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CorsicanaNOW

M A G A Z I N E

August 2009

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Jimmy Hale



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trees! Carolyn 903-467-8145



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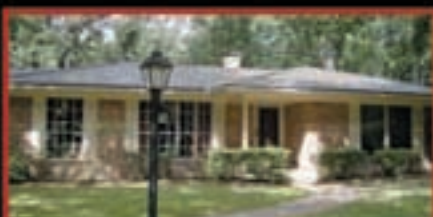
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Two Sides to Every Story



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The Corsicana Tigers are
ready to kickoff a new
school year!

Photo by Terri Ozymy.

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Joyce Hagens • Lynda Housley
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Jaime Ruark • Beverly Shay

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Cherie Chapman • April Gann
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Brande Morgan • Pamela Parisi
Jennifer Wylie
Photography, Terri Ozymy
Natalie Busch • Ivey Photography

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Editor's Note

Dear Readers,

There is so much going on around town this month — fun, exciting events some of which even include the pets. Do not forget to take the dogs down to the city park on August 16 for the annual Pooch Paddle and let them cool off in the city pool before they drain it the next day.

It is time for the children to start thinking about heading back to school. This year, Corsicana High School students will kick off the new school year with a new head football coach. We hope you will enjoy reading not only his story, but all of the stories in this edition of *CorsicanaNOW*.

Wishing you love and kindness always,

Samantha Daviss

CorsicanaNOW Editor



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Val Boales
Office Manager

Our featured employee this month is Val Boales. Val was born and raised in Corsicana and has lived in Corsicana all but about 9 months of her life. She graduated from Corsicana High School in 1972 and took courses in college for shorthand and bookkeeping. She has been a secretary, bookkeeper, truck driver, self-employed company owner, cattle rancher and office manager for 15 years. She is also a wife and the most important job of all, mother to two children, of whom she is very proud. January Zell is married to Robert and they live in Westchester, Illinois, and Tre' Riecke who lives in Denton, Texas. Val found the love of her life, Kim Boales, 14 years ago; he is a project manager for Brandt Electric in Dallas.

CURRENT MONTH TAX TIPS:

****The residential energy efficient property tax credit has been increased to \$1,500 for qualifying energy efficient improvements.**

****For those of you who can claim child and dependent care credits, don't forget day camp costs can count as well.**

****Summer is for weddings, so for those recently married, don't forget to change your W4s at work, your filing status is determined by your married status at 12/31 of each year. So if you are married, your choices are married filing separately or married filing jointly. Be sure to notify Social Security Administration of your name change and IRS of your address changes.**

****Minimum wage went up again in July of 2009 to \$7.25 per hour, so be sure you are in compliance.**

****Extensions? Yes, they are due October 15th for individuals and September 15th for corporations. Hurry!**



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Learning to Dream

— By Joan Kilbourne

Have you ever wondered what might be going on in the two-story home with the Dream Center sign across the street from the courthouse? Thelma Harvey, director of the Dream Center, describes her work there as a faith-based ministry. This nondenominational service is one of about 150 facilities affiliated with the Dream Center in Los Angeles. “This is not just a shelter; it’s a program based on the belief that only God can change a heart,” Thelma said. The program offers a structured daily routine to help individuals who want to leave a chaotic lifestyle behind and learn how to live a responsible, productive life.

Seven years ago, Thelma had a dream of her own. She had experience working in an organization, whose criteria for service were structured to include some people and exclude others. Thelma thought there should be a place that welcomed



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anyone who needed to be there. Some would say Thelma's dream was, at best impractical, and at worst, impossible. However, she was persistent, and that made all the difference. The people who came to her were struggling with drug and alcohol addiction or mental illness. Others who came to the door were newly released from jail and a few were young adults released from



the Texas Youth Center with no home to return to. They all had two things in common. They were, for a variety of reasons, homeless and they had no dream of a better life. Thelma explained, "They had no experience of what it would be like to work a responsible job while making plans for the future. They have no image of themselves as a person with positive relationships with family, co-workers or the community."

The people who come to the Dream Center can learn how to have a dream for themselves. After a long time in a dysfunctional life, it takes time and guidance to find their dream. "We don't allow residents to take a job right away," Thelma said. "They need some time to work on themselves. Many need six months to a year to practice this new way of life. Unfortunately, not everyone is ready to stay long enough." It is important for a person, whose life has been chaotic, to experience a more structured way of living. The Dream Center program is organized into specific

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times of the day when residents eat, sleep, pray, study and work.

The program is staffed by a couple, acting as house supervisors; a licensed counselor; and volunteers who teach classes. The daily routine determines wake-up time, breakfast, Bible study and class time. On Tuesday evenings, a minister from a local church leads a service in the house. On Sunday, residents

attend church service together. Two nights a week, Narcotics Anonymous and Alcoholics Anonymous meetings are held in the house and are open to the public.

"My favorite thing is to teach," Thelma explained. "I love these people. We have classes in anger management and money management. Most of what we do is based on Rick Warren's book, *The Purpose Driven Life*."

The present Dream Center has enough room to house about 12 residents. After Hurricane Katrina, the center

The Dream Center program is organized into specific times of the day when residents eat, sleep, pray, study and work.

made space available to people who were transported from a group home in Louisiana. When Hurricane Ike came to Texas, the same generous people made room for the residents of a group home in Texas. "Our residents



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gave up their beds and slept on sofas and on the floor to accommodate them," Thelma added.

Thelma's new dream came from this experience of offering housing that was beyond the capacity of the Dream Center. "We need more space for local people; perhaps an apartment building, so our residents can make a transition from this very structured lifestyle. They could be more independent and still be connected to the program and to people who would provide guidelines

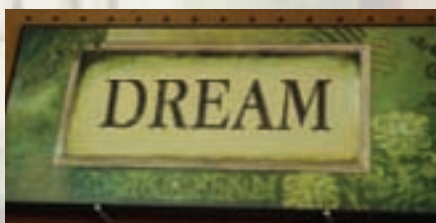
"They had no experience of what it would be like to work a responsible job while making plans for the future."

and encouragement," she explained. "The nursing home on Second Street was donated to us, and it would have been perfect for our needs. We were working to fix it when vandals broke in to steal copper and plumbing, and in doing so, they destroyed the structure so that the place was uninhabitable and had to be torn down."

Loss of the larger facility was a disappointment. "Over time, I have had more disappointments than successes with the people I want to help," Thelma reflected. "Someone said to me, 'When I have a disappointment, it just happens to me. But you ask for it.' I had to learn not to let one person's failure get me down so that I'm no good for the next person. Besides, it's worth it to be helping so many people. After five years, a man came back here and said, 'You saved my life.' You can't make a

salary big enough to match that.”

Prior to starting the Dream Center, Thelma had earned a master's degree in education and taught a fifth-grade class in Corsicana and then a ninth-grade class in Mildred. She taught in high school and she was on the adjunct faculty at Navarro College. She taught English, developmental writing and English as Second Language classes. “I returned to Corsicana when I married because my husband and his family live here,” she said. “Then in the '80s, a family



situation changed my focus from teaching children to the problems of adults and, specifically, the lack of appropriate facilities to help adults with problems.”

Thelma connected with the Dream Center program in Los Angeles. “At first it was exciting and fun to start the program,” she admitted, “but the people working with me left after three months. I had to locate other people who could believe in what we are doing and have endurance. I don't know how to give up. It's just not part of me. I wanted to stay here in Corsicana. I like dealing with people I know when I go to the beauty shop, restaurant or bank. We manage to keep going with private donations, some trust funds and some of the churches help us. A few of the residents pay a portion of their SSI payments and others pay nothing. We don't want to turn anyone away because they cannot pay.”

Thelma has a daughter and four grandchildren living in Tyler. “That is too far away,” Thelma said. She would like to move closer to them, but she is not ready to end her commitment to the Dream Center. “God called me, and He hasn't told me it was over yet,” she said. **NOW**

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Restoration of Beauty

At Home With *Jimmy Hale*

— By Samantha Daviss



Not being a native of Corsicana, Jimmy Hale has definitely made his mark on this community in more ways than one. “Growing up as a sharecropper’s kid in northern Mississippi then moving to Memphis when I was around 8 or 9 years old, I am certainly no stranger to the small-town life,” Jimmy stated. “I love the small-town lifestyle; it is slower and nicer than the big city.”

Jimmy is the owner and operator of several Orkin Exterminator branches. “I remember the day I came home and told, Mary, that I would be killing bugs for a living,”



Jimmy said. "Admittedly, she wasn't too keen on the idea of her husband 'killing roaches for a living.' But after a while and the life we were leading together, she got used to the idea."

Because of his job, Jimmy and his family were privileged to live in several places around the United States, like New Orleans, Louisiana, and Sacramento, California. After about 20 years with



the company, their relocation to Corsicana was instigated by Mary. Having grown up in the Hillsboro area, she longed to move "back home." They moved into the Carriage District of Corsicana on Third Avenue.

In 2000, Jimmy and Mary purchased the home that they almost let slide through their fingers. "I remember, we lived next door," Jimmy said, pointing to the beautiful wood-framed house to the west of his home, "and our neighbor asked us if we wanted to buy this house. My wife, Mary, took me in the back room and insisted that she have the house," Jimmy said smiling. The



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house soon became theirs.

Even though restoration and demolition is not Jimmy's full-time job, it is definitely a passion and hobby for him. After 14 months of extreme renovation, which included new plumbing and new electricity throughout the home, new flooring and a new kitchen, the Hales were able to move into the residence. "I will never forget when Mary selected the color for the outside of

the house. I thought I was in the Army or

something," Jimmy said, pointing to the soft hue of green, which accents the white trim and lead-paned glass windows." Even though the color may not be to Jimmy's personal preference, the house itself is the perfect wood-framed house that you might expect to find illustrating the pages of a novel set at the turn of the century.

Built in 1900, this 3,500-square-foot house, complete with four bedrooms and a third-floor attic, has been completely restored to its original glory. Jimmy and Mary put their hearts and souls into it.

"We completely gutted the kitchen; the walls are still in their original places, but everything else has been replaced, except for



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Tim Cooper, a member of our Board and founder of Cooper Farms, reflects the hardworking spirit and character of Fairfield. Tim began his career in farming when he was only ten years old, working at the Fairfield Peach Farm during his summers. When he turned 18, Tim began planting his own peach orchard, and Cooper Farms was born.

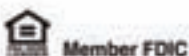
From the early days of the business, Tim and his wife Kathy have understood the power of work ethic and frugality. There were no outside investors in Cooper Farms. The business grew because Tim and Kathy delayed personal luxuries, instead investing both their time and finances back into Cooper Farms.

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It's deep roots like these that make us proud to have Tim Cooper in our community. He intimately understands the needs of hometown businesses, making him an integral member of the Board of Directors at Community National.



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the gorgeous Chambers Stove that is at least 70 to 80 years old out of Oxford, Mississippi,” Jimmy explained. “I would be willing to bet that my two great-uncles probably worked on this stove, seeing how they were employed at the Chambers Stove factory for years.”

The craftsmanship of the house and the detail laid in every corner is quite obvious to visitors, and the detail and care, with which the restoration was done, make it surprising that home renovation is actually not Jimmy’s full-time job. The beautiful wood floors in this old, classic house are a single plank in length. Each plank of wood extends the entire length of the room it is covering, with no seams in between. “The floors are completely

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- Associate Professor, Baylor College of Dentistry, Dallas
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refinished. They had been covered with some trendy Formica flooring, but we came in and stripped them down, sanded them, and then had them refinished,” Jimmy said.

Another huge undertaking was the remodeling of what is now known as “Jimmy’s room.” When the couple purchased the home, it was a sun porch with completely rotted-out floors. Today, located on the second floor, with three exterior walls banked in windows, the room is the perfect place to wake up to the sunlight or nap to the rhythmic sounds of a thunderstorm.

When Mary lost her battle with cancer in April of 2006, Jimmy kept her memory alive. There are still many items



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found throughout the home that keep her in Jimmy's daily life. For example, the dining room set came from Mary's parents' house, and pictures of her will honor her memory for years to come.

The beauty of their life together definitely shines through the craftsmanship and detail they incorporated into the home. The marble fireplace came out of the old First State Bank in downtown

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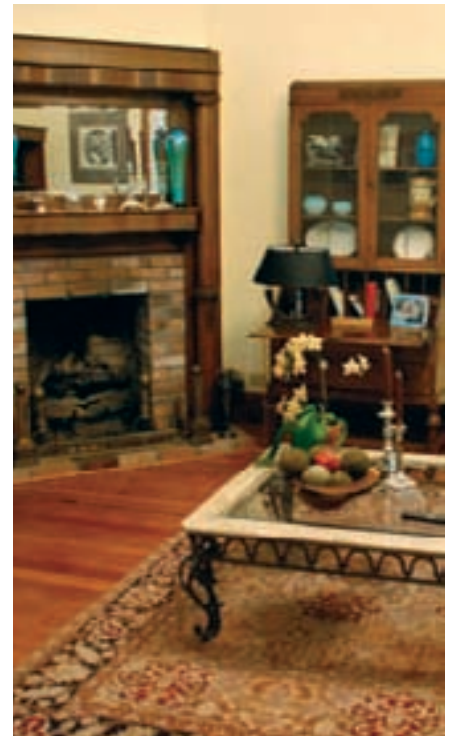


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Corsicana, which is currently being renovated by another craftsman. The passion Jimmy and Mary shared for flowers and plants is evident in the beautiful green house located behind the home. Each plant has its place and is meticulously cared for by Jimmy and Liz. "Liz is like my right-hand gal; I wouldn't be able to function without her," Jimmy explained, praising the presence of Liz in his life. "Liz is married to a wonderful man; his name is Raphael, and her two children, Carlos and Alex, are like my kids. We essentially are one big happy family." Aside from her assistance with Jimmy's needs, Liz is also an incredible painter and artist. Most of the paintings hanging throughout Jimmy's house have been done by her.

After Mary passed away, Jimmy was sitting on his front porch one evening, with Liz and Raphael, admiring the old, dilapidated Halbert House across the way. In a flash of inspiration, Liz encouraged Jimmy to purchase the home and fix it up, and this is exactly what he did. His desire and passion for turn-of-the-century renovation, produced a wonderful thing for the community — the preservation of a thing of grandeur and beauty. **NOW**

FAIRFIELD HAPPENINGS

— By Kelly Kovar

New Fairfield Independent School District Superintendent Katie Ryan came on board in March. "It was nice to get in on the end of the school year and begin meeting a few people," Katie said. "I came from a district with 900 students to Fairfield Independent School District, which has 1,800 students. I liked the district's reputation; they were very attractive."

Katie is eagerly anticipating her first full school year in Fairfield. "The thing I am looking forward to the most is opening our new high school addition. We will have three science labs, two computer labs and two Spanish language labs." Construction on the addition began last March and should be finished just in time for the students to arrive for the new school year. Fairfield is also building a brand-new intermediate school this year for all students in grades three through five. The opening of the intermediate school is



planned for the start of the 2010 school year.

"Since I started in March, I was able to be involved in hiring eight new teachers for the district," Katie said. "They are spread out from kindergarten through high school, including a new kindergarten teacher and a new second grade teacher. I think it is so great that the Chamber of Commerce sponsors the New Teachers Breakfast for the incoming teachers." The breakfast will be held on August 18.

"I am loving Fairfield," Katie said. She now has a house here in Fairfield and has embraced the community. "I can't wait for the school year to start!" **NOW**

To provide information about upcoming events and activities in the Fairfield area for October and November, e-mail kkovar@nowmagazines.com and put "Fairfield" in the subject line.

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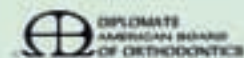
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Have a Heart Volunteer

— By Samantha Daviss

Forty-five years ago, a group of people gathered and started recording the memories, triumphs, charitable events and heart-warming activities that go on within the walls of what is now known as Navarro Regional Hospital. The work is done through the creative abilities and talents of the men and women of the hospital's auxiliary group.

"Our scrapbook has won first place several times," Susan Stites stated. "In fact, we won best overall scrapbook and tray favors in 2007."

"This year's competition took place on June 5 and 6 in San Antonio," Shirley Bowen stated. In addition to the scrapbook, the committee brings other items to the competition to be judged in other categories. These include: tray favors, a newsletter and a poster, which doubles as marketing during the competition.

"We must take six tray favors to be judged at the competition;

they have specific requirements, such as height, size and other things," Susan explained. Basically, they must be able to fit under the lid used for food on hospital trays. "We typically make one for every holiday, to lighten the spirits of our patients; then we select our six best to take to competition."

There are various categories in which each hospital can win, and the judging is primarily done on the creativity and originality put into each project. "We are categorized by the number of beds our hospital has," Shirley explained.

"So, that means we aren't up against a hospital like

Baylor Medical; we are up against other hospitals our size. Everyone was really excited to be going. We are so proud of our team; we came home with second place on the scrapbook and the tray favors, and first place on the poster."

The project is very much a team effort. This year's scrapbook committee consists of six extremely talented and selfless individuals — Susan Stites, Cleita Ferrell, Martha Washburn (with some additional help from her husband), Sandra Curtis, Winona Stewart and Shirley Bowen. Each of these women has hidden strengths and talents, which they bring to the table when creating this wonderful work of art.



One of the main competition guidelines is that each auxiliary group must work on the project together, within the hospital walls. "That means that no one individual may take the book home with them and work on it in its entirety," Martha Washburn explained. "We must all work on it in our spare time up here at the hospital."

The pages are put together pretty much like any other scrapbook. The timeline of the events, photos and newspaper clippings are organized; then the theme of the scrapbook is followed throughout its entirety. In addition to her commitment to the scrapbooking committee, Martha Washburn was also the president of the auxiliary this past year. "One of the primary responsibilities of the president is to select the theme of that year's scrapbook," Susan explained. The theme Martha chose was "Have a Heart — Volunteer." All the pages, borders and construction paper are cut out and designed specifically to carry this theme throughout the book. The color scheme for this beautiful 96-page scrapbook includes white and a wonderful array of pink and red hues.

Aside from the detail put into this scrapbook, the committee must also pay attention to their cataloging efforts throughout the year. "It is the historian's job to collect newspaper clippings, take photographs and keep up with all the goings on that we have done over the past year," Shirley explained. "We typically start working on the book in February, to get ready for the competition each June. So, the week before competition, we are really working hard to finish up minor details."

"We all really enjoy working on the projects together," Susan said. "We definitely enjoy the camaraderie." "But there are times when we each have different thoughts or direction, so every now and again we do have intense fellowships," stated Cleita Ferrell with a smile.

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Even though the competition is fierce and the title is coveted, the dedication and hard work of the committee never loses sight of why they do what they do. They do it for the preservation and enjoyment of the hospital and all of their efforts are for the community.

The scrapbook itself is a definite thing of beauty. It is a culmination of thoughts, organization and hard work, bound into one beautiful keepsake and memory book, detailed down to every photo and clipping that is framed by a



hand-cut and placed construction paper frame. Even if they do not win every single year, it is definitely an item the members of the hospital staff and patients will be able to enjoy for years to come — and they are always looking ahead to the next competition. “My husband, Charlie, is the president this year, and he has already selected our theme [for next year], which will be ‘Volunteers Shine at the Hospital,’” Martha explained.

If you are ever in the hospital and you have a minute, stop and ask one of the “pink ladies” to see their scrapbook; they would love to share with you all the memories they have helped create over the past few years. **ARTS NOW**

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A photograph of Phil Castles, a man with short brown hair, wearing a blue button-down shirt and dark pants, standing on a green football field with his arms crossed. In the background, the blue and yellow seats of Tiger Stadium are visible, along with the stadium's name "TIGER STADIUM" on a blue structure at the top.

Sports
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Building on the Tiger Tradition

— By Joan
Kilbourne

Phil Castles is clearly enthusiastic about his job as the new head football coach at Corsicana High School (CHS). “Look out that window,” he said, indicating the view from his office at the end zone of the football stadium. “Ten years ago, I was here as defensive coordinator under Tom Wilson. The old stadium was not anything like this. My wife, Suzanne, and the children are glad to be here, too. Suzanne is a physical therapist and a certified athletic trainer, so she’ll be with me on the sidelines. My 9-year-old son is drawing pictures of tigers, and my daughter, who is 6, has a stuffed tiger. Even my son, who is 4, will come to the games.”

Phil is impressed that CHS has a long tradition of winning teams and successful players. He picked up a 3-inch stack of business cards and said, “Dozens of recruiters come from colleges all over the country to Texas and to Corsicana, because this city has this tradition. Four players, currently in the National Football League came from Corsicana High School. That has to be a record to have so many players who come from one area.”

Growing up in Kilgore, Phil feels at home in Corsicana. “My grandfather, David S. Castles, was sheriff of Navarro County just after WWII. I spent many summers with him here in Corsicana riding quarter horses in the big pasture behind his house,” Phil remembered. “My father, David M. Castles, graduated from Corsicana High School. I grew up around coaches. My father was a tennis coach and he retired recently as athletic director at Kilgore College.

“I was one semester from finishing a master’s degree at Midwestern State University, when James Cameron came to see me,” Phil said. “He was my high school football coach, a Christian coach, who respected his students and emphasized loyalty to the team. He urged me to coach at his high school. I intended to continue as a college coach, but he talked me into looking at what he was doing, and I saw what it was like to have a real impact on helping boys grow into young men.” It is one of the things he likes best about this job.

“My wife lives with the fact that I am away from home long hours. I love being there with her and my kids, but during the season I mostly see them when they are here with

“We trained with adversity and unfairness, so they learned how to react to situations like that in life.”

me. She has been willing to give up a lot to move around with my job and to come here with me. They say there are two kinds of coach's wives: good ones and ex ones." Phil added, "My wife is even a better coach's wife than I am a coach!"

Phil began his coaching career as a defensive coordinator, first at West High School and then at Texas High School in Texarkana. He became the head football coach and athletic director at Elysian Fields High School in Elysian Fields, Texas. "I had an easy success



there. The boys expected to work hard and they did." The team went to regional finals in 2004. "When I moved to Chapel Hill, I found many problems. It is part of the coaching job to figure out what's wrong and fix it, so we created a program that would help the boys take responsibility for their actions, admit mistakes, learn procedures and act on them without being told," Phil said. He learned a lot about teaching and coaching during his tenor at Chapel Hill. "We hit on the idea of doing a boot camp," Phil said. "We trained with adversity and unfairness, so they learned how to react to situations like that in life." There are three kinds of tests to master. Boot camp lasts as long as it takes for the top two of four groups to complete all three tests

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without mistakes. Every day the boys are judged on their performance and attitude, and they are placed in the top, middle or the low fourth group. At the end of the camp, the players who end up in the fourth group will not play on the varsity team.

"Boot camp worked well, so we planned a leadership program that would continue during the year." The players earned points for doing things we set as leadership goals in boot camp. "In the beginning," Phil said, "some of the boys thought leadership was about what you wear, how you talk or how you walk around. We wrote down what we think



leadership is, and they saw those goals every day. One important thing we require is that each boy look me in the eyes and shake hands before they leave practice. They do push-ups if they forget. They come up to me in town now and shake my hand. When they have earned 40 points, they get a nice-looking leadership shirt to wear at practice, so the other boys can see they are becoming leaders."

Phil credits the leadership program and boot camp for the remarkable changes in the Chapel Hill team record. He led the team to three bi-district championships and to a record nine-win season in 2008. "We have already held boot camp here in Corsicana, and we expect great things from the leadership program starting this fall," he stated. "Building character is an important part of building a successful team." **NOW**

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The Search Begins...

— By Samantha Daviss

Finding the perfect home is not a job meant for one person; in fact, it usually takes a team — a great team at that. Walker Realty is such a team; there is no need to look any further. “This is a family-owned-and-operated business that has been around since 1977,” Denna Green-Smith, owner and broker at Walker Realty, stated. “My parents, Jo and Earnest Walker, started this business over 32 years ago, and I am now the one who runs the operation, even though Mom and Dad still come in on occasion. My middle son, Tim, is a Realtor in the business with me,” Denna stated. “He was the youngest agent to receive his license in Navarro County.”

Walker Realty’s office is very warm and inviting, due to

both the staff and building. Not only will the staff greet you with warm smiles, they literally lay out the red carpet for you on the front steps of the office building, in keeping with the spirit of their new company motto: “Where you always receive the red carpet treatment.” Additionally, the building is a 1,953-square-foot, older home that was built in 1950. It houses six full-time employees plus a coffee/break/copy room.

Extremely proud of her work family, Denna boasted about a few facts regarding every staff member. Her dad, Earnest, quite obviously holds a position of respect with her, both as boss and as father. Denna’s son, Tim Green, has held his real estate license for over three years now. Amanda Morrison, who is currently working on her second master’s degree while obtaining her Realtor’s license, also handled the company’s property-management portfolio for a year. Judy Riley has held her license for over four years and is a certified home-marketing specialist. Roy Cawthorn also holds his license and is knowledgeable in ranch and land investments. Lisa Buckner is their resident property manager and, last but not least, is Jeff Smith, who has held his real estate license for over 11 years and is well-established in the community.

The Walker Realty team believes in giving their time back to the community. Judy is the past president of the Navarro County Board of Realtors, and Jeff Smith is the current president of the board, in addition to being on the Navarro

County Lake planning and zoning board.

Walker Realty is not limited to properties located in Navarro County, nor are their searches restricted to residential properties. They will also assist with your commercial real estate, farm and ranch and property management needs. "Jeff recently took over the Bank of America building on Main Street in Corsicana," Denna said. "They are really fixing it up beautifully, in hopes of bringing it back to its original glory for commercial rentals."



**"Where you
always receive
the red carpet
treatment."**

Walker Realty offers services on both sides of the rental property card. "We, ourselves, own some rental properties; so, we are able to put you in a great temporary housing situation," Denna explained. "But, also, if you have a home you would like to rent out, then we will handle that for you as well. We will take care of the entire process."

If you are looking for a new piece of real estate, stop by Walker Realty; walk-ins are welcome. They are located at 411 W. 4th Ave. in Corsicana, and are available seven days a week from 9:00 a.m. to 5:00 p.m. Please call (903) 874-3783 (main office) or (903) 874-2732 (rental office) or visit www.earnestwalkerrealty.com. **NOW**

Two Sidesto..... Every Story

— By Samantha Daviss

As young children most of us probably thought our teachers lived at school, slept at school and that teaching was their life — essentially they had no outside life. We never fathomed the possibility that they had a family, children or a home, let alone hobbies and interests other than teaching!

Well Fred Lagomarsino, the incredibly dedicated and effective fourth-grade teacher at Collins Catholic School, most certainly does have an alter ego when it comes to his hobbies outside the walls of his classroom. “I love to teach; I feel that I am building [the] basic necessities of their lives,” Fred explained. “But I have also held a great passion for cars, and I have ever since I was a little kid.”

Fred graduated from high school in a smaller, Northeastern town in 1978, and went on to pursue his degree in marketing from Providence College. After graduation, he was fortunate enough to find a career he was passionate about. “I took a job with a Volvo and Honda dealership, where I rose through the ranks of the company and made a huge impression on the owner of the dealership,” Fred stated. “My boss was extremely impressed with my abilities to fix the problem, no matter the situation. So ... he moved me to the Augusta store to make some changes and improvements to that particular location.” The owner made him the youngest general manager in charge of a store in Augusta, Maine.

“After all my promotions and kudos within the industry, I woke up one morning knowing that life was good, with some great perks, but along with that came exhaustion and stress,” Fred recalled. The full revelation came to him one day while sitting on the dock of his dad’s boat house. As he talked with his dad, he realized he not only needed a life change, but a career change as well. His current life situation was causing burn out.



Knowing Fred’s innate ability to connect with people and strong communication skills, a friend of the family, Nelson Megna, suggested teaching as an alternative career. “David Hale asked me to come to Corsicana once I received my teaching certificate,” Fred explained. “So in 1996, I immediately began teaching fifth-graders at Drane Intermediate School. ... In fact, I was with Corsicana Independent School District

for over 15 years, until one day when I received a phone call from Phillip Riley, the former principal at the Catholic School, [asking me] to start teaching fourth-graders there.

“Phillip already had my contract filled out and waiting for me on his desk,” Fred said smiling. So in 2006, Fred embarked on his most current life adventure, and that is teaching and influencing the minds of the fourth-graders at Collins Catholic School.



“I love teaching young children; I feel that the teaching environment I am currently in offers children more discipline and more one-on-one, student/teacher time,” Fred explained. “The personal attention given to each child enables the teacher to bring out the best in each of their students. The other thing I love about teaching is it gives me time in the summers to focus on and enjoy my other passion, which is car racing and the automotive lifestyle.”

Fred thoroughly enjoys everything about his career. He

Education NOW

knows that he is helping shape and mold the minds of our future citizens. "I feel that the fourth grade is a very pivotal point in a young person's life," he stated. "I am creating a strong foundation [upon] which they can build — both academically and in life."

Fred's primary objective is to teach his students to be free thinkers, able to see the world from their own point of view and to think outside the box. "I love having the freedom to teach them about the world — not to teach them for the preparation of certain tests," he explained. It is obvious that he is extremely passionate about his students



developing the ability to creatively think and understand on their own, without too many rules and restrictions.

"Not only do I love what I teach, but where I teach," Fred said. "This school is not just a school; it is a community. We are all here to boost each other up and support each other, when needed."

Fred realizes that teaching does not just stop at the threshold of his classroom; it continues in the hallways and outside the walls of the school. "Experience is the spice of life," Fred explained. "You must force yourself to step into an experience and learn from it, as learning is a lifelong job."

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• Lifeguard Amanda Randle, top left, watched over the water at the YMCA pool. • Paula Simpson, center, celebrated her 42nd birthday with family and friends. • John Whitt, top right, was eager to show off his skateboarding talent. • Courthouse employees Sherry Dowd, Marie Battles, Danda Parker and Debbi Robinson, bottom left, headed home after a day at the office. • Jim and Liz Talent of Pursley, bottom right, smiled for the camera while having dinner at Old Mexican Inn.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH KATHY ALEXANDER

CHICKEN AND RICE

2 cups Minute Rice
1 pkg. Lipton onion soup mix
6 to 8 chicken pieces
salt and pepper, to taste
1 14-oz. can cream of mushroom soup
1 14-oz. can chicken gumbo soup
3 cups water

Spread rice evenly in bottom of greased 9 x 13-inch pan. Sprinkle with 1/4 of onion soup mix. Lightly salt and pepper chicken; and place on top of rice and soup mix. Sprinkle with remaining soup mix. Combine soup and water. Stir well and pour over chicken. Cover with foil; bake at 325 F for 40-60 minutes depending on how large the chicken pieces are.

BROCCOLI CASSEROLE

1/4 cup onion, chopped
1/3 cup butter, melted
14-oz. (small) jar Cheez Whiz
8-oz. chopped jalapeños
10-oz. package frozen chopped broccoli
14-oz. can cream of celery soup
2/3 cup Minute Rice

Sauté onion in butter; add Cheez Whiz and jalapeños. Stir until cheese melts. Stir in broccoli and soup; add Minute Rice. Pour into a greased casserole dish. Bake at 350 F for 45 minutes. Watch to make sure casserole does not get too brown.

BARBECUE CHICKEN

8 to 10 chicken pieces of your choice, enough to fill a cookie sheet

salt, to taste

SAUCE:

1/4 cup margarine
1/4 cup ketchup
1/4 cup Worcestershire sauce
1/4 cup vinegar
1/4 cup lemon juice
1/2 tsp. pepper
1/2 tsp. Tabasco

Sprinkle chicken on both sides with salt. Place in foil lined shallow pan. Broil until golden brown on both sides. Combine sauce ingredients in saucepan. Cook over low heat until margarine has melted. Cover chicken with sauce and bake at 350 F until done.

BARBECUE MEAT LOAF

1 1/2 lbs. hamburger
1 cup fresh bread crumbs
1 egg
1 1/2 tsp. salt
2 8-oz. cans tomato sauce
2 tsp. mustard
2 tsp. Worcestershire sauce
3 Tbsp. vinegar
3 Tbsp. brown sugar
1/2 cup water

Mix hamburger, crumbs, egg, salt and 1/2 can tomato sauce to form meat loaf; place in greased loaf pan. Mix together remaining ingredients in a separate bowl. Pour over meat loaf; bake at 350 F for about one hour. Baste meat loaf with sauce several times as it bakes.

Like most women, Kathy Alexander's love for cooking began as she watched her mother and grandmother lovingly prepare family meals. "We always had home-cooked meals for supper and sat down as a family to eat together," she recalled. "I grew up in a family of seven. We had a lot of hamburger-type casseroles to stretch a dollar. Now I make more chicken casseroles in an effort to eat healthier."

Kathy enjoys photography, crafts and scrapbooking. She is also very involved with her husband, the Rev. Mike Alexander, in his church, First United Methodist, where she also teaches preschool. "I enjoy sharing simple cooking with my preschool and Sunday school children," she said. "I make playdough with my preschool children each year." **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

SALMON PATTIES

1 16-oz. can salmon, drained
1/2 cup onion, chopped
1/4 cup margarine, melted
1/3 cup dry bread crumbs
2 eggs, beaten
1/2 cup parsley, chopped
1 tsp. powdered mustard
1/2 tsp. salt
corn meal (enough to roll patties in)

Mix all ingredients, except corn meal, together; form into patties. Roll patties in corn meal; fry until done.

SPAGHETTI CASSEROLE

1 pkg. spaghetti
1 onion, chopped
1 green pepper, chopped
1 lb. hamburger
1 tsp. garlic powder
1 bay leaf
1-2 tsp. thyme
1 tsp. salt
1 tsp. pepper
2 small (8-oz.) cans tomato sauce
4 to 6 slices Velveeta cheese

Cook spaghetti in salted water. Sauté onion, green pepper and hamburger. Add garlic, bay leaf, thyme, salt, pepper and tomato sauce. Put spaghetti noodles in bottom of casserole dish, place meat mixture on top; top with thin slices of Velveeta cheese. Bake at 350 F for 20 minutes covered; bake 10 additional minutes uncovered.

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Beef Tips & Rice	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Meatloaf w/ Tomato Sauce	7.95	Roast Beef	7.95
Fried Catfish	7.95	Fried Chicken (2 pcs White or Dark)	7.95

Choice of 2 Vegetables	Green Beans	Mashed Potatoes	Cole Slaw
	Black-eyed Peas	Fried Okra	Potato Salad
	Corn on the Cob	Macaroni & Cheese	Lettuce Salad
	Steamed Cabbage	Baked Potato	

Dessert of the Day: Banana Pudding or Cobbler

Tuesday

Chicken Spaghetti	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Chopped Steak w/ mushroom sauce	7.95	Roast Beef	7.95
Fried Catfish	7.95	Fried Filet of Codfish	7.95
Fried Chicken (2 pcs white or dark)	7.95		

Choice of 2 Vegetables	Green Beans w/ New Potatoes	Mashed Potatoes
	Cole Slaw	Pinto Beans
	Potato Salad	Lyonnaise Carrots
	Lettuce Salad	Broc. & Rice Casserole
		Baked Potato

Dessert of the Day: Banana Pudding or Buttermilk Pie

Wednesday

Meatloaf w/ Tomato Sauce	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Filet of Codfish	7.95	Fried Chicken	7.95

Choice of 2 Vegetables	Green Beans	Fried Okra	Cole Slaw
	Navy Beans	Macaroni & Cheese	Potato Salad
	Mashed Potatoes	Baked Potato	Lettuce Salad

Dessert of the Day: Banana Pudding or Bread Pudding

Thursday

Chicken & Dumplings	7.95	Chicken Fried Steak (Beef / Pork)	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Filet of Codfish	7.95	Fried Chicken	7.95

Choice of 2 Vegetables	Green Beans	Fried Okra	Cole Slaw
	Butter Beans	Macaroni & Cheese	Potato Salad
	Mixed Greens	Baked Potato	Lettuce Salad
	Baked Potato Casserole		

Dessert of the Day: Banana Pudding or Cobbler

Friday

Grilled Chicken Breast over Rice with Vegetables	7.95	Chicken Fried Steak	7.95
Fried Catfish	7.95	Roast Beef	7.95
Fried Chicken (2 pcs white or dark)	7.95		
Fried Filet of Codfish	7.95		

Choice of 2 Vegetables	Green Beans	Mashed Potatoes	Cole Slaw
	Baked Beans	Fried Squash	Potato Salad
	Sweet Corn	Macaroni & Cheese	Lettuce Salad
	Buttered Spinach	Baked Potato	

Dessert of the Day: Banana Pudding or Bread Pudding

Saturday

Smothered Hamburger Steak	7.95	Chicken Fried Steak	7.95
Fried Catfish	7.95	Roast Beef	7.95
Turkey & Dressing	7.95	Fried Filet of Codfish	7.95
Fried Chicken (2 pcs white or dark)	7.95		

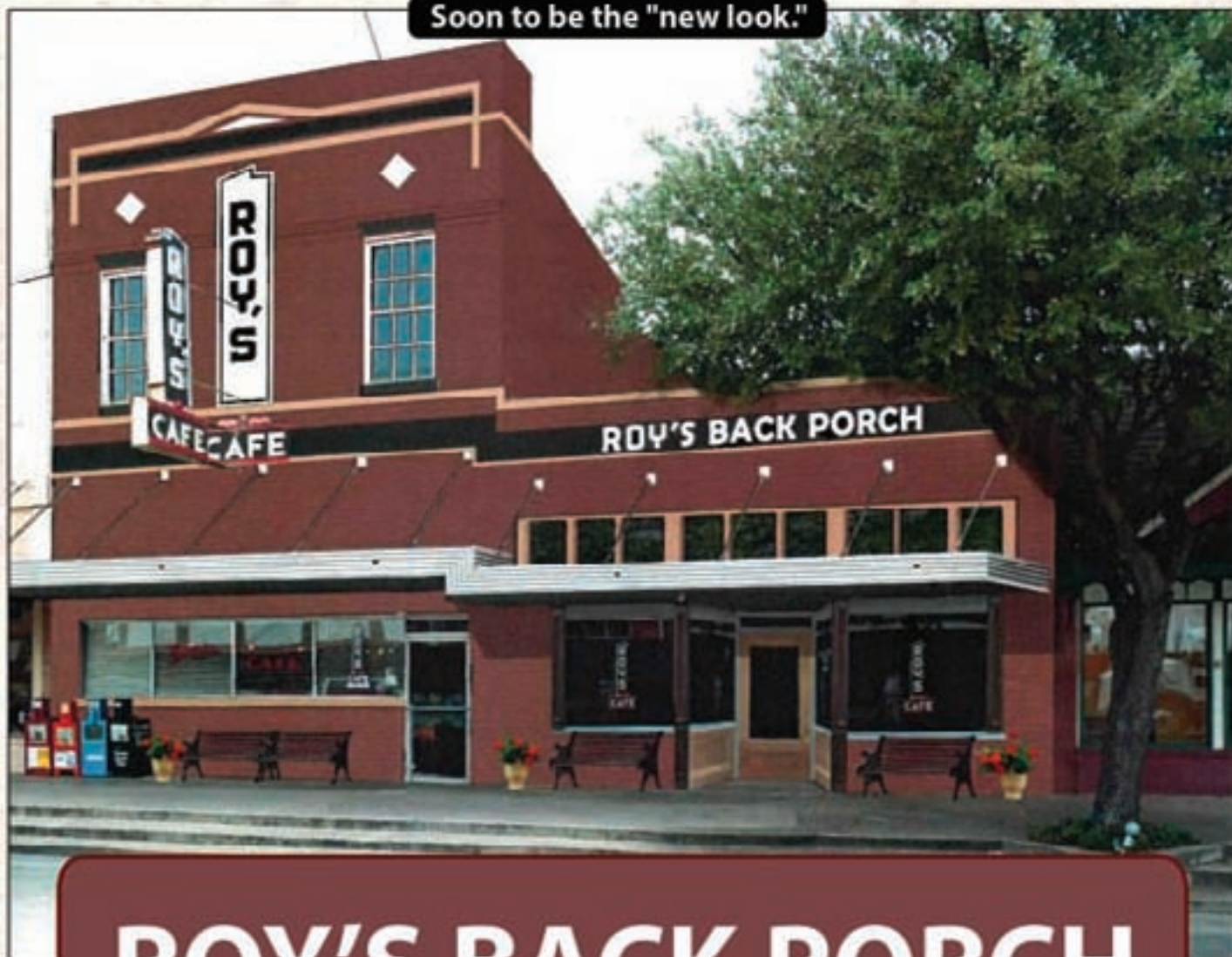
Choice of 2 Vegetables	House Vegetables — Ask server	Mashed Potatoes
	Green Beans	Macaroni & Cheese
	Cole Slaw	Lettuce Salad
		Potato Salad

Dessert of the Day: Banana Pudding or Cobbler

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WILL YOU BE COVERED AFTER YOU RETIRE?

— By Lynda Housley

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Your coverage is there as long as you're employed. But what happens when you retire? Will you still have all the coverage you had? Does it retire when you do?

These are questions that will eventually need answering. There are a number of ways your group life insurance coverages can be affected when you leave the workforce.

If your employer offers extended coverage, the level of coverage you enjoyed while you were working may not be available to you. In addition, the flexibility of your prior coverage may not be part of the extended coverage.

The cost of extended coverage also may be prohibitive. Because the premiums will be determined by your age at retirement, the price may be a great deal higher than you can afford. And, if your surviving spouse qualifies for survivor benefits from Social Security, it may not be sufficient to maintain your surviving spouse's standard of living.

After you meet with your company's benefit specialist for information about what options you have for continuing your group life insurance after retiring, talk with your insurance agent about your life insurance options. Sitting down with someone you know today can give you and your loved ones confidence in your future financial security. **NOW**

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Wound Care

Giving your body's healing powers a helping hand

— By Joyce Hagens, R.N., Infection Control

Have you ever watched a scar heal and marveled at the power your body has to repair itself? Or worried over a cut or sore that simply won't go away? The body's ability to heal after illness or injury is a complex process. Many chronic diseases or conditions can compromise your body's restorative capabilities. Unhealed wounds can not only diminish quality of life, but also raise the risk of additional infection and complications. For this reason, wound care is a critical part of disease management or surgical recovery — and a growing medical specialty.

Approximately five million Americans suffer from chronic wounds that will not heal or heal slowly, from accidents, burns, surgery or disease. Chronic wounds are most

often found among the senior population; patients who are bed-ridden; and individuals who suffer from diseases that affect the circulation and skin, such as diabetes or peripheral artery disease (PAD).

According to the Centers for Disease Control and Prevention, diabetes affects 23.6 million Americans or 7.8 percent of the population, and one-third of all diabetics suffer from lower extremity wounds or PAD. These wounds increase the likelihood of foot problems and the potential for amputation. Other conditions that can lead to slow-healing wounds include traumatic injury, complications after surgery, congestive heart failure, lymph edema, and compromised immune systems, including HIV or AIDS infection.

Many hospitals have a wound care team, center or clinic, with specialists trained in advanced therapies that help to speed the healing process and promote or rebuild skin integrity. Chronic wounds that are treated in this way include diabetic skin sores, pressure sores, persistent skin irritations, vessel disease wounds, surgery wound breakdown, traumatic wounds, burns, venous insufficiency, radiation injuries, spinal injury wounds and other non-healing wounds. Many of these wounds become problematic due to limited blood flow in the area, which can slow the body's healing process.

Wound care treatments include transcutaneous oxygen measurement, dressing changes, hyperbaric oxygen therapy and wound debridement (removal of dead tissue).

These treatments differ from the standard care a patient would receive after surgery or in the course of chronic disease treatment, because they involve specialized therapies administered in conjunction with other medical or surgical treatment for the skin condition. It may include special dressings or wraps, debridement (the removal of dead or damaged tissue), bioengineered tissue substitutes or hyperbaric oxygen therapy to invigorate oxygen-starved tissues and promote healing.

A patient's doctor generally refers a patient to a wound care team or treatment center where specialists evaluate the wound and review the patient's health and medical history. Tests may be conducted to learn more about the patient's blood flow and tissue oxygenation, as well as determine if there is any infection. The team then develops a treatment program based on the patient's individual needs and is part of the patient's comprehensive medical treatment with the primary care doctor.

Once the wound is healed, follow-up care is important and should be in conjunction with any care the patient may be receiving for the condition that originally caused the wound, such as diabetes or hypertension.

For more information about wound care, visit www.hospitalwebsite.com or the American Diabetes Association (<http://www.diabetes.org/home.jsp>). **NOW**

Joyce Hagens, R.N.

Navarro Regional Hospital



Eagle Cross Ranch Steak Cook Off
2009

Sept. 5th – Events Begin at 9:00 a.m.
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August 2009

Community Calendar

All Month

City of Corsicana Animal Shelter is in need of volunteers for cleaning, feeding, laundry or walking the dogs. We are also seeking immediate foster or permanent homes. If you can help, please call (903) 654-4382, or go by the Animal Shelter on 12th St., just off West 7th Ave. or you may call the Humane Society of Navarro County at (903) 875-1060. E-mail: admin@thehanc.org.

Third Thursday

Corsicana Education Foundation board of directors meeting, CISD Administration Building: Executive: 4:00 p.m. General Board 4:30 p.m.

August 1

Marriage Management of Corsicana presents a free Twogether in Texas marriage and pre-marital workshop, 8:45 a.m.-5:00 p.m. at the YMCA in Corsicana. Lunch is included and engaged participants receive a certificate for \$60 off the cost of a marriage license. Pre-registration required. Call (903) 874-0077 or register online at www.marriagemanagement.org.

AUGUST 1-2, 4, 6-8

The delightful comedy *A Bad Year for Tomatoes*

presented by The Warehouse Living Arts Center, 119 W. 6th Avenue in downtown Corsicana across from the post office. Call (903) 872-5421 or go online at www.warehouselivingartscenter.com (title subject to availability.)

August 3-14

The Cook Center Planetarium presents "Cosmic Voyage": Monday-Friday, 11:00 a.m. Regular Admission Rates Apply. Program schedule subject to change. Please call the Cook Center at (903) 874-1211 to verify the current planetarium schedule.

August 4

Navarro College SBDC How to Start a Small Business seminar: 2:00-4:00 p.m., Corsicana/Navarro County Chamber of Commerce, 120 N. 12th Street, Corsicana. The workshop is free, but pre-registration is required as seating is limited. Call (903) 875-7667 or e-mail sbdc@navarrocollege.edu.

August 8

The Palace Theatre presents B.J. Thomas: 5:00 p.m. and 8:00 p.m., 112 West 6th Avenue. For more information, call (903) 874-7792 or visit www.corsicanapalace.com.

August 16

Annual Pooch Paddle at Jester Park pool: 2:00 p.m. This is a free swim for your dogs to enjoy before the pool is drained the next day.

August 17-September 24

2009 National Juried Art Show featuring artwork from around the country at Navarro Council of the Arts Warehouse Gallery, 119 West 6th Avenue. For more information, call (903) 872-5411 or visit www.navarrocouncilofthearts.com.

August 18

Navarro College SBDC Writing a Winning Business Plan seminar: 10:00 a.m.-noon, Corsicana/Navarro County Chamber of Commerce, 120 N. 12th Street, Corsicana. The workshop is \$20. Pre-registration is required as seating is limited. Call (903) 875-7667 or e-mail sbdc@navarrocollege.edu.

August 22

Back to School Stay in School: 9:00 a.m.-noon at Fullerton Garitty Park.

For more community events, visit our online calendar at www.nowmagazines.com.

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