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On The Cover



Billy Elias finds inspiration
in his Bible.

Photo by Opaque Visuals.

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Editor's Note

Hello, Navarro County!

This is my favorite month of the year. I was born in August, chose to get married in August, and I have always tried to pack every minute of the last few days before school started with the fun summer activities that still remained on my kids' "bucket lists."

This summer has been great. My husband and I went on a cruise to Mexico. I visited grandkids in Doral, Florida, and Albuquerque, New Mexico, and they also visited us in Texas. I had a great time with them (and their parents) making new summertime memories. My veggie garden is producing well, but school bells are starting to ring, reminding me that it is time to plant my fall veggies. It is hot now, but cooling fall temperatures and rains are surely just around the corner.

Have a great August!


Virginia

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CorsicanaNOW Editor
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Mom

Billy Elias grew up living the kind of life portrayed in the book and movie, The Help. His single mom was a maid to a wealthy family in Kilgore, Texas, so Billy was left home alone a lot. He remembers entertaining himself by bouncing up and down on a mattress in the back room of his childhood home while singing. He sang so well that a neighbor lady told his mom, "Mrs. Elias, that boy can sing!" Billy's first public performance was in first grade when he sang in white tails and a top hat. Before long, he was performing on the local radio station. "I had to be on a box. I wasn't tall enough to reach the mike," Billy remembered.

His family moved to Corsicana where Billy graduated from Jackson High School. "I received a great education from great teachers," Billy

Man of — passion

— By Virginia Riddle



remembered. He showed his excellent work ethic as a teenage dishwasher at Roy's Café — an ethic that continues today. After moving to Dallas, Billy stayed in the restaurant business and learned how to cook kosher food, a knowledge that he put to use when he opened his own kosher restaurant later in Corsicana.

However, Billy kept hearing the call from God to preach. He first received the call in 1959 in Waco at Grace Gospel Church. "In Dallas, I ran down during

an A.A. Allen tent meeting like I was running the 220 to answer that call," Billy remembered. He began preaching in tent revivals. "It's been a struggle — uphill and downhill," Billy recalled. Although he grew up going to church, and his mother read the Bible to him, Billy remarked humbly, "I didn't know much, so I've been learning for over 30 years.

"One day at work, God told me, 'Go to Corsicana. I'm starting a church.' I gathered boxes and kids and got away

from Dallas so fast that I lost our best mattress," Billy remembered. The mattress blew off the roof of a car that wouldn't crank. Miraculously, that day it cranked, got to Corsicana and never ran again.

Billy started a ministry and formed a family singing group comprised of his 14 children, some of whom he delivered personally. The family made an album of their music. "I have seven girls and seven boys — all by the same wife,"

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he revealed. He is proud of their accomplishments. A son serves at the Pentagon, and his youngest daughter just got accepted to medical school. "About 30 grandkids and seven great-grandchildren" make up the family today. "They keep coming so fast now, it's hard to keep up," he said, laughingly.

There were always books for children in his home. Billy emphasizes the importance of education. He has studied at Del Mar College, Johnson's Bible School, Criswell College, North Lake College and has taken computer and voice classes at Navarro College.

Since Billy does not ever pass an offering plate, he has depended on a number of different jobs to support his family and ministry. He has picked cotton, been "an insurance man," Department of Labor counselor, assistant manager at K. Wolens Department Store, a massage therapist, radio personality and minister. He retired from Oil City Iron Works after an injury but stays busy today with his street ministry, conducting funerals, doing community work, working as an election judge and serving as a McDonald's chaplain. "God didn't call me to gather money; he called me to preach. I work 21 hours a day. I have too much that I want to do," Billy said. He has built his ministry just like his home, brick by brick.

With minimal equipment, Billy can

be found preaching and singing at the corner of 1st Avenue (Rhone Road) and 3rd Street. There are no stained glass windows, air conditioning or softly cushioned pews. Instead, Billy preaches where he is needed to troubled souls who sometimes walk on the wrong side of the law. "People come crying. I tell them that tomorrow is not promised to you. You need to find a church and keep going. A lot of people have lost faith," Billy said. "So many people in the community have so many talents. I like to turn them around to being gainfully employed. I want to put families back together again," he added.



Concern for the children of the neighborhood is uppermost. "I tell parents to get their kids into a church and tell them that someday that child is going to give them grief, and they're going to wonder why," Billy recounted. Kids come by when they see him working in his yard. "They just start talking, and I start praying," Billy said. He dreams of building a learning center in the

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neighborhood. "Kids can't read, so they can't read the Bible," he lamented.

Billy's ministry stretches outside of Corsicana's boundaries through his service mission trips to Mexico and his chaplaincy to McDonald's employees in Corsicana and Ennis through Market Place Ministries. Billy volunteers at the Salvation Army, has a jail ministry in Waxahachie and serves on the Corsicana Crime Commission. He enjoys the fellowship and food at Corsicana's First Baptist Church Good News Café each Monday.

An accomplished musician who played with Bo Thompson and jazz bands in Dallas, Billy plays the bongo drums, saxophone and clarinet and is often asked to sing at events around the Corsicana area. "Billy was one of the first young men we met when we came to Corsicana," Warner Redus remembered. "My husband used to stay up late to hear him and his family sing on their radio program. He has always been a favorite."

Carole Davenport invited Billy to sing the National Anthem at the Rotary Freedom Festival and at an Elderhostel program hosted by Navarro College. "I don't remember where I first heard Billy sing, but I was absolutely blown away. His voice was such a blessing to all who heard him," Carole stated. Billy has also performed at the annual House of Refuge benefit.

The challenges of his ministry, which is centered on John 3:16, sometimes are difficult for Billy to overcome, but he gives credit to God and his many friends around the area for encouraging him to continue. "He is such a humble and incredibly kind, Christian man. I am honored to call him my friend," Carole said.

"Every time I get down and out, someone comes along to give encouragement to me," Billy revealed. "I don't have a lot, but God answers prayers. He blesses me in every way." **NOW**



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Levi Elkins, Bianca Fira, Thelma Lockwood and Madison Green enjoy reading time together.



Head of the Class

— By Rick Herron

When the call went out at Corsicana High School for students to nominate a favorite teacher, someone unforgettable who made an indelible and permanent impression, it didn't take senior, Cheyanne Pease, very long at all to come up with her choice. Cheyanne told her basketball coach it was Mrs. Thelma Lockwood, her third grade teacher at James L. Collins Catholic School, who had changed her life for the better.

Thelma, who starts her 32nd year of teaching this month — with 27 of those years teaching third grade at Collins — said the nomination was quite a surprise. “When I heard about Cheyanne nominating me as her favorite teacher, I was amazed. Because of that, I had to speak to the audience during a recent basketball game,

which was a bit scary, but I got through it just fine," she laughed.

Originally from upstate New York, Thelma said she lived in the East until 1983 when her husband, Harold, found a job at Guardian Glass. "We just love it here," she said. "My parents are still up in New York, and so are three of my four sisters, so we go see them each summer."

Looking back, Thelma said being an airline stewardess, not a teacher, was what she wanted to do when she was in high school. "When I applied to be a stewardess, they told me I was too tall,



so that didn't happen," she said. "Then I thought about majoring in sociology and psychology at the Oswego State University (now State University of New York at Oswego), but the statistics class that was required changed my mind in a hurry. The school counselor suggested I think about majoring in education, which I did, and the rest is history."

After graduation in 1973, Thelma taught remedial reading, and then spent the next three years teaching at Catholic schools in upstate New York. What followed were eight years where, after the birth of her boys, she didn't teach at all but worked in the retail industry. "I worked in a grocery store for a couple of years, and then after we moved to Corsicana, I opened Circus World, a toy store, at College Park Mall, and managed it for a while. A friend suggested I think about getting back into teaching and told me to check into James L. Collins Catholic School, but I wasn't certified to teach in Texas at that point. I went for an interview and was hired that day. Sister Patricia Gardner was the principal then, and she must have seen something in me that I didn't know was there," Thelma admitted. That was in 1985, and Thelma

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has been teaching third-graders there ever since.

James L. Collins Catholic School, located on West Highway 22 in Corsicana, was established in 1955. It provides classes for preschool through eighth-grade students and emphasizes strong Christian and academic standards, according to the school's Web site. The school's mission statement indicates that the school seeks to "develop each child spiritually, academically, socially and physically, with education provided for boys and girls, Catholic and non-Catholic, from prekindergarten through eighth grade, with close and supportive student/teacher relationships."

The school espouses a philosophy including the belief that "quality education addresses the whole person, so through teachers and staff, the school becomes involved in the lives of its students by assisting and supporting the family as the primary educator of the child." Thelma agreed, and described the teachers and staff at Collins as "family," always supportive and affirming. "It's the right size, so you know everyone, and interestingly enough, there are sometimes more non-Catholics than Catholics enrolled," she said. She added that there were 22 third-graders in the last semester's class, but Thelma has had as many as 30 enrolled in past semesters.

Thelma strongly believes every single student can be taught, no matter what learning problems or disabilities they might have. "I know from experience,



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Cheyenne Pease (right) nominated Mrs. Thelma Lockwood as her favorite teacher.

that as a teacher, you can make them successful at learning. You can determine what method will work best to teach any child with learning problems,” she said, adding parents can and should play an

.....

“If you show each child some dignity and respect, and if you make them feel good about themselves, you build their self-esteem.”

.....

important role in the learning process. “If you show each child some dignity and respect, and if you make them feel good about themselves, you build their self-esteem. You just need to work with them until they get to that point,” she explained.

Every now and then, Thelma sees kids who don't respect each other. They are often disrespectful to teachers, so she thinks teachers, to be effective, may need to be prepared to wear a lot of hats. “We sometimes have to be a parent, counselor

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and psychologist in addition to being the teacher. I support my students outside the classroom environment by going to basketball, soccer, baseball and softball games, as well as dance recitals and plays."

The rewards of being a teacher, however, are unquestionably phenomenal. "My biggest reward for all of the hard work is when the kids come back after they are grown and tell me they went into education because of me," she said. "I've gone to their graduations and weddings. I've been teaching their children. It's great



"We sometimes have to be a parent, counselor and psychologist in addition to being the teacher."



to be able to see how the kids ultimately turned out, and to hear them come back and say that I really made a difference in their lives — that means so much."

When not wearing all those hats during the few months of respite from teaching each summer, Thelma and Harold dearly love to travel. "We've been all over the United States and would love to go back to Europe. We went to Italy three years ago and spent 10 days there. It was a fantastic time," she said.

When Thelma thinks about traveling, she also ponders retirement and to be honest, she thinks of it more and more these days. "I know for sure that when I do retire, we'll travel, of course. And I'll be doing a lot of volunteer work, because I am not someone who can sit around and do nothing! We will go see our sons and enjoy hanging out with the grandkids," she said.

Looking back on her own unique experience, Thelma has some solid advice for new teachers. "My biggest advice to new teachers is to be current on technology and keep your computer skills sharp. Also, remember you need to teach to the *child*, which will require putting in the necessary time to do that effectively," she said. "Most important, though, is dedication. In the end, you have to do it all for the kids." **NOW**



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What Were the Odds?

— By Virginia Riddle

John Hughes, a six-year Marine Corps veteran, grew up in a military family that settled in Texas. A student at Navarro College, friends and family members introduced him to a Corsicana High School senior, Sandra Jacobs. They quickly found they had a lot in common. John was from a family of 16, while Sandra was from a family of 10. Throughout a marriage that will celebrate a 45-year anniversary this September, John and Sandra have made family and friends the center of their lives. "After God, our families are most important. We think the world of our families," John stated.

*At Home With
John & Sandra Hughes*



"We met really young," Sandra said with a twinkle in her eye. A native of Corsicana, Sandra added, "When I met Johnny, I had only been to Rice, Texas." Her horizons quickly expanded upon their marriage. John's work at Kmart, AT&T and Hughes Tool Company meant an earlier life of living in Dallas and Mesquite, but Corsicana called both John and Sandra back home. "We love it here," she said.

However, John and Sandra love to get away, occasionally. RV vacations with their now grown children — Lance, who lives in Palestine, and Cindy Boyd, who lives in Corsicana — have taken the couple to "just about everywhere in the U.S." They enjoy snow skiing in Ruidoso, New Mexico, and trout fishing in Colorado with their kids and grandkids, Heather, Hayden and Heath. Some of their favorite destinations include: New York City; Hershey, Pennsylvania; and Fredericksburg, Texas. They have also enjoyed leaving the RV behind, while cruising the high seas or riding their motorcycles.

Last spring, the Daytona 500 was John and Sandra's destination. Car shows and races are hobbies enjoyed by both of them, and John has used his professional maintenance knowledge to restore vintage vehicles. "He loves cars. He has always been a car nut," Sandra revealed. John's latest project involves restoring a '58 Corvette. It is canary yellow with white insets. Outbuildings in their home's backyard provide him with work space for his hobby and storage for the vehicle.

Sandra's rock garden is the first thing that greets family and visitors to their home. She has quite a collection of petrified wood, as well as small to very large rocks enhanced with embedded shells from every state they have visited. A decorative windmill, old farm implements and plantings are just part of her ever-growing collection. Benches provide seating to all who want to watch birds and wildlife, pet the dogs or just enjoy the quiet, hilltop view. "I love that our home is private. It's a nice, quiet place," Sandra said.

When Sandra first saw their home she thought, *It's like a palace.* They were living in an 1,800-square-foot home at the

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time. Their current home's approximate 3,000 square feet is evident the moment you enter the home, as it opens into an expansive living area. The home has accommodated three- to four-day family reunions that have attracted 100 to 165 relatives at a time. Family members have brought their RVs, and everyone has enjoyed visiting; swimming in the tank; and playing volleyball, washers, water balloons and horseshoes.

The couple had been looking for a



country place, not far from town, where the kids could safely go dirt biking, fishing and ride motorcycles. "Our kids could go out and play, and I didn't have to worry about them," John said. Lance and Cindy's friends were always welcomed. "We always had a houseful of kids," Sandra added. An added benefit of the home is that the previous owners had installed a private runway. John uses it today with his parachute glider.

Family photographs lie under glass

on the living area coffee table that is surrounded by plenty of comfortable seating. Group photos of their large families hang on the wall and on the mantel above the fireplace. There are also photos of the other common bond that John and Sandra found they had. John and most of his brothers played football and then joined the military. One brother, however, Chuck Hughes, played ball and was drafted by the National Football League. He was playing for the

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Detroit Lions when he suffered a fatal heart attack during the final minutes of a game with the Chicago Bears. He is the only NFL player to die on the field. His number 85 was retired, all his fellow players attended his funeral, and an annual award is given in his name for the most improved player. Lance recently found photo negatives of Chuck online, which the family now treasures. Coincidentally, one of Sandra's brothers, Ray Jacobs, was a defensive tackle in the American Football League. He played for the Miami Dolphins, Boston Patriots and Houston Oilers. What were the odds? "We used to travel to their games when they played in Dallas," Sandra said.

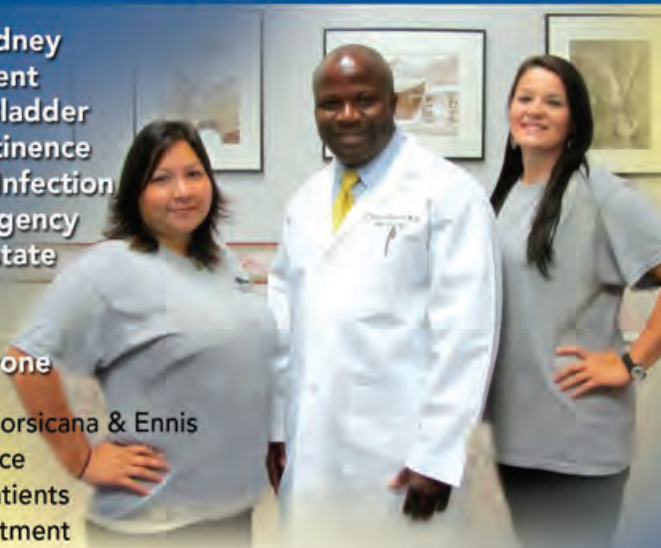
Their kitchen and dining combo is large enough to accommodate many cooks and diners, when necessary. John and Sandra have installed a multi-shelved glass-fronted cabinet, which holds Sandra's collection of gifts from the students she taught over her 25-year career with Corsicana ISD and Ennis ISD. A retired teacher, she now works part time at Harvie's.



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The large dining table also accommodates Sandra's scrapbooking hobby. She keeps individual scrapbooks for each family member and has published, along with one sister, *Jacob's Memories*, a bound scrapbook containing photographs and letters from every member of her family, starting with a letter of memories written in 1930 by her mother. In all, she has worked on 25 scrapbooks and 185 albums. "If we just had a penny for every photo we have, we would be rich," John said. For her birthday, Sandra's family gave her, what else, a birthday scrapbook!

What was once Lance's bedroom has been turned into a man cave that houses John's collection of everything Coca-Cola and his photos of restored cars. The room's '50s decor is the perfect background to his collections. A guest bedroom is decorated in a red, white and blue theme. A pie safe and quilts that were passed down from Sandra's grandmother to her mother and now to her make the room special. John and Sandra's master bedroom features a collection of old jewelry passed

down from family members.

John and Sandra are active members of Pleasant Grove United Methodist Church, and they volunteer with the United Christian Fellowship. "Johnny and I are not rich, by any means, but we are rich in our church family and our relationships with friends and family," Sandra said. "God has been so good to us. We have a good life." **NOW**



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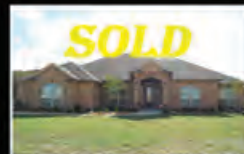
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Horse SENSE

— By Randy Bigham

A Corsicana High School student, who will begin her junior year this month, makes good grades and isn't above a little horsing around. She also has no fear of a teacher's reprimand, since she is accustomed to receiving adults' constructive comments. This 16-year-old is right on track as a nationally ranked equestrienne, winner of consecutive awards for her poise and agility, and she has plans to one day be able to apply her love for horses to helping children in a career as an equine therapist. "I love all animals," Megan McLean said, "and working with horses is great. They are beautiful and very smart." Although



"Seeing what she has done gives me the drive to make a success of my dreams."

active in band and the CHS Color Guard, Megan's extracurricular preference is riding Arabian horses and training for shows and competitions around the country.

The daughter of Dan and Angie McLean, Megan has the support of her family as she follows the path her mother set as a champion horsewoman. "My mother has been such an inspiration to me," Megan said. "Seeing what she has done gives me the drive to make a success of my dreams."

Angie, who still participates in open shows riding various breeds, appreciates her daughter's praise. She insists, however, that Megan's accomplishments are due to her own skills. "We are so proud of Megan's achievements at such a young age and look forward to watching her continue to achieve her goals," Angie said. Dan also backs his daughter in her ambitions, making sure she attends critical competitive events regionally and nationally. Equally proud are Megan's brothers, Patrick, 14, and Brandon, 26.

"The whole entire family is supportive of me," Megan explained. "Even my grandparents and my aunts and uncles call to cheer me on or send text messages to let me know they are rooting for me." Megan is a force to reckon with in the



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youth division of the Arabian Horse Association (AHA). For two years, 2010 and 2011, she won the AHA's Regional Team Tournament, joining other members of Team Suave in accepting the distinction. "Our team is made up of a bunch of friends who love horses and love competing," Megan said. "It's an honor to compete with all these talented people and to be selected among the top riders in the country. We all love the competition aspect, but it's also just fun to learn and give the best you can give."

Her membership in AHA has been an important cog in the wheel of success for Megan. The organization, whose registry for Arabian horses was founded in 1908, is the focal link for enthusiasts of the breed to enjoy contests and recreational activities nationwide. Currently, there are more than 40,000 members, and since the association's inception, over one million Arabian, Half-Arabian and Anglo-Arabian horses have been registered. Some 400 events are held annually to bring the Arabian horse community together, and the group offers the "premier marketplace" for buying and selling the breed.

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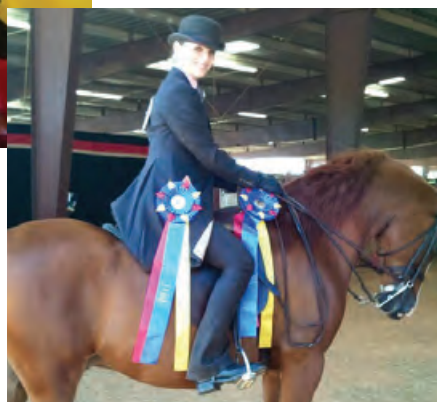
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Megan's success is the United States Equestrian Federation (USEF), which is the national governing body for the sport. USEF was established in 1917 and is today the largest multibreed equine foundation, overseeing 2,800 contests every year. One of its best-known programs is the training, selection and funding of the group's own team of riders for the Olympic Games.

This year, Megan has qualified to participate in AHA's regional and national shows, and she is hard at work preparing to display her finest form and skills. She credits her coach, Alene Esposito, for providing careful and compassionate instruction



and for reassuring her when she needs it. "Just being around Alene is a boost," Megan said. "She is the most amazing woman, almost like another parent. She's always been there for me in life as well as in my training. I can go to her about anything." A member of AHA and such state groups as the Bluebonnet Arabian Horse Club, Alene is well-known in Texas, arranging events and chairing committees. She is also frequently a main ring judge and trail judge for open shows across the state.

Alene has trained Megan in every facet of horsemanship. Megan has mastered English riding and is now just learning the art of barrel racing. This rodeo event, in which riders attempt to maneuver around a clover-leaf pattern of barrels in the center of an arena, is primarily a sport for women. The performance

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is a difficult one to achieve and still maintain one's stability and grace in the saddle. Megan relishes the opportunity to display her abilities and her style of riding. Proficient in traditional English and more modern Western riding forms, Megan delights in both. "The English and Western disciplines are both great to know," Megan said. "I love the proper riding etiquette of the English style but also enjoy the more countrified Western type." The English discipline is varied but, basically, requires the use of both hands on the reins, rather than a single hand. English style riders often rise and sit in rhythm to the horse's stride. By contrast, riders of the Western discipline use only one hand on the reins and carry a lariat in the other.

Megan has learned much about her favorite breed through her involvement with AHA, which offers online forums to discuss aspects of Arabian horses, horsemanship, horse care and health. Home study courses are also available through the group, as is a judges and exhibitors school and scholarships.

Megan is excited about her future as a horsewoman and an educator. "I want to go to Texas A&M University and become an equine therapist," she said. She has decided on the vocation because it will be a way to continue her love of riding, yet help others overcome adversity by appreciating the beauty of the horse and the freedom of the sport. As a psychiatric discipline, equine therapy uses the horse to supply positive experiences that "promote emotional growth" in patients, often children with behavioral difficulties or who have suffered physical and emotional abuse. Students in equine therapy learn metaphorically about horse care, such as how to lead a horse — not by pulling a rope ahead of the animal, but by walking beside it.

The most gratifying part of riding for Megan is the trust and love that develops between horse and human. But the competitive side of riding is fun, too, and Megan looks forward to future shows in which she can demonstrate all she has been taught. "I really love learning how I can improve," Megan admitted. "I have been so inspired by my mother and by my coach that I want to be as great as they are. I want them to be proud of me, and I want to be proud of myself." **NOW**

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— By Rick Herron

Kerens, a quiet little hamlet about 20 miles west of Corsicana on Highway 31, is known throughout Navarro County and the state of Texas for many things. One is Big Tex, the giant icon seen every year at the Texas State Fair, who first appeared in Kerens during Christmas of 1949. Residents built a 49-foot-tall Santa Claus out of iron and papier-mâché to draw Christmas shoppers. In 1951, State Fair president, R.L. Thornton, purchased the Santa, and he was transformed into the famous cowboy that has greeted fair attendees ever since.

Another Kerens icon of a slightly different type is the Kerens Junior High Cheer Squad. This group of young women not only cheers their school football team to victory, but also does a lot of volunteer work for the community.





The cheer squad's sponsor and coach, Cristy Vaughan, is the primary reason for the squad's phenomenal reputation. "We have 11 girl cheerleaders and one mascot in the squad," Cristy said. The mascot is, of course, the famous bobcat, brought to life each game by another girl hidden inside the colorful costume.

The squad recently returned from their yearly summer camp, held June 25 through 28 at Tarleton State University at Stephenville, Texas. "We left Monday morning on the three-hour drive and came back Thursday evening," Cristy explained. "Prior to the trip, the girls did fundraising for about five months to raise the attendance fee of \$300 per cheerleader."

Cristy guides the squad in creating and selling calendars along with securing sponsorships to help raise the necessary money to pay their way to the cheer camp, where they learn the latest cheerleading trends. "The girls learn new chants and cheers they can use for the upcoming season," Cristy said. "I make sure and teach them all the physical stunts before they go, which has helped us maintain a great track record of no injuries to any of the girls."

Not only is she the sponsor/coach of the cheer squad, but Cristy also performs other school duties. "I work in the

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Whiplash usually takes us by surprise, but don't let a sudden, unexpected injury like whiplash derail your life. Seek qualified medical care and diagnosis by a professional, and remember chiropractic care is the safe, effective way to treat whiplash and not just mask the pain it causes.

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Kerens High/Middle School office as a secretary. I've also coached for over nine years, after the lady who was doing that turned it over to me when she moved away and remarried," she said. Prior to that, Cristy's career was in special education.

In addition to her duties as cheer squad sponsor and school secretary, Cristy is also a mother, a daughter and a talented artist who says she absolutely loves to draw. "I get to indulge my artistic side by drawing the 'bust-through' we



use before every game." Cristy said. She creates the bust-through (a large poster paper drawing that the football team runs through on their way to the field) by sketching out a theme then using a carpenter's pencil to draw it out in detail. "After the drawing is done, I give it to the cheer squad, and they paint it," she said.

Cristy, born in Mount Pleasant, Texas, moved to Kerens early in life, where she graduated from Kerens High School in 1991. After attending Navarro College, she married and had three children. Cristy says this year looks like it will be a busy one for her and the Kerens Junior High cheer squad. "One night in August, we will spend the entire night in the gymnasium and make the signs for all the games we'll cheer at this year," she said, adding that they will start planning their cheer agendas and deciding what they will perform for the upcoming football season.

Another much-anticipated activity Cristy leads is the Junior Bobcat Cheer Camp for prekindergarten through seventh grade cheerleader “wannabes,” which is held each year in September. “Everyone who attends the junior cheer camp participates at a home game in the fall where they get to cheer with our squad,” Cristy explained.

Historically, the Kerens Junior High Cheer Squad starts each season by cheering for the seventh grade, eighth grade and junior varsity teams. “We



get to cheer all three games, one right after the other,” she said. During the holidays, the squad volunteers its time and cheerleading talent by performing at numerous venues in and around Corsicana, Kerens and Dallas. “We perform regularly at Sterling House, Heritage Oaks West, the Kerens Care Center, Medical City Children’s Hospital, La Petite and Six Flags,” Cristy said. The squad begins the yearly cheer schedule with practice beginning in October, followed by the first performance starting in November and continuing all the way through Mother’s Day.

Last March, the cheer squad served food and helped with cleanup at the 2nd Annual KESA (Kerens Ex-Student Association) Easter Luncheon & Style Show. They also provide the entertainment for numerous holiday events throughout Navarro County.

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Cristy admits the squad's great reputation is possible thanks to diligent practice, which starts well before football season begins. "We start practicing 30 days before cheer summer camp, and all the parents get to see what we've accomplished when we invite them to a parent night we host every year in June," Cristy said. The squad maintains a strict practice schedule, meeting from 4:00 to 6:00 p.m. Mondays, Tuesdays and Wednesdays at Kerens I.S.D.

Cheerleader Kayleigh Avants, team captain for the current year, said she has learned a lot about how a successful cheer squad operates, especially from her perspective as captain. "It's a lot of responsibility being captain and seeing all the administrative things that go into



keeping things running smoothly," she said. Kayleigh gives most of the credit for that success to Cristy. "I just love her. She is an awesome coach, very funny and very cool."

Most importantly, Cristy is proud that she is a friend and counselor to every girl on the cheer squad. "We've had some girls who came to the squad as very shy and introverted, and I've seen them changed in positive ways by being part of the cheer squad," she said, noting that she's also seen how the discipline and responsibility of being part of the squad made every girl a better person for the experience.

"Every girl in the squad knows they can always come to me to talk about anything," Cristy reflected. "I've learned that there's really no such thing as a bad kid — just good kids who sometimes make bad choices. I look at each one of those girls as an extension of my own family, and they are truly the sunshine in my life." **NOW**

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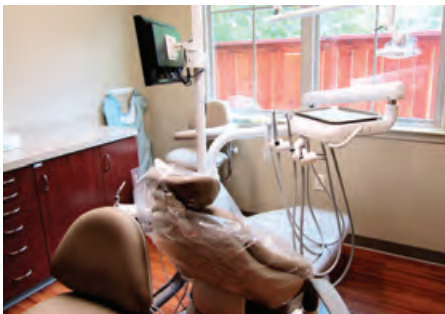
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Dr. Michael Eeds, D.D.S. and his experienced staff offer patients a caring and comfortable atmosphere in their new offices.

— By Virginia Riddle

As winter turned into spring this year, a new commercial building was being constructed along 2nd Avenue. It is now the new home of Navarro Dental Center, which has been in the neighborhood since September 2009, when Dr. Michael Eeds, D.D.S. assumed the practice of Dr. R.B. Gober, just down the street. The new office reflects Dr. Eeds' philosophy of care. "I like to treat people the way I would want to be treated," he said. "Our new state-of-the-art facility was designed with the comfort of our patients in mind."

The soft tones of the new office decor help calm patients of all ages as they arrive for services. Wi-Fi access, in addition to TV and music selections, is available for patients' use. To ease the anxiety often associated with dental work, nitrous oxide

(laughing gas), sedation dentistry and prescriptions are offered for relaxation. The new facility is also fully handicap accessible. The many children, who are patients, can look forward to visiting the dentist and Dr. Eeds' special KidZone waiting area, which is equipped with video games, a TV and toys. Dr. Eeds is on staff at Navarro Regional Hospital, where he treats younger children under general anesthesia.

"We will always recommend what we feel is best for our patient's oral health, and with modern technology, we can provide conservative solutions quickly and effectively. We get a lot of word-of-mouth referrals from satisfied patients," Dr. Eeds said. Referrals may be made and appointments may be requested online at the easy-to-navigate Web site, NavarroDentalCenter.com, or

on their Facebook page. On-site reviews rate Dr. Eeds and his staff as having a professional, kind and gentle demeanor.

A native of Dallas, Dr. Eeds graduated from The University of Texas at Arlington and Baylor College of Dentistry. In the practice of dentistry since 1974, Dr. Eeds is a member of the American Orthodontic Society. He updates his dental skills continually in order to bring the latest advancements in dental care to his patients. The office manager, Evie Eeds, Dr. Eeds' wife, is joined by seven friendly, well-trained and experienced employees who provide patients high quality, preventive and restorative dentistry services. Bilingual staff members are available and emergencies are seen the same day.

In their spare time, the couple enjoys traveling. Their hobby of scuba diving has taken them to many of the most beautiful places in the world — Cozumel, Mexico; Honduras; Bonaire; the Grand Cayman Islands; and Key West, Florida. Mike and Evie are both certified as Master Scuba Divers. Dr. Eeds is an emergency medical technician (EMT), a diver medical technician (DMT) and a certified hyperbaric technician. The couple has also made a medical mission trip to Guatemala, where they provided dental services for the indigenous Mayan people of that region.

Dr. Eeds owns four classic muscle cars, which reflect his interest in the 1960s. He has also been the CEO of Martin Brothers Bikes, where custom motorcycles were designed and built. "He was living his mid-life dream," Evie said. During that time, the company built The Patriot Bike, which won the World Bike Build-Off and was featured on numerous shows on the Discovery Channel. "That was our 15 minutes of fame," Dr. Eeds quipped.

Dr. Eeds and Evie are parents of two grown children: son, Chad, and daughter, Erika. They are members of the First Baptist Church of Corsicana. A friendship with Dr. John Gober, son of Dr. Ralston Gober, brought the Eeds to Corsicana. "We came to visit and liked the small-town atmosphere," Dr. Eeds said. This couple, who went to the same Dallas high school, is investing in the future of Corsicana. **NOW**



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One way to feel like you are still on those early wagons is a trip to Palo Duro Canyon State Park. This 30,000-acre park about 25 miles south of Amarillo is one of Texas' natural crown jewels and appears to the visitor much as it did when the first Anglo settlers came to the area. Hike, bike, camp, ride horses, view the canyon's wildlife or cool your feet in a stream, it's all easy to do in the canyon.

In the summer, you won't want to miss the outdoor musical drama *TEXAS*, an epic stage play about the settling of the Texas panhandle performed in the Pioneer Amphitheater with Palo Duro Canyon's walls as the backdrop. Or stay in town to enjoy our newly revamped downtown entertainment district and catch a show or sporting event at the Globe-News Center for the Performing Arts or the Amarillo Civic Center. Choose from a wide array of restaurants along or near Polk St. One of Amarillo's newest hotel properties, the Courtyard by Marriott Downtown in the historic Fisk Building along Polk St., is open and ready.

People always get a kick out of Historic Route 66 along Sixth Avenue between Georgia and Western. Lots of restaurants, shops and boutiques line this stretch of the highway that passed

through Amarillo. Shopping for new cowboy boots and a hat? Check out all the Western items at outlets throughout the city.

Amarillo has a great assortment of family-friendly museums. The Panhandle-Plains Historical Museum is like the Smithsonian, but with a Texas accent. The American Quarter Horse Hall of Fame & Museum tells the story of the horse that won the West. The Kwahadi Museum of the American Indian has a collection of Native American art and artifacts and offers performances by the Kwahadi Indian Dancers. Looking for hands-on science and a great education experience for the whole family? Visit the Don Harrington Discovery Center. Finally, the Amarillo Museum of Art hosts eclectic exhibits from throughout the art world.

New last summer were a \$52 million passenger terminal at Rick Husband Amarillo International Airport and a new full service hotel, the Holiday Inn West.

And we've barely mentioned the world-famous Big Texan Steak Ranch (now with a microbrewery), Splash Amarillo (the area's only water park), the World Championship Ranch Rodeo (held each November), the quirky and popular Cadillac Ranch, minor league baseball, hockey and indoor football and motor sports at Route 66 Motor Speedway and Amarillo Dragway. **NOW**

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Adam G. Arredondo, M.D.
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Nelson Roughton and Josephine George. enjoy food and fireworks at Griffin-Roughton Funeral Home's Fourth of July celebration.



Gonzalo Alvarado donates blood while Andrew Gomez, phlebotomist with Carter Blood Care, assists him.



Donovan and Gannon Johnson enjoy the summer with a new friend.



Left to Right: Marge Oslick, Carolyn Krejci and Shirley Nussbaum wear beautiful hats and smiles at the Corsicana Newcomers Club Summer Social Ladies' Tea.



Phillip and Candy Story watch Noah as he enjoys a snack and being barefoot in the park while awaiting the Fourth of July fireworks display at I.O.O.F. Park.

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For Good Health, Eat Healthy

It's a well-known fact that our nation has a critical weight problem. More than one-third of U.S. adults — nearly 38 percent — are obese, according to the Centers for Disease Control & Prevention, and the percentage continues to climb. Overweight and obesity are linked to several chronic diseases including heart disease, stroke, type 2 diabetes and certain types of cancer. In Texas alone, the percentage of overweight or obese adults tops 31 percent.

There are resources to help you make the right choices to maintain a healthy diet, a healthy weight and good quality of life. Proper nutrition can help prevent or manage high blood pressure, high cholesterol, depression, diabetes, heart disease, sleep apnea, gallbladder disease, bone and joint disorders, certain types of cancer and many other conditions.

Obesity and diabetes link

Numerous studies have documented the link between obesity and diabetes. If you already have diabetes, you know the importance of controlling your blood sugar — what you eat, when you eat and how much you eat can make a pivotal difference in a diabetic's quality of life and activity level. Keeping your blood glucose levels within the desired range can help prevent the development of other health problems that are common among diabetics: heart attack, stroke and kidney failure, for example.

Nutritional Counseling

People who are on a medically supervised diet for weight loss or health reasons usually see a hospital-based dietitian for individual counseling and weight

management, in conjunction with their doctor's plan for their care. A professional dietitian or nutritional counselor can also help design a program to aid in weight loss for patients preparing for bariatric surgery or heart surgery. If you are recovering from surgery, or have high cholesterol or hypertension, your doctor may recommend that you consult with a professional dietitian to design a low-sodium, heart-healthy diet that will support goals for your recovery and long-term health.

If you're beginning a weight-loss program for preventive health reasons, or as part of a chronic disease management plan, talk with your doctor about the resources available to support your long-term goals. A physician's order from your primary doctor is generally required for nutritional counseling and services. **NOW**

Sources:

www.nutrition.gov

National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.org

American Diabetes Association, www.ada.org

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

Dr. William McHenry • Family Medicine

Family Clinic of Corsicana

Member of the medical staff at Navarro Regional Hospital



Help Is Just a Click Away

— *By Nancy Fenton*

Late summer is a great time to spot trouble in your garden or lawn and get some answers. Spotting trouble can be done during the heat of the day, contrary to a lot of other gardening chores! To help with this task, the Master Gardeners use a lot of varied Web sites, including the Texas A&M one at <http://aggie-horticulture.tamu.edu>. Texas has a special site for plants that do well in our areas. You can find it at <http://plantsfortexas.com>. Dave's Garden, <http://davesgarden.com>, and www.monrovia.com both have great images, as well as information.

More specific sites include: www.johnscheepers.com for bulb lovers, www.lilypons.com for hints and plants for ponds and www.petesherbs.com for herb information. Sick plants can perhaps be helped by checking out Urban Plant Pathology at <http://sickplants.tamu.edu/>. For help with soils and water problems as well as Texas-tested plants, try the Texas A&M site <http://aggie-horticulture.tamu.edu/earthkind/>. This site

even has a section where you can enter your ZIP code plus the color, size and other specifics about the plant you want, and they will give you a list of plants that will not only meet your needs, but survive your area extremes! Aggie Horticulture also has sections on vegetables, lawn, fruit trees and pests. It's all there and is just a matter of moving through the site. Have patience!

Information on organic gardening and pest control is also available at <http://organicgardeningtx.com/>. When in doubt, Google it, but remember most of the large search engines will put paying customers at the top of their search list. Be sure and check several pages. Lots of state universities have great sites, but temper your choices with knowledge of the differences in climate across the United States. **NOW**

Nancy Fenton is a Master Gardener.

How to Afford Long-term Care

It's likely that at some point in your life you will need assistance with your daily activities. In fact, the U.S. Department of Health and Human Services estimates that 70 percent of people over age 65 will eventually need long-term care, whether in a home setting, a senior living community or a nursing home.

Long-term care insurance can help cover the costs of these services and may help you preserve your financial resources. Keep these factors in mind if you're thinking about purchasing coverage:

- **Age.** Look at long-term care insurance well before you need it. The older you are, the more you can expect to pay for your plan. Also, if you wait, it's more likely you'll have developed a health condition that may disqualify you from getting coverage. While there's no "right" age to buy, the American Association for Long-Term Care Insurance estimates more than half of long-term care policies are purchased by people ages 55 to 64.

- **Affordability.** Coverage and cost vary, so shop around for a plan that will be reasonably affordable rather than choosing one that breaks your budget. The National Association of Insurance Commissioners recommends spending no more than five percent of your income on a long-term care policy.

- **Features.** It's not easy to evaluate different plans. Be sure to compare these key features:

- **Benefit trigger.** The criteria or event the insurer uses to determine when your policy will go into effect.

- **Elimination period.** The number of days you'll pay for care out of your own pocket before you begin receiving benefits. Thirty days is the minimum

elimination period for many long-term care plans.

- **Daily benefits.** The amount the policy will pay on a daily basis. Some plans pay benefits based on the hours of service, such as the number of hours a home health aide visits your home.

- **Inflation adjustment.** A feature that helps your benefits keep pace with rising costs.

- **Types of services.** A description of what's covered under each plan and where you may receive this care — at home or in an assisted living residence, adult day care facility, nursing home or other setting.

- **Duration of benefits.** The length of time you'll receive benefits, from a few years to as long as you live.

- **Exclusions.** Stipulated conditions or acts that the benefits won't cover. These could include conditions caused by alcoholism or dangerous behaviors.

Learn more about long-term care insurance from the HHS National Clearinghouse for Long-Term Care Information.

The information in this article was obtained from various sources. While we believe it to be reliable and accurate, we do not warrant the accuracy or reliability of the information. These suggestions are not a complete list of every loss control measure. The information is not intended to replace manuals or instructions provided by the manufacturer or the advice of a qualified professional. Nor is it intended to effect coverage under any policy. State Farm makes no guarantees of results from use of this information. We assume no liability in connection with the information nor the suggestions made. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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August 1-31

"Don't Call It Courage: The Battle of Fredericksburg" a temporary exhibit created using original documents from the museum's permanent collection and quotes from period newspapers: **Monday-Friday:** 10:00 a.m.-4:00 p.m., **Saturday:** noon-4:00 p.m., The Pearce Museum. For more information, call (903) 875-7642 or visit www.pearcecollections.us.

August 2

Corsicana Chamber of Commerce Business After Hours: 5:32 p.m., I.O.O.F. Event Center. For more information, call (903) 874-4731.

August 4

Pearce Museum Summer Art Classes: 1:00-2:30 p.m. Ages 8 and up. \$10 fee covers all materials and instruction. For more information or reservations, contact Kim Jayroe at (903) 875-7420.

August 6-16

Youth Swim Lessons: 30-minute class sessions begin at 8:15 a.m. and go through 7:25 p.m., Corsicana YMCA. Call (903) 872-2412 or visit www.corsicanaymca.org for more information.

August 8-10

Backpacks of Love: **August 8**, noon-7:00 p.m.; **August 9**, 9:00 a.m.-5:00 p.m.; **August 10**, 9:00 a.m.-noon (or until school supplies run out), Drane Intermediate School Gym. School supplies are provided for Navarro County students who qualify for free/reduced lunch. For more information, contact Kimberly at Northside Baptist Church at (903) 872-5601 or Crystal at Presbyterian Children's Home and Services at (903) 874-2517.

August 18

Corsicana's 6th Annual Back to School/Stay in School Rally: 9:00 a.m.-noon, Fullerton-Garrity Park. The rally is for family members, youth of all ages, community members and educators. For more information, contact Elmer Burrell at (903) 874-2821 or elmererm@aol.com.

Pearce Museum Summer Art Classes: 1:00-2:30 p.m. Ages 8 and up. \$10 fee covers all materials and instruction. For more information or reservations, contact Kim Jayroe at (903) 875-7420.

Shake Rattle & Roll: 7:30 p.m., I.O.O.F. Event

Center. Come dance and sing to the songs of the '50s and '60s. Tickets are \$10 or \$15 at the door. For more information, call (903) 641-6607.

August 20-24

Healthy Kids Camp: Corsicana YMCA. For kids ages 6-12. For more information, call (903) 872-2412.

August 23

Corsicana Newcomer's Club Luncheon and Annual Style Show: 11:00 a.m., Kinsloe House. Come meet new friends and see all the latest in fall fashions. For more information or reservations, contact Marge Oslick at (903) 872-3508.

August 28

The Pearce Museum Volunteer Coffee: 10:00 a.m. Volunteers and those wishing to volunteer, join us for a brand new year at the museum. For more information, contact Kim Jayroe at (903) 875-7420.

Submissions are welcome and published as space allows. Send your current event details to virginia.riddle@nowmagazines.com.



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In The Kitchen With Cheryl Blanton

— *By Virginia Riddle*

As a busy mother of three active and involved children and fitness instructor at the Corsicana YMCA, Cheryl Blanton is always on the lookout for easy, quick, nutritious and appealing-to-children snacks and meals. Her husband, Brett, and children Jack, 13; Claire (Kiki), 11; and Sam, 8, are always ready to eat whatever she cooks. Cheryl and other mothers share a co-parenting lifestyle, so she is often cooking for friends' children, as well as her own.

Cheryl primarily shops the "perimeter of the grocery store" (fruits, vegetables, dairy). Her most important advice: have something ready for after-school healthy snacking. "I am very health conscious. I want my kids to eat and live a healthy lifestyle," she said. **NOW**

Crock-Pot BBQ Chicken

- 1 18-oz. bottle Sweet Baby Ray's Barbecue Sauce**
- 1/4 cup vinegar**
- 1 tsp. red pepper flakes**
- 1/4 cup brown sugar**
- 1/2 to 1 tsp. garlic powder, or to taste**
- 4-6 boneless, skinless chicken breasts (can be frozen)**

- 1.** Mix barbecue sauce with the next 4 ingredients.
- 2.** Place chicken in Crock-Pot, and pour sauce over it.
- 3.** Cook on low for 4-6 hours.

Crock-Pot Chicken Tacos

- 1 envelope Old El Paso Reduced Sodium taco seasoning mix**
- 6 boneless, skinless chicken breasts, shredded**

- 1 16-oz. jar Newman's Own salsa**
- 1 pkg. corn tortillas**
- Guacamole**
- Lettuce**
- Shredded cheddar or jalapeño cheese**
- Sour cream**

- 1.** Combine the first three ingredients in a Crock-Pot. Stir until seasoning and salsa are well-blended.
- 2.** Cook on high for 4-6 hours or on low for 6-8 hours.
- 3.** Serve on corn tortillas with guacamole, lettuce, cheese and sour cream served as condiments.

Charlotte's Vegetable Soup

- 1 lb. ground turkey, browned and drained**
- 1 15-oz. can whole kernel corn**
- 1 15-oz. can diced potatoes**
- 1 10-oz. can diced tomatoes**
- 1 20-oz. can tomato sauce**

- 1 15-oz. can green beans**

- 1.** Combine all ingredients and stir well.
- 2.** Let simmer for 30 minutes.

Fruit Wands

- 1 cantaloupe**
- 1 pineapple**
- 1 container fresh strawberries**
- 1 bunch red grapes**
- 1 bunch green grapes**
- 40 bamboo skewers**

- 1.** Cut the cantaloupe, pineapple and strawberries into bite-size pieces.
- 2.** Alternate the varieties of fruit along each skewer.

Strawberry Sprinkles Cupcakes

Cupcakes:

- 1 box white cake mix**
- 1 1/3 cups water**
- 2 Tbsp. vegetable oil**
- 3 large egg whites**
- 1/2 cup strawberry puree (7 medium-sized strawberries, pureed)**

Icing:

- 2 cups confectioners' sugar**
- 3 Tbsp. non-fat milk**
- 5 drops red food coloring**
- 3/4 cups red crystal sprinkles**

- 1.** Preheat oven to 350 F.
- 2.** Place 18 cupcake liners in two 12-cup pans.
- 3.** Combine cake ingredients in a large bowl.
- 4.** Use whisk or an electric mixer to blend cake mixture on low speed, until moistened. Turn mixer to high speed and blend for 2 additional minutes.
- 5.** Pour batter into prepared cups filling each about 3/4 full.
- 6.** Bake cupcakes for 21-24 minutes.
- 7.** Remove cupcakes from oven. Cool completely while in pan.
- 8.** To make icing, whisk together the confectioners' sugar and milk, until smooth. Stir in food coloring.
- 9.** Dip the top of each cupcake into icing. Allow excess icing to drip off cupcake before turning it over.
- 10.** Sprinkle red crystals over the top of each cupcake. Allow icing to dry slightly for 10 minutes.



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