? Because men get more ultraviolet exposure, use sunscreen less, have higher rates of sunburn and later detection.

Regular screenings and self-examinations for certain cancers are part of the prescription for good health. An annual check-up with your family doctor or primary care physician is highly recommended. **NOW**

Sources:

The American Cancer Society: cancer.org
National Cancer Institute: cancer.gov
Centers for Disease Control and Prevention: cdc.gov

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Dealing With Change

How many jobs are in your future?

- 10.7 jobs for men from ages 18 to 40
- 10.3 jobs for women from ages 18 to 40¹

Today, change is in the air ... and change in the workplace seems to be the norm, perhaps one of the few constants. As companies restructure, streamline and rightsize to stay competitive in the global marketplace, a gold watch after 30 years of service is becoming extinct. So here are some strategies that may help you deal with the changes you might be facing today and may face in the future:

• **Be prepared.** Whether it's the loss of a job, the death of a relative or breaking up a relationship, being prepared for change and accepting its inevitability may be your best defense. This involves flexibility, strength of self-purpose and, perhaps most importantly, a belief in your own worth.

• **Control yourself.** There's only one thing you can control: yourself. If you can accept that premise, you may feel a sense of empowerment — which is a key element in managing change successfully.

• **Take time to regroup.** Your job fills a large part of your life. If you lose it, take the time to honor your feelings. It may help you close that chapter so you can move forward more easily.

- **Don't panic.** Assess where you stand. Ask yourself:
- How much money do I/we have in the bank?
 - How much are my/our monthly bills?

- How much, if any, am I receiving for severance?
- What do I/we need to modify in the budget?

• **Update your budget.** Focus on cutting nonessential expenses, incorporate your revised income and see where you should adjust. Try to stay away from credit cards.

Your retirement plan

If you're changing jobs or retiring, and have assets in an employer-sponsored retirement plan such as a 401(k), you usually have choices with regard to the investment of those funds. A rollover IRA may make it easier for you to transfer your retirement savings without tax penalties. A direct rollover can potentially help you streamline your finances, save money on annual fees, organize your record keeping, preserve the tax-deferred features and, most importantly, give your nest egg the potential for continued growth. Consult your tax professional to learn more about rollover options.

Change is always upon us

As the saying goes, "If there's one thing we can count on in life, it's that life is always changing." Job changes and career changes occur for many reasons, but they're typically full of emotional turmoil and stress. Remember, however: You are in control of your responses, so the degree and intensity of this turmoil is truly a personal choice. **NOW**

1. Average for the youngest baby boomers (born between 1957 and 1964) as of 2005. Bureau of Labor Statistics.

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Tuesdays-Thursdays in July

Texas Art Spot Camps: *July 5-7*: "Goin' Green"; *July 12-14*: "CSI"; *July 19-21*: "Time Travelers": 1:00-4:00 p.m., 122 N. Beaton. Contact Tabitha at (903) 874-4497.

Thursdays in July

Summer Reading Club Performances: *July 7*: Dan Gibson Stories and Banjo; *July 14*: Library Craft Day; *July 21*: Len Barnett and his Drums; *July 28*: Snakes in the Library! at Corsicana Public Library, 11:00 a.m. Call (903) 654-4810.

July 1-August 12

YMCA Day Camp: 7:30 a.m.-5:30 p.m., ages 6-12 years old. Call (903) 872-2412.

July 2

Blooming Grove's Main Street Mile: Race day registration: 9:00-10:00 a.m. The event benefits Blooming Grove ISD by providing track and field record boards. Call (972) 896-8247.

July 5-14 and 18-28

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

July 6

Little Chefs Camp: 9:00-11:30 a.m., Calvary

Worship Center, 1364 N. Beaton. The camp is for children ages 9-12. Call (903) 875-1084.

July 7-11

Vacation Bible School: First United Methodist Church, Corsicana: 9:00 a.m.-noon for fourth-through sixth-graders. Call (903) 874-5656.

July 8

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert for lunch with bingo to follow. Call (903) 872-5411.

Trail Ride: 6:30 p.m., Lone Star Cowboy Church of Navarro County, 4495 W. State Hwy. 22. Contact Pastor Charky Marquis at (785) 418-8851.

July 8-9

Texas Family Musicals presents *Joseph and the Amazing Technicolor Dreamcoat*: Friday: 7:30 p.m.; Saturday: 2:30 p.m. and 7:30 p.m., Palace Theatre, 108 West 6th Avenue. Call (903) 872-5411.

July 15-16

Texas Family Musicals presents *Oklahoma*: Friday: 7:30 p.m.; Saturday: 2:30 p.m. and 7:30 p.m., Palace Theatre, 108 West 6th Avenue.

Call (903) 872-5411.

July 21-30

Warehouse Living Arts Center presents *You're a Good Man, Charlie Brown*: 116 W. 6th Avenue. Call (903) 872-5421 for times and reservations.

July 22-24

Summer Balloon Classic and AirFest: Mid-Way Regional Airport, Highway 287 between Midlothian and Waxahachie. Visit www.summerballoonclassic.com for events and schedule.

July 24, 25

Steer Riding School: Lonestar Cowboy Church of Navarro County, 4495 W. State Hwy. 22. Contact Pastor Charky Marquis at (785) 418-8851. For more events check out our web site, www.lonestarcowboyfellowship.org.

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

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In The Kitchen With Caleb and Oliver Jackson

— By Virginia Riddle

Nothing says summertime like grilling steaks for a get-together. Real estate appraiser and broker, Caleb Jackson, not only partners with son, Oliver, in Jackson and Associates Real Estate, but the duo's grilling expertise is highly valued. Their custom grill and smoker accommodates pecan or mesquite wood and provides just the right touch for great grilling.

Recently retired from teaching, Caleb and his wife, Ann, also a retired teacher, have filled many requests by fellow teachers over the years to bring Caleb's chilled Crab Dip Especial to staff parties. And what are Caleb and Oliver's grilling secrets? "Get quality ingredients, marinate, don't overcook and don't leave the grill unattended," they stressed. But most of all, "It's the fire," Caleb disclosed. "Proper heat, more than anything, insures success." **NOW**

Caleb's This Will Set You Free Crab Dip Especial

2 8-oz. pkgs. cream cheese, softened
1/4 to 1/2 onion, finely diced
2 cans white crab meat, drained
1/4 cup picante sauce, or to taste
Cumin powder, to taste
Crackers or corn chips

1. Place cream cheese in the microwavable bowl or container in which it will be served, and place the bowl in the microwave. Heat it for 1 minute.
2. Remove the bowl from the microwave and mix in the onion and crab meat with a spoon.
3. Mix in the picante sauce.
4. Cover the bowl or container. Refrigerate for 2-3 hours or overnight.
5. Before serving, garnish with cumin powder, sprinkled over the top.
6. Serve with crackers or corn chips.

Green Chili Burgers

3 lbs. ground beef
1/4 tsp. ground black or seasoned pepper
1 tsp. ground green chili, mild
1/2 tsp. salt
6 slices or 1 cup shredded Monterey Jack cheese
Mexican blend of cheeses
6 hamburger buns, split and toasted
1 4-oz. can chopped mild green chili peppers, drained
6 large slices of sweet onion
2 medium tomatoes, sliced
6 leaves of lettuce
Chunky salsa

1. Preheat grill.
2. Mix ground beef with pepper, ground chili and salt in a bowl.
3. Shape 6 flat patties.

4. Cook burgers about 4 inches from heat, turning when halfway done.
5. Cook until little or no pink remains.
6. Just before serving, place Monterey Jack cheese on each burger.
7. Top each bun with a hamburger patty, Mexican cheese blend, chili peppers, onion slice, tomato slice and lettuce leaf.
8. Serve burgers with salsa on the side.

Sirloin Steak With Garlic Butter

1/2 cup butter
2 tsp. garlic powder
4 cloves garlic, minced
4 lbs. beef top sirloin
Salt and pepper, to taste
Garlic butter, to taste

1. Preheat grill for high heat.
2. In a saucepan over medium heat, melt butter and mix in garlic powder and minced garlic. Set aside.
3. Sprinkle both sides of each steak with salt and pepper.
4. Grill steaks 4-5 minutes per side or to desired doneness.
5. Transfer steaks to pre-warmed plates.
6. Brush tops liberally with garlic butter.
7. Wait 2-3 minutes before serving.

BBQ Chicken-On-The-Grill

1/2 cup ketchup
1 Tbsp. mustard
1 Tbsp. molasses
1 Tbsp. Worcestershire sauce
2 cloves garlic, chopped (optional)
2 cups water
6 chicken breasts

1. Make barbecue sauce by mixing all ingredients, except chicken and water, in a bowl.
2. Using aluminum foil, form a pan to fit grill.
3. Add water.
4. Place chicken breasts on aluminum pan.
5. Close lid and cook about 20 minutes.
6. Open lid and baste with barbecue sauce every 10-15 minutes, keeping door closed until chicken is done.
7. Total cooking time is about 50 minutes.

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