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ON THE COVER



The McKissacks — a family in perfect harmony.

Photo by Kevin Painter.

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Editor's Note

Happy Birthday, America!

Fireworks, family and fireflies are all favorite memories of my Fourth of July celebrations. To counteract Texas' extreme July heat and humidity, my family would gather under trees with ice cream, ice cold watermelons and tea with cooling mint leaves. By afternoon, most of us kids were in the pool, racing and diving for the coins thrown in by the adults. As the sun set and cooler breezes wafted our way, we ran to get wide-mouthed mayonnaise jars and play catch-and-release with the plentiful fireflies — that is, until the booms and smoke of fireworks began.

I hope your Fourth of July will be a special time for all of you, as we pause for a day to relax, relate and recreate. But most of all, we will all celebrate the birth of our wonderful nation.

Virginia

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Let There Be Song!

— By Virginia Riddle

Every summer since 1997, musicians of all levels of expertise and ages have come together for two weeks on the Navarro College campus. The Texas Southern Gospel School of Music will be held this year, July 8-19. One Corsicana family has been very involved from the camp's inception. Jeremy and Lynell McKissack have shared their love of music, especially southern gospel, with their four children: Erika, Jonah, James and Emilee. "I was born into it. Music has always been part of my life," Erika, a Navarro College student, said.

Southern gospel music's rich heritage runs deeply through both Jeremy and Lynell's families. In fact, this couple met at a national gospel convention in Georgia. "Our first 'alone date' didn't happen until after we were married," Lynell laughingly said. Both sets of Jeremy's grandparents wrote shape note music. Jeremy's Granny and Grandpa Mashburn were the founders of Leoma Music Company in Tennessee, and he learned to play piano, gospel style, from his mom. Jeremy performed in the Cumberland Valley quartet while working on his bachelor's degree at Middle Tennessee State University. He currently writes gospel music, serves as an adjunct math instructor at Navarro College and performs professionally with the Christian music group, FourTwelve. Jeremy teaches at the gospel school, as time allows, each summer.

Lynell received a degree from Sam Houston State University (SHSU) that prepared her for a position at Corsicana High School as an English teacher and girls' assistant coach. Lynell's mother, Pauline Thompson, has been involved with the music school as its administrator, a position





The McKissack siblings, James, Jonah, Erika and Emilee (in front), share a love for music.

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that Lynell now holds. Pauline serves as secretary on the nonprofit school's board of directors, and has been an inspiration to both Lynell and Erika. "My grandmother gave me confidence and told me to have faith in God," Erika said. That confidence is exuded by Lynell as she leads the school, teaches in CISD, is mom to four kids and uses her English writing skills to act occasionally as Jeremy's lyricist and collaborating songwriter.

Two weeks goes by quickly for busy students and staff. Group classes are offered in music theory, sight reading, ear training, conducting and vocal techniques. Private voice, piano and guitar lessons are available. Group singing is performed in assemblies held each morning and evening. Special interest seminars are conducted on such topics as lyric writing, vocal therapy, song writing and southern gospel music history. Many of the classes are grouped by skill level for students who range in age from 6 to 90 years young. Everyone takes a placement test.



"During the school, you make lifelong friends through God and music. Getting together, singing and learning more about music is a joy," Erika said.

Lynell echoed Erika's statement and added, "The overall atmosphere is a joy. We get to work with some of the best students and musicians/teachers, and Navarro College has been amazing." The teacher/musicians come from several states, as well as locally, and many of the staff members have been involved for years. Additionally, southern gospel musicians have been very supportive of the school. Staff and students stay in Navarro College dorms and use campus classrooms and the dining hall. Lynell began her involvement with the school as a student. Later, she became one of the dorm parents, and then a teacher. Now



she is the administrator.

While the emphasis is on southern gospel music, much of what is learned and experienced by students transcends into other musical styles. "Theory is theory. What students learn carries over to any genre of music," Lynell said.

Jeremy, who expertly plays other genres — classical to contemporary — on the piano and keyboard, said, "There is a lot of fun music in gospel. We want people to come and have fun with this music, learn something new, improve as a musician and develop a closer relationship with God." Since gospel music is performed in many smaller churches, another goal is to develop better musicianship and leadership in small churches. Churches find it advantageous to fund students their school fee, in part or in whole.

Not all activities sponsored by the school are music oriented. There are fun, relaxing activities planned for each day. Athletic endeavors, such as a volleyball tournament, are natural for Lynell to organize. Erika recalled a talent show copied from the show, *American Idol*. "Mom was Randy Jackson," she said. Then there was the time, during a fundraising auction, when Grandmother Pauline mistakenly bid on a soccer ball, only to discover what the crowd already knew — she was bidding against her grandson! Pauline won the very expensive ball.

The closing concert is always a very special time for students and staff. Not only is it the showcase of the two weeks

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of effort and learning, but it is also when worthy students receive scholarships. The scholarships are given in honor or in memory of those musicians and supporters who have helped preserve the heritage of southern gospel music. For family members, the concert is very special. "Hearing my kids, at very young ages, sing four-part harmony on the closing night was a special joy for me," Lynell, the proud mom, said.

"We find joy in the student led, awesome devotions," Jeremy added.

Corsicana area residents, who attended musical events at Corsicana High School, will possibly recognize Erika as a regular performer. A music major at the college, Erika plans to attend SHSU, where she will complete a music degree to allow her to become a choral director. Erika credits



her piano teacher, Ellen Marsh, as a mentor who has helped her come into her own talent. "It's been hard to live up to Dad's talents on the piano, but my teacher tells me that I am my own person with my own standards," Erika said. She also sings alto and plays bass guitar and has attended other music schools out of state.

For the last four years, Erika has served as the youth member on the board of directors. "That experience has given me knowledge of the money end of music and has developed a more mature, business side of me. I am so proud that the board saw the need of youth having a voice on the board," she said. And that pride spills over to Jeremy and Lynell, as they see their children and students go forth into the world carrying the musical message of the Texas Southern Gospel School of Music. **NOW**

*Editor's Note: For more information, visit
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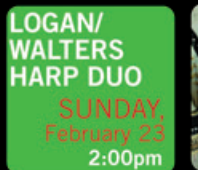
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**At Home With
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Lakeside *Fairytale*

— By Hope Teel



This September, Roy and Meredith Burrell are celebrating their 10th anniversary since moving to Richland Chambers Lake, and they enjoy their waterfront niche just as much today as the first time they set foot onto the lot itself. Reflecting on the years past, their journey to the present time has been one of laughter, friends, learning and love. Having retired once already, they've since started their own business, Old Coach is Nutz, a gourmet nut gift and fundraising business, and they spend their spare time soaking up all the lake atmosphere has to offer.

Roy and Meredith met while teaching together at Martin High School in Arlington. Roy was a football coach, and Meredith was an English teacher — a combination they agreed normally compared to mixing oil and water. “English teachers and football coaches just aren’t natural allies,” Roy said. However, this wasn’t the case with these two, and when Roy finally mustered up the courage to ask Meredith out, the rest was history.

Early in their marriage, Roy introduced Meredith to fishing, and in their spare time they traveled to different lakes on fishing trips. Little did they know, this shared hobby would inspire them to relocate from the city to the rural area of a newly developed lake.

Originally from Chillicothe, Texas, Roy moved to Corsicana in 1963 to attend Navarro Junior College on a football scholarship, and at the time Richland Chambers Lake did not exist, as it didn’t open until 1989. So, when they first heard mention of it, Roy didn’t believe it was there. One day they loaded up their gear and decided to drive down to check it out. “After we had fished for several hours, I said, ‘Roy, out of all the lakes we’ve fished on, I could live on this one,’” Meredith stated. “I never dreamt for a



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minute that we actually would, but Roy had a Realtor within two days. It was like I had said, 'Let's move to the lake!'"

The property hunt began, and the couple viewed many waterfront tracts before finding the perfect spot that encompassed all aspects of the lakeside lifestyle they were seeking. They were drawn to the lot for many reasons including

the beautiful trees, its large size and the eastern exposure, among other factors. "We have the protection of a cove from high winds, but we still have open water views that stretch all of the way out to the dam," Meredith shared. "It just suits us perfectly."

It was 2002 when they purchased the property with the intent to wait several years before building. They soon fell into the habit of weekly visits, commuting back and forth from

Arlington, to admire their future home site. "We started out by driving down on Sunday afternoons to just sit and watch the water until dark," Roy shared, "and then we would drive all of the way back home. One day we looked up and thought, This is pretty silly."

Their love of the area and the peace they found while relaxing under the grove of shade trees, entranced in the beauty of the water, prompted the Burrells to hasten their plans, relocating from the city and out to the lake as soon as possible. "We were planning to wait at least five years before we built, but we couldn't stand it and decided to go ahead and start right away!"



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Meredith laughed. Planning began within the year.

Together, Roy and Meredith drew the house plans, which was a learning process in itself. “We were stumped in trying to figure it out,” Meredith shared. The challenge was in the fact that they wanted a house with a great front entrance and an equally spectacular back. “I think a lake house requires both of those things, because you’re really living at the back of the house, but you still need a nice front entrance — and we just could not figure out how to do it,” Meredith said.

During this time, the couple went to California to visit Meredith’s mother and ended up driving by her grandparents’ old house in hopes of gaining inspiration. Meredith’s grandfather, who was a carpenter, built the house, and it sat on a large hill overlooking orange groves that stretched all the way to the snowcapped Sierra Nevada Mountains. Upon arrival, the house was for sale, and the owner invited them inside. “It was like it had just been captured in time,” Meredith exclaimed. “It was in perfect condition and exactly the same as I’d remembered.”

At one point, she opened a secret closet, in which her grandfather kept his safe, and all of the house plans were inside. As she rolled them out to reveal her grandfather’s handwriting, she admired all of the architectural detail. “It took my breath away,” she confessed. Upon their departure, the owner gave Meredith the plans.

As Meredith explored the house, reliving memories, Roy didn’t leave the living room. Eventually, he grabbed her and said, “Meredith, this is it. This is the house.” As they stood together, staring beyond the wall of windows,



they realized the house was built around the view, which was exactly what they were trying to do. "The philosophy of that house was all we needed," Meredith shared. "So, there are a great many similarities between this house and my grandparents', though we did some things differently, too."

Through thoughtful conceptualization, Roy and Meredith finalized their plans, hired a builder and began construction. The home was complete within three-and-a-half months, and they moved in immediately. In a unique design, they structured the house so every room but one has views of the water, which they noted, was challenging to accomplish. The home also has an open floor plan, a feature that is reflective of both of their personalities and an important consideration in planning. "We really enjoy just having a large, open space where everyone can congregate when we entertain," Meredith shared.

They also built a large covered patio and a big deck for enjoyment of the outdoors. However, Roy's favorite part of the house is the kitchen. "One, because it's very attractive. Two, because that's where Meredith cooks, and she's a great cook!" Roy said. Now, they enjoy every moment of life on the lake, from sunrise to sunset, and they share their joy with their 8-year-old white Labrador retriever, Zoey, who adores the lake and fishing. "We love waking up every morning and watching the sunrise, because the colors are different every day," Roy said.

"We just love that," Meredith added, "and of course, we love our friends. We have made such great friends here. Overall, this has just been a really fantastic home for us." **NOW**



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Blessings TWO Squared

— By Virginia Riddle

Parenthood creates joys, challenges and changes in a couple's life, but for some parents the joys, challenges and changes are played out in multiples of two. Jeremy and Belinda Tipton, graduates in the class of 1993 from Corsicana High School, had planned to fulfill Belinda's lifelong dream of having a large family. Their prayers, hopes and wishes were fulfilled when their first set of twins, Mason and Steely arrived. But wait, there's a twist. As the late Paul Harvey, famous radio broadcaster, would say, "Now for the rest of the story!" When these darling blessings were only 6 months old, Belinda, thinking she had the flu, paid a visit to her doctor. It wasn't the flu. She was pregnant with a second set of twins. "Shocked, to say the least, was how I felt!" Belinda remembered.

Belinda, an only child, loved kids. She had worked as an instructional aide/art teacher at Sam Houston and Fannin elementary schools in Corsicana ISD, and she and Jeremy had been foster parents. When Mother Nature didn't bless them with children, Jeremy and Belinda sought help through fertility treatments. Since twins "run" in both their families, when Jeremy and Belinda found out that they were expecting twins in their first pregnancy, they were not surprised, only overjoyed.

But the challenges arrived when Belinda went into labor early — at just 30 weeks — and Mason and Steely had to be delivered through an emergency C-section at Texas Health Presbyterian Hospital Dallas. As patients in the neonatal intensive care unit (NICU),



Two sets of twins — Gracie and Emma and Steely and Mason — have filled Jeremy and Belinda Tipton's home with joy.

Belinda remembered, "We couldn't even hold the babies for the first two weeks." While still working in Corsicana, Jeremy and Belinda made the trip to Dallas every day to be with the babies during their over two month stay in NICU.

"It was pretty scary and tiring," Jeremy said. Finally, the twins came home with monitors, accompanied by parental anxieties.

Fortunately, Belinda's second pregnancy went well, and Gracie and Emma entered into the family. The challenges of having four babies — one boy and three girls — so close in age, were great. "Going from no kids to four kids in two years was a real financial challenge," Jeremy said. "I bought diapers by the case — two cases per week in each of the two sizes. With growing and active

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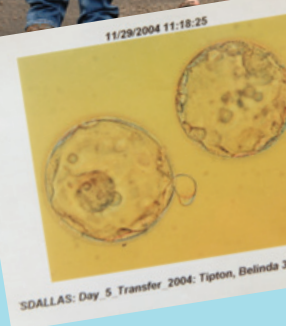
kids, the couple had to start saving for the day when their 'starter home' was not going to be big enough for the family. Jeremy worked three jobs, besides switching his full-time job to Nelson Propane. "My employer has been great. They understand about doctor appointments. I also take on mowing, roofing and house painting jobs," he said.

Belinda is a full-time mother, master planner and organizer. "I don't know how she does it," Jeremy said. Fortunately, grandparents help. Belinda's mother, Thelma Neal, and her grandparents, Raymond and Dealy Barber, as well as Jeremy's parents, David and Paulette Tipton, and Jennie Richardson live in the area. "There is no way to prepare to be parents. You just do it. I'm pretty proud of my parents. They were great role models," Jeremy said.

"My mom has been my life support to our beautiful equation," Belinda added. "The kids love their Gammy."

When Gracie and Emma were about 18 months old, just as a schedule and routine were being established, Belinda became aware that Gracie was not responding to sounds anymore. Tests confirmed that Gracie was autistic and Emma was "in the spectrum." "Gracie didn't want to be touched, and she eventually quit talking," Belinda said. "At first, we knew nothing about autism, but we have learned and become Gracie's advocates."

Help and knowledge came in the form of other parents of autistic children in





the Corsicana area. "All of us mothers work together," Belinda said. One of their projects is to establish a sensory playground for children with disabilities.



The children attend Bowie Elementary in Corsicana ISD. "The teachers have been great. They all really care about our kids," Belinda said. After school, the kids are involved in cheer, gymnastics, baseball, homework, chores and getting ready for bed and the next day. But Mason, Steely, Gracie and Emma also add occupational and speech therapy at BCM Innovative Therapies to their schedules. "Belinda has a plan, and she makes it work," Jeremy said proudly.

"Jeremy's a great husband. He helps me a lot," Belinda revealed. "He got me a new washing machine. It's worth more than a diamond ring to me!"

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teachers and medical professionals is paying off. Jeremy and Belinda moved to a larger home about a year ago. "We are trying to paint and fix up the house ourselves," Jeremy said. Gracie is speaking in whole sentences and making eye and physical contact again. "Her first words, again, were, 'Hi, Daddy,'" Jeremy shared.

The family is busy creating normalcy for them. "When I had four children in a stroller, people thought I was running a day care," Belinda remembered. Belinda's "plan" helps the family get four kids ready for school every morning; keeps the schedule of activities, doctor and therapy appointments; remodels their home; and helps four children with different homework assignments. "Belinda even gives them extra homework to do," Jeremy said.

Each child has developed his or her own personality and role within the family. Mason, the only boy, wants to be first on everything, but twin, Steely, is highly competitive. "She is very competitive in reading and is a second momma," Belinda said. Gracie is very creative with a big imagination, while Emma is a very sweet young lady.

"I'm proud of them," Jeremy said.

"Gracie surprises everyone daily.

Just when someone thinks Gracie can't do something, she proves that person wrong," Belinda said. "If you don't have a child with a disability, you just don't really know what it is like living it daily." Every new challenge is met with baby steps, persistence and hard work.

"You have to be the parent that steps up and does whatever possible so your children can succeed," Jeremy said. "There's hope out there. Educate yourself, and seek early intervention. Be there for teacher conferences, and don't expect someone else to do your job as a parent. Seek out support groups."

"God chose us as these children's parents, because we don't give up. We worked hard to have a family, and now we work hard as parents," Belinda said. "Our joys are immense, and there is never a dull moment!" **NOW**

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Joe Carpenter poses with his daughter, Emma.



His roots in
Navarro
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go back several
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VIABLE, STRONG COMPETITORS

— By Rick Herron

Any preconceived ideas are set aside once individuals visit James L. Collins Catholic School. Situated on 23 beautiful acres and founded in 1955, Collins is a fun, cheerful place full of laughing kids and smiling teachers. It is also the only school in Navarro County associated with and part of the Dallas Parochial League (DPL), a group of 30 schools in the Dallas Catholic Diocese that enables fifth- through eighth-grade teams to compete each year in sports, such as: baseball, basketball, golf, football, soccer, softball, swimming, tennis, track and volleyball.

Joe Carpenter, league athletic director at Collins, can look back at the year he's been at Collins and definitely smile. Under the guidance of Joe and his associates, Collins has emerged as a viable, strong competitor within the DPL. "We've been part of the DPL for several years now," Joe said. "Last





Coaches Kimberly Hacker, Cal Bwicheilug, Dale Folmar, Rachel Franks and Joe Carpenter.

year, we had a softball team competing, and this year, we have two girls' volleyball teams competing — the varsity team of eighth-graders and the sixth-grade team.”

As part of the DPL, Collins Catholic School regularly plays against Dallas area schools, such as All Saints, Bishop Dunn, Christ the King, St. Monica's and St. Rita's. Within its Division 3 category, Collins has racked up an impressive record. “In varsity, there are three categories: Division 1, which is the most advanced; Division 2, which is less advanced; and Division 3, for smaller schools like Collins,” Joe said. “Our varsity boys' basketball team made the quarter finals this year, and we were runner-up in volleyball. Three years ago, we even won the championships in basketball against Bishop Lynch High School in Dallas!”

In the fall of 2013, Joe expects to have Collins' first co-ed volleyball team ready to compete. “It's a new idea we are working on, and we are really excited about getting it going,” Joe said.

In his role as athletic director, Joe works closely with Collins' assistant coach, Cal Bwicheilug, whose oldest daughter, Calie, participates in eighth-grade sports at Collins. Joe and Cal believe there are numerous advantages, for both coaches and students, in being part of the DPL. “It's a controlled environment with a governing body that enforces league rules,” Joe explained. “All coaches have to go through Play Like a Champion (PLC) training, which includes a lot of training on sportsmanship and how to work best with parents and all of the kids.”

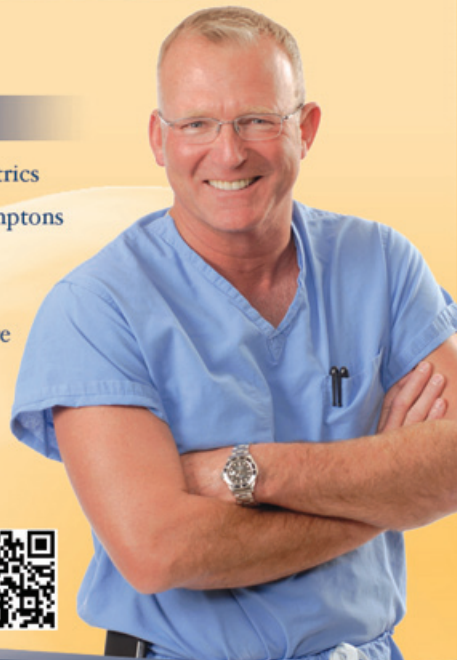
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When he's not being the school's athletic director, Joe teaches physical education for students in kindergarten through the eighth-grade and is an insurance agent with Polk Insurance. He grew up in Corsicana, is married and has an 8-year-old daughter, Emma, who he says loves coming to school at Collins. His roots in Navarro County go back several generations, when his grandparents sold Carpenter Hot Tamales in Corsicana many years ago.

The teams from Collins practice regularly in the school gym and have the added benefit of being able to use the Corsicana High School gym for playoff games. "The Corsicana Independent School District works so well with us when we need to use the high school gym," Joe shared, "and they are really great people."

Collins began participating with the DPL about 10 years ago, and Joe knows the new principal at Collins, Renee Ozier, is committed to continuing the tradition. "She is from St. Monica's, so she is already familiar with the enormous benefits that participating in the DPL provides for the kids and our school," Joe said.

One of those benefits is the ability, through the DPL rules and regulations, to give students a very positive experience early in life with competitive sports. "When they leave Collins to go to public school, as most of them will do, they are

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wonderfully prepared to fit right into the rules and regulations of the University Interscholastic League (UIL), the entity which governs that environment,” Joe said. According to its Web site, the UIL exists to provide educational extracurricular academic, athletic and music contests. It was created by The University of Texas at Austin in 1910 and has grown into the largest non-parochial, inter-school organization of its kind in the world.

The DPL enables coaches, parents and students the opportunity to enjoy competing at games that echo an environment reminiscent of the 1960s




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and 1970s. "Before every game there is a prayer," Joe said. He compares the DPL to the UIL in that they share similar rules and regulations, although there are a few differences. "One difference is that the UIL only allows participation to begin with seventh-graders, whereas DPL lowers that requirement to fifth-graders," he said, adding that, for games, the DPL rules are used primarily and, when necessary, supplemented with rules from the UIL. "It's the best way to prepare our kids, starting in fifth grade, for the eventuality of competing under the UIL rules and regulations later," he added.

Joe's effectiveness as athletic director is possible only through the help of assistant coach Bwicheilug and all the volunteer coaches who give their time and experience so willingly. "I appreciate all of them — Del Folmer, Susan Biltz and Kimberly Hacker," he said.

Joe is committed to getting the word out about the great sports programs at Collins Catholic School. "I know people don't send their kids to Collins because of sports, but I think everyone should be aware of what a great sports program we do have in place here," he said. He emphasized, in order to participate in DPL competitions, a student's grades have to be kept at a certain level, and the coaches do not hesitate to pull a student from the game if grades are not "up to snuff."

If there is one thing Joe and his staff of assistant and volunteer coaches consistently see at every practice and game, it's a pervasive and lasting positive attitude that is shared by all of the Collins team players. "We rarely see anyone with an attitude problem," he stated, "something I attribute to both the Collins' school environment, which is excellent, as well as the continuous positive reinforcement from the DPL." **NOW**

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Closed Sundays



YMCA staff and volunteers provide a wide scope of activities for people of all ages.

Something for Everyone

The YMCA of Corsicana brings the community together.

— By Virginia Riddle

The year was 1884, and with the arrival of the railroad during the previous decade, Corsicana had become a bustling town in need of a Christian place in which men could meet. During the 1890s, the discovery of oil made Corsicana an overnight boom town, attracting many young men to jobs. Throughout its 129-year history, the Corsicana YMCA has evolved to address the needs of generations of Corsicana area residents. “The YMCA provides a place for all individuals — youth, senior citizens and families — to participate, interact and make lifelong friendships through the many different programs,” Terry Seth, executive director, said.

YMCA’s mission statement is designed to promote youth development, healthy living and social responsibility: “To put

Christian principles into practice through programs that build a healthy spirit, mind and body for all.” A visit to this nonprofit’s Web site or to the friendly receptionist at the front desk will provide visitors with a listing of the wide scope of activities offered. “By providing the nursery, we literally offer programs from cradle to grave,” Terry said. Areas for exercise include: the Cybex machine room, aerobics room, cardio room, weight rooms and indoor track and racquetball courts. Dressing rooms with showers and lockers are available to members. Members may exercise on their own or join one of the many group exercise classes, which focus on making exercise possible for different ages and ability levels. Professional sports careers have resulted for some of the kids who have gone through

the YMCA's sports teams.

Some YMCA programs are located outside of its building and grounds. After-school programs are held at Bowie, Carroll and Fannin elementary schools in Corsicana ISD. Additionally, the YMCA sponsors a mentoring program for students of all ages on Corsicana ISD campuses. Camp Wanica, located seven miles southeast of Corsicana, is used for summer and spring break camps.

Community events and programs are often a result of collaboration between the YMCA and other groups. The Jingle Bell Jog, Healthy Kids Day, CPR, first aid training, lifeguard training and certification, the annual "Back to School" rally and the hosting of community health fairs, Healthy Woman events and the state-wide youth soccer tournament are events that involve groups such as Corsicana ISD and Navarro Regional Hospital. The soccer tournament brings over 30 teams into Corsicana for a weekend — a boost to the local economy.

The Optimist Club is not the only community service organization to meet in the Optimist Room. The Corsicana Rotary Club, VITA Tax Assistance and the Noon Lions Club share the space on different dates and times. This room, along with Gyms A and B, the pool and patio area and the play area can be rented by groups and individuals for parties and meetings. The vending area provides a gathering place around the coffee pot, and Wi-Fi recently became available to members. The YMCA is a member of the Corsicana and Navarro County Chamber of Commerce and YMCA USA.

Membership fees and donations help pay for services. Scholarships are made available to youth, and the YMCA is a United Way Agency. "Staff couldn't offer all of our programs without volunteers from the community. Coaches for all the youth sports teams are volunteers, as are the members of the board of directors. This community has been unbelievably supportive of the Y," Terry said. "The YMCA makes a difference in lives." **NOW**

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Presley Jock (center) receives a \$1,500 scholarship from Roy Messick, VVA Chapter 1009 President. Celebrating with Presley are her parents, Paul and Breana Jock and Mildred ISD counselor, Tiffany Morgan (far left).



It's a fast and furious feast at the Derrick Days Wing Eating Contest.



Teens Aiming for a Cure join cancer survivors in the opening ceremonies at the Relay for Life of Navarro County.



Twilight Home staff members participate in the Relay for Life of Navarro County.



Everyone celebrates at the 2013 Navarro College Student Appreciation Banquet.



Community Care Club members, Camen Cashat and Susan Pokorski, host the drink booth at the Lakeside UMC Relay for Life Music Festival.



The Navarro College sign language class performs at The House of Refuge's "Glorious" benefit.



Ron McGaba, Corsicana's Assistant Chief of Police, greets members of the Mystic Rose Social Service, Inc. at the opening of the newly remodeled police station.



Mutt Dorsey and Vicki Lewis, mother and daughter, lunch together during the Kerens Library Author's Luncheon.



Dancers at the Fifth Annual Micronesia Festival have lots of fun.

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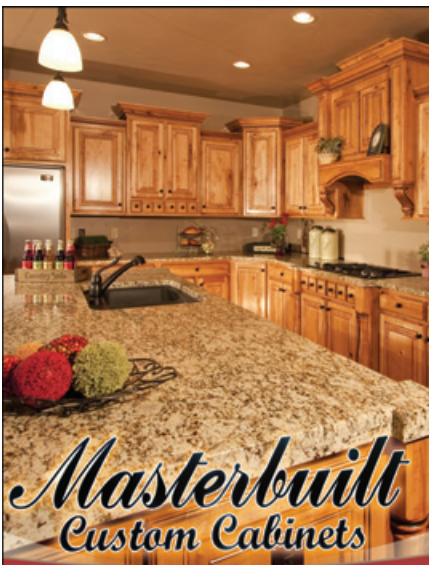
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How Much Can You Expect From Social Security?

Determining your Social Security benefits is an important aspect of retirement planning, especially if you plan to rely on them during your retirement years. Nine out of 10 Americans age 65 and older receive Social Security benefits, according to the Social Security Administration (SSA). The majority of recipients depend on these benefits for about half of their income. In June 2010, the average monthly benefit for retired workers was \$1,176.

You can get an estimate of your benefits at the SSA Web site. The Retirement Estimator calculator accesses your Social Security earnings record when you provide your name, Social Security number, date and place of birth and mother's maiden name. Keep in mind that even though the estimate is based on your actual earning record, it is still only an estimate. Your actual benefit amount will be determined when your benefits begin, and will probably vary slightly from your estimate due to updates in your earnings record, inflation and assumptions the calculator makes about your future earnings and length of employment.

Wondering how the U.S. government determines Social Security benefits? Besides how much you earn during your lifetime, the calculation is based on your full retirement age, when you retire and whether you continue working while collecting benefits.

Full Retirement Age

Your year of birth determines your full retirement age, or the age at which you are eligible to receive your full retirement Social Security benefit. Those born in 1937 or before have a full retirement age of 65. The full retirement age increases slowly for

those born after 1937; at 1960, the full retirement age hits and remains 67.

Retiring Early or Late

You don't have to wait until your full retirement age to retire. You can retire either earlier or later, although both will affect your Social Security benefits. You can begin collecting benefits as early as age 62 — but doing so reduces your benefits by as much as 30 percent. Keep in mind that your benefit amount will not readjust once you reach full retirement age. The reduction is permanent, to compensate for drawing on Social Security for a longer period of time.

Delaying retirement increases your benefits. In addition to adding years of earnings to your Social Security record, you'll receive a delayed retirement credit until age 70.

Working During Retirement

You can work after you begin collecting Social Security, but your benefits will be reduced \$1 for every \$2 you earn over the current earning limit until you reach your full retirement age. Good news, though: Once you hit your full retirement age, your benefits are recalculated, taking into account the months that benefits were withheld. Plus, you can then work as much as you want, with no earning limits.

Know Your Benefits

Take into consideration the factors that determine your Social Security benefits when you're deciding when to retire and when to begin collecting benefits. Knowing how much you'll receive, and when, may be a key factor in planning your retirement years. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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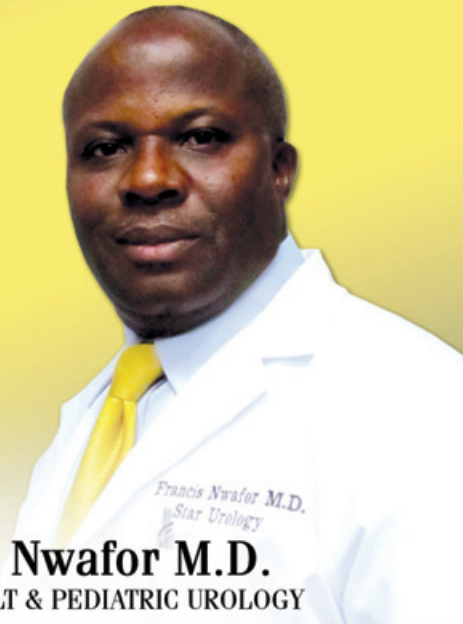
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Just like your paper medical file, information in your EMR is protected by federal Health Insurance Portability and Accountability Act (HIPAA), which maintains and protects the privacy of patient medical information, as well as the secure handling of electronic information and personal data. An EMR is digitally stored on a safe, secure site, and only you and your medical providers — and others you grant access to, in writing — may access the information.

EMRs are transforming the way patients receive care, by promoting better management of patient medical information, improving quality of care and enhancing the flow of information between patients and their physicians.

Using an EMR, your physician and other specialists involved in your care can collaborate seamlessly, sharing information in real-time. In addition to archiving past health information, EMRs are used to document your current care and health status, prescribe medication, as well as take care of routine details like scheduling an appointment or a surgical procedure.

The chief advantages of an EMR are increased efficiency, seamless sharing of medical information between medical professionals involved in your care and better accuracy. One of the biggest benefits is your physician can quickly find and view your personal data. For example, diagnostic test results can be analyzed and shared more quickly with you and other specialists involved in your care. Or, if you are referred to a specialist, your EMR will “travel” with you, so your specialist can immediately access your medical history and have current information to help with treatment decisions. If you are admitted to the hospital, then discharged back to your primary care physician for further treatment, your doctor may have electronic access to your hospital chart, labs and imaging studies — viewing all information right from his or her office, if all care providers are using compatible EMR technology.

A chief advantage for the physician is the streamlining of patient care and avoidance of duplicative tests and treatment. Your doctor can view past diagnostic tests and results, rather than administering a new test, saving time and out-of-pocket medical costs, as well as enhancing care.

An EMR also helps with proper medication administration and safety. When your doctor prescribes medication for you, an EMR provides a record of the proper medication and dosage, as well as any other medications you are taking. This helps ensure you receive the right medication, as well as monitors and prevents any possible interactions with other medications. An EMR is a safe, secure way of storing your medical data for access and use by medical professionals who care for you — and it helps promote efficient, appropriate and quality care. **NOW**

Xavier Villarreal is the Chief Executive Officer at Navarro Regional Hospital.

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

Corsicana YMCA Day Camp: 7:30 a.m.-5:30 p.m. For more information, call (903) 872-2412.

Boys & Girls Club Summer Camp: 10:00 a.m.-5:00 p.m., **Mondays-Fridays**. For more information, contact Mary Wilson or Tasha White at (903) 872-9231.

July 4

Freedom Festival: 6:00 p.m., I.O.O.F. Park. For more information, contact Cara Wilson, Corsicana Parks and Recreation Department, at (903) 654-4874.

July 9

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

July 11, 18, 25

Corsicana Public Library Summer Programs: 10:30 a.m. For more

information, call (903) 654-4810.

July 12

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

July 13

"Acoustic Wine Down": 4:00-9:00 p.m., downtown Corsicana. For more information, contact Wrenda Freeman (877) 648-2688 or visit www.corsicanamainstreet.org.

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In The Kitchen With Jan Warren

— *By Virginia Riddle*

For Jan Warren, four is a wonderful number. Born in the month of July, Jan enjoys celebrating her birthday with 50-60 family members and friends on the Fourth of July at the lakeside home she shares with her husband, David. Jan honed her cooking skills while preparing food for her four children. “I was so lucky. The kids ate everything,” Jan remembered.

Additionally, the Fourth of July is a celebration of Jan’s family heritage, since she serves as regent for Corsicana’s James Blair Chapter of the National Society Daughters of the American Revolution (DAR). “I love to cook the fattening, gooey stuff. Everyone just loves these recipes. We eat and eat,” Jan revealed. **NOW**

Coleslaw

Serves 6.

- 1 lb. cabbage, shredded
- 2 tsp. kosher salt (divided use)
- 1 Tbsp. sugar
- 1 Tbsp. vinegar
- 1/2 tsp. Creole mustard
- 1/2 tsp. pepper
- 3 carrots, shredded

1. Combine cabbage and 1 tsp. salt; let stand 2 hours. Rinse; drain well.
2. Dissolve sugar in vinegar; stir in mustard. Add to cabbage.
3. Add pepper and carrots and remaining tsp. of salt; mix well and refrigerate.

Pinkies

Serves 25.

- 3 roasted poblano peppers, chopped
- 6 green onions, chopped
- 1 4-oz. jar chopped pimentos, drained
- 1 Tbsp. garlic, chopped
- 1 tsp. salt, or to taste
- 2 1/2 cups Miracle Whip

- 4 cups sharp cheddar cheese, coarsely shredded
- 2 cups mild cheddar cheese, coarsely shredded
- 2 jalapeños, or to taste, finely minced

1. Roast poblano peppers over an open flame (gas grill or range) until skin is charred. Place in Ziploc bag to steam. Wash skins off; discard seeds.
2. Mix in the next 4 ingredients; let sit 15 minutes.
3. Stir in Miracle Whip; add both cheeses.
4. Stir in jalapeños; let sit overnight. Serve with hard chips or toasted baguettes.

Grilled Fresh Corn With Basil Butter

- 8 ears fresh corn, husked
- 1/2 cup softened butter
- 1/3 cup basil, finely chopped
- Salt and pepper, to taste

1. Place each ear of corn in individual foil sheet large enough to wrap around the ear.

2. Spread butter on ears, covering completely.
3. Sprinkle each ear evenly with remaining ingredients; add a few drops of water to each packet; seal.
4. Place packets on grill for 10 minutes; turn 3 times.

Maxwell Pulled Pork

Makes 8 sandwiches.

Wet Mop Sauce:

- 1 cup white vinegar
- 1 cup apple cider vinegar
- 1 Tbsp. dark brown sugar
- 1 Tbsp. red pepper flakes
- 1 Tbsp. black pepper
- 1 Tbsp. salt

Barbecue Sauce:

- 1 cup apple cider vinegar
- 1 cup ketchup
- 3 Tbsp. dark brown sugar
- 1 Tbsp. yellow mustard
- 1 Tbsp. molasses
- 1 tsp. salt
- 1/2 tsp. red pepper flakes

Pork Rub:

- 3 Tbsp. dark brown sugar
- 2 Tbsp. Cajun seasoning
- 1 Tbsp. salt
- 1 Tbsp. ground cumin
- 1 Tbsp. paprika
- 1 Tbsp. black pepper
- 4 lbs. boneless pork butt
- Sandwich pickles, optional

1. For sauces: Mix ingredients for each sauce the night before to allow flavors to blend.
2. For pork rub: In a bowl, combine sugar and spices.
3. Rub seasoning mixture evenly over pork butt, thoroughly coating meat.
4. Cover tightly with plastic wrap; refrigerate at least 4 hours or overnight. Preheat oven or smoker to 225 F; bring meat to room temperature. For smoker: Place on smoker rack, fat side up; baste with wet mop sauce every 45 minutes. Smoke 5 hours; wrap in foil with opening at top to allow for continued basting. For oven: Place in roasting pan, fat side up; baste with wet mop sauce every 45 minutes.
5. Cook until tender and internal temperature is 160 F. Remove from heat; let rest for 20 minutes.
6. Remove fat; pull pork apart into small chunks. Toss with barbecue sauce.
7. Build sandwiches with buns, coleslaw and pickles.

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