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# **Corsicana** NOW

M A G A Z I N E

September 2010

**A Quiet  
Life**

**A Guided Trip  
to the Future**

**ALSO INSIDE:**

**No Excuses, Just Solutions**

**Help Is on the Way**

**Alive With  
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**At Home With  
David and Jill  
Lee**



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# Contents

September 2010  
Volume 7, Issue 9



Corsicana High School Football Coach Matt Langley expects good things this season.

## 8 A Quiet Life

## 16 A Royal Southern Charmer

At Home With David and Jill Lee

## 26 Around TownNOW

## 28 ArtsNOW

Alive With Music

## 32 SportsNOW

No Excuses, Just Solutions

## 36 BusinessNOW

Help Is on the Way

## 38 EducationNOW

A Guided Trip to the Future

## 40 Who's CookingNOW

## 42 FinanceNOW

## 44 HealthNOW

## 46 OutdoorsNOW

## 48 TravelNOW

## 50 What's HappeningNOW



## On The Cover

The bell at Thien Tam Monastery rings to invite all to pray or gather for meals.

Photo by Terri Ozymy.

# Editor's Note

Dear Friends,

Americans are justly proud of their ability to meet challenges with energy and creativity. In this issue, *CorsicanaNOW* celebrates neighbors like Linda Lopez, who raises chickens organically and markets eggs locally. As the economy demands advanced levels of education, the STAR/AVID program supports our children as they prepare for careers in the design, manufacture and sales of products that may not be invented yet. As we struggle to rethink immigration policy we can remember when, in 1975, many Vietnamese people fled their ruined country and came to America. We called them "the boat people." Now, 35 years later, we can call them Texans and neighbors who bring us the richness of their culture and, in the case of the monks at Thien Tam, the richness of their spiritual energy.

Joan Kilbourne  
*CorsicanaNOW* Editor



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We are Proud to welcome Aric Bonner to the team! Contact him at 903-654-7561 or [aribonner.f@gmail.com](mailto:aribonner.f@gmail.com)



219 Tonkawa Trail - Luxurious 3/3, 1/3 on 1+ acres w/ gourmet kitchen. Granite fireplace in master suite & upstairs balcony. Julie 903-654-3970



330 Lincoln - The Castle offers both luxury & comfort with 4/5.4 & 3 living areas. Large bedrooms, private bath, study, home theater & much more! Julie 903-654-3970



7628 SE CR 3270 - Beautiful custom 3/2 home on 24 acres w/ 2 ponds! Hardwood floors, ceramic tile, crown molding and custom built-ins. Julie 903-654-3970



Gayla Gober has joined the RE/MAX team! Contact her at 903-879-5896 or [gaylagober@att.net](mailto:gaylagober@att.net)



311 Whitesall St. - Pristine 3/2 w/ unique layout. Large closets, built-ins, fireplace, breakfast bar & great landscaping. Julie 903-654-3970



1801 Woodlawn - Cute 3/2, 1/3 on corner lot in great neighborhood! Large living/dining area, built-ins and sunroom. Julie 903-654-3970



15323 SW CR 239 - Nature lovers' get-away! 3/2 mfg. home on 21.26 wooded acres w/ pond, trails, road frontage & partially fenced. Julie 903-654-3970



1005 N 23rd - 1/2 Charming 2/1 bungalow, perfect for a new family! Large utility room that can serve as an office or playroom. Julie 903-654-3970



123 SE CR 3147 - Stunning 4/5, 7 on 2 beautiful acres! Too much to list! Seller concessions up to 50K. Julie 903-654-3970



883 Sailboat - Open floor plan w/ huge living/dining area, ceramic tile, crown molding, granite & bonus area! Julie 903-654-3970



225 September Dr - Gorgeous 3-story 3/2 w/ 3-car garage, balcony overlooking lake boat house & more! Julie 903-654-3970



725 El Barco - Fabulous 4/3 w 2 master suites, custom cabinetry, tile & trim work! Julie 903-654-3970



18000 Nelson Loop - Terrific 3/3, 2 on 2 wooded acres with 7 more acres available across road! Floor-to-ceiling windows! Julie 903-654-3970



290 Shadows Oaks - Gorgeous 5/2, 2 with large family room. 15-ft. vaulted ceilings & custom cabinetry! Julie 903-654-3970



608 Sunset Point - Great views from this hilltop 3/2, 2 on oversized lot with tile, fireplace and huge bonus room! Julie 903-654-3970



333 Knights Cr - Reduced! Spectacular open waterfront views from the well-maintained 3/2 with recent carpet, paint & kitchen updates. Julie 903-654-3970



2058 SE CR 2320 - Perfect private retreat! 1/1 on 42.8 acres w/ 2 ponds, seasonal creek, nice trees, barn, fenced & road frontage! Julie 903-654-3970



418 Clubhouse - Beautiful 5/5, 2 in The Shores! Custom-built study with kitchenette area, formal dining, upstairs living area. Julie 903-654-3970



1605 Dobbins Rd - Fabulous 4/5, 1/3 custom-built home w/ award-winning pool, game room w/ bar & built-ins, 2 fireplaces, gourmet kitchen & huge walk-ins! Tammy C. 903-641-5243



# A Quiet Life

— By Joan Kilbourne

*With very little fanfare, new neighbors moved into Kerens in July 2009. Six Benedictine monks moved from their home at the Christ in the Desert Abby in New Mexico to establish the new Monastery of Thien Tam. Two of the monks came to Texas to supervise the remodeling of the buildings on their 300-acre property in Kerens. When the work was finished, two priests, a deacon and three brothers moved into this newest Benedictine house for Vietnamese vocations.*



Pictured left to right: Brother John Baptist, Brother Peter Khoa, Father Dominic, Brother Dominic Dat and Brother Paul.

On January 3, 2010, this congregation of Vietnamese-born monks held a ceremony to bless their bell and bell tower. The bell is a sign in the monastic community and becomes the voice of God, inviting all to pray, to do *lectio divina* (spiritual reading) and to gather for meals.

Father Dominic said, “There are 21 Benedictine congregations located on every continent. They all follow the Rule of Saint Benedict that calls for work, prayer and study, but each monastery is autonomous, that is, they can set their own focus on the work they do or on

prayer or on study. We see ourselves as contemplatives. We pray six times a day.”

The Rule of Saint Benedict states in part, “Let all guests who arrive be received as Christ ... let all kindness be shown them.” In that spirit, the monks at Thien Tam plan to develop a pastoral center for individual and group retreats. “People are drawn to places that are set aside for religious purposes,” Father Dominic said. “For many, this is a first step to spiritual renewal, to accepting yourself as holy, to be aware of the intention to reach out to God. If it helps

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**“For many, this is a first step to spiritual renewal, to accepting yourself as holy, to be aware of the intention to reach out to God.”**



them to have such a place, I want this to be that place.” Future plans include facilities for outdoor and indoor events, camping sites and athletic fields. “It will be a place where people of all faiths can come,” Father Dominic said. They have added a wing to the main house with six additional rooms to house monks and visitors to the house.

In June, a three-day program dedicated to the Blessed Sacrament was held on the monastery grounds for Vietnamese members of Roman Catholic parishes from Houston to north of Dallas. The first night about 400 or 500 people participated. On Saturday, the number grew to about 1,000 people. There was perpetual adoration of the Blessed Sacrament as well as teaching about the Blessed Sacrament, and there were conferences for different age groups. Three large canopies provided shade for the dining area, where traditional Vietnamese



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dishes were served, for the perpetual adoration area and the seating area for Mass and meetings. Families in RVs and tents camped under the trees. A group of young girls could be seen dressed in the traditional *ao dai*, a tight-fitting silk dress worn over silk pants. They floated across the grass like pastel-colored butterflies to settle themselves in a circle of chairs under a tent where they pulled out cell phones and began to chat with friends.

Saint Benedict was born around the year 480 in the district of Nursia in Umbria, central Italy. He is regarded as the "Father of Western Monasticism." Benedict had the revolutionary idea that work was a necessary instrument of virtue almost on a par with prayer, and



often indistinguishable from it. To him, it was the natural condition of man, and he envisioned a state of life in which the physical components of work, prayer and reading were in all ways equal. His Rule was meant to be for the governance of the domestic life of lay individuals who wanted to live in the fullest possible way, the path that led to God. The work of the monks may include such crafts as the making of soap, candles and vestments for liturgical services. There is an emphasis at the Abby in New Mexico on sustainable and environmentally friendly building and gardening. In keeping with this effort, the monks at Thien Tan raise free-range chickens and ducks and plan to add gardens and craft work. "We choose work that can stop when the bell rings for prayer six or seven times a day; work that occupies the hands and allows you to be attentive to what you are

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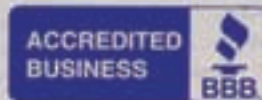
doing, like cooking or cleaning,” Father Dominic said.

The Benedictine Abby at Christ in the Desert, New Mexico, maintains an informative Web site at [christdesert.org](http://christdesert.org) for persons wishing to make retreats or just learn about monastic life. They describe a monk's life as a day punctuated by regular times for prayer that keep one mindful of his or her purpose. The explanation begins with the second “little hour,” *Sext*, at 1:00 p.m., when the monks take their main meal in silence in the monastic refectory, listening to reading from the Bible and from a book or article chosen for the purpose of “feeding the mind” while the body is being fed. These books and articles are usually on a monastic, historical or spiritual topic. After washing dishes, the brothers can rest or read until the office of *None*, the third “little hour,” chanted together in church at 3:30 p.m. After *None*, coffee or tea can be taken in silence in the refectory, then an hour is devoted to sacred reading and reflecting on Scripture texts. After that, there are some 20 minutes of free time followed by a common period of silent prayer for all in the church from 5:20 until 5:50 p.m., when Vespers is chanted. Vespers includes a half hour of praying, psalms, a hymn, the *Magnificat*, and a prolonged prayer of intercession for the needs and intentions of the entire Church. After Vespers there is time for supper, and then at 7:10 p.m., a nightly “chapter meeting,” when the monks gather to listen to a chapter from the Rule of St. Benedict and a commentary by the abbot, as well as to prayer intentions sent to the monks. At 7:30 p.m. all proceed to church for the final office of the day, *Compline*, consisting of a penitential rite, psalms and hymns which vary according to the liturgical season. The day officially ends at about 7:50 p.m. when the monks are free to retire for the night. Between *Compline* and the following day's Mass, the monks observe “the Great Silence,” when all unnecessary conversation ceases and the monks turn their thoughts to resting in God.

In these turbulent times, it is good to know that there is a place where peace and quiet reflection can be found. The monks at Thien Tam can, by example, show us how to bring these gifts into our lives. **NOW**



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# *A Royal* Southern Charmer

— By Virginia Riddle

*At Home With David and Jill Lee*

*The ending of the Civil War brought Stephen Augustus Pace and his brothers from Alabama to East Texas. The coming of the railroad and the discovery of oil prompted S. A. Pace and his growing family to relocate to Corsicana where he established the Pace Wholesale Grocery Company and enjoyed Corsicana's financial boom time. By the year 1893, Pace, having secured his fortunes, had completed his own beautiful family home, now the Hamilton House, and had completed work on a nearby home for his daughter, Theresa Pace May and her family.*





One hundred and thirteen years later, in 2004, a corporate transfer to Dallas and an appreciation for a well-built older home brought David and Jill Lee to Corsicana and the Historic Carriage District where they purchased the Pace Home. "This is a special place. More people come up to the house with memories and stories," David stated.

The home's Eastlake Victorian/Queen Anne architectural style, named for two British queens, typifies the Pace family's Southern roots with some added features indicating the family's adaptation to the Texas heat prior to the invention of air conditioning. Porches with cool blue ceilings and inviting rocking chairs wrap



around three sides of the home. Lace curtains and etched glass door inserts serve as a background to stately trees that are intermingled with frothy, blooming crepe myrtles. Gracefully sweeping front steps lead through Doric columns to carved wood entry doors. The three-story home is built of cypress wood covered with beaded shiplap and fish scale siding with heavy Victorian ornamentation gracing the porches and three balconies.

A Texas style dog-trot hallway designed to let southern breezes cool the home leads to all living areas beginning with the front bay-windowed music

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parlor that reflects David's talent and passion for the guitar and piano. Not just content with playing piano like his father, a physician who found time to "tickle the ivories" during the Big Band Era, David tunes and rebuilds antique pianos. "I figured that if I could tune a guitar, I could tune a piano," he said, explaining his collection of antique upright pianos.

All first-story rooms, just like the music room, feature 12-foot ceilings,

fireplaces with carved mantles and tile work, 9-foot raised panel pocket doors, brass and copper light fixtures, ornate woodwork and wooden floors, all of which were original to the structure. The living room houses the "keeper shelves" featuring Jill's ever-changing collection of unique art objects. "I like weird, different things," she exclaimed. An avid bargain hunter at Canton, garage and estate sales and flea markets, Jill has decorated the

home with period antiques including her collection of treadle sewing machines.

The dining room features a built-in china cabinet with a pull down glass door and the original brass drawer pulls. As a contrast to the darker Victorian colors used throughout the home, Jill painted the woodwork white in the dining room. Jill, known at a local hardware store as the "Paint Lady," stated, "I do love the Victorian colors."

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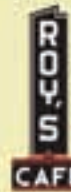
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College aged sons, Jonathan and Ben, respectfully known as “High Shelf” and “Low Shelf” because of their respective height difference, continue to help in the remodeling of the home. A small kitchen and a bath that was converted in earlier times from a butler’s pantry are the family’s current projects. The home originally had an outside cooking kitchen, which explains the small space that is being enlarged to modern kitchen standards. Future remodeling plans include making the original cistern and well operational for watering the yard and converting the attic into an art studio for Jill, who was an art major in college.

The burley pine, carved staircase with faux leather wainscoting leads to “famous family pictures” in the upstairs hallway that accesses the three bedrooms. The photos reflect David’s

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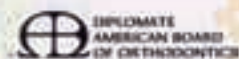
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proud comment, "I have the greatest actresses and actors for kids." "Kids" include daughter, Kerry, and four lively grandchildren visiting while her husband serves in Afghanistan, as well as three resident large dogs and a cat. "The dogs are well-trained by the cat," David said laughingly.

Fireplaces with unique mantels and tile work are original to all three bedrooms. However, each bedroom takes on a different "flavor" due to its inhabitant's individual taste. Ben, a 2009 graduate of Corsicana High School currently attending Navarro College, has decorated his room in a Japanese style reflecting his love of "all things Japanese." His

collections of Japanese swords, masks and wooden dragons are beautifully exhibited against grey walls. Jonathan's room is reflective of his carpentry and collecting skills. A student at Transylvania University, Jonathan and his mother built another "keeper shelf" unit and have filled it with more art and knickknacks. They have also hung fabric on the master bedroom walls making it different from all the home's other walls, which are either painted or wallpapered. "The house always has different flavors," Jonathan explained. New black and white Victorian period tile in a newly remodeled bath completes the second story.

The Lee family loves to share their

home with others during holidays. The home has been featured on the Camp of the Rising Sun's Christmas Tour of Homes and is decorated every year for Halloween. Ben, dressed as a scarecrow last year, greeted and joyfully scared over 200 trick-or-treating children.

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David and Jill met while attending separate colleges and have moved often with David's restaurant and food service career beginning with 10 moves in the first six years of their 32-year marriage. "I'm kind of a migrant worker," David reflected. With each child having been born



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seven years apart, Jonathan revealed, "We all had our own home state and town. You get to meet different people so it's been a great education for the kids," he added.

The family loves their Corsicana neighborhood and neighbors. "People come over all the time with tools or whatever. This has been a very friendly place to us," David said. With grandchildren to entertain, the family has found the Bennett Park pool, the YMCA and the sprinklers and slides at Jester's Whale Park.

Jonathan loves to do research about Corsicana, their home and Jill's "finds." "You kind of learn about the community through this house, but you are not just finding out about it; you are also finding out about everything else," he pointed out. After journeying so far for so many years, this family feels fortunate to have the opportunity to add their names to the history of their royal Southern charmer. Jonathan summed it up well, "That's kind of the best thing — the journey of this house." **NOW**

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*Barbara Palos, secretary at Collins Catholic School, is retiring after 50 years.*

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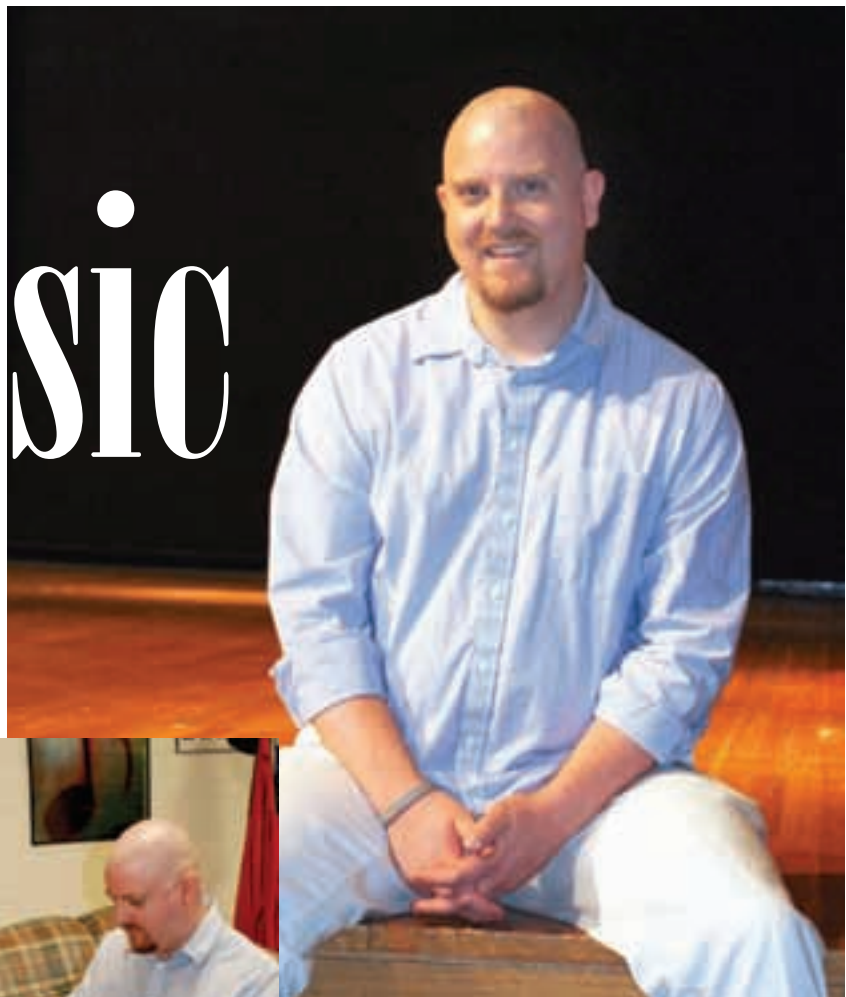
— By Virginia Riddle

The halls of Corsicana High School (CHS) are alive with music this fall as the students collaborate enthusiastically with Mike Huffstetler, CHS Choral Director, and parent, staff and community volunteers to bring the famed musical, *The Sound of Music*, alive on the CHS stage this coming January. “We are looking to involve the entire school this year,” Mike stated.

Choosing the much-loved, but challenging musical, was a daunting decision, but Mike felt that the school, staff, students and community would lend ample support and talent to the production. Preparations were begun even before school dismissed for the summer. The music required for tryouts was sent home with students so they could learn it over the break. Tracey Abel, head of the CHS Fine Arts Department, started lining up financial support through fundraisers and donations. “The community is starting to get behind us. It’s really tremendously exciting. They see it is important for the kids to do this,” Mike said.

Cranston and Frances Dodds, theatre art directors at CHS and Collins Middle School respectively, were on board early. With all the support from fellow staff members, Mike has been able to focus on “making the learning of music stick” for the performers in the orchestra pit and on stage.

Musicals are nothing new for CHS or Mike, who is in his fourth year at the helm of the choral program. *Grease* and *Frontier Santa* had been the choices for the past two years. A 1996 CHS graduate, Mike joined the choir and theater after watching his dad perform with the gospel quartet, The Laymen. “By my sophomore year at CHS, I knew it was what I wanted to do,” he



stated firmly. “My Navarro College years with mentors, David Timmerman and Sheila Herod, solidified it for me.” A music degree from Sam Houston State University preceded his seven years of music teaching at the elementary, middle school and high school levels. Professionally, Mike has performed with the Texas Masters Choral.

Preparations for *The Sound of Music* were in full swing by this fall. Tryouts were held in August followed by rehearsals three nights a week, which will continue right up to the three performances January 6-8. “Kids are so busy; we are trying to make it as easy as possible,” Mike said.

“We work extremely hard and are very passionate about our work,” Alyssa Lawhon, choir vice president stated.

Mike and his student officers also made plans to extend musical performance opportunities to more students this year. "We have big plans to further grow our program," Evan Edwards, choir secretary, said. "Our choir program is absolutely booming," he added proudly.

"The choir program is definitely a work in progress," Mike agreed. Three



**"We work extremely hard and are very passionate about our work."**

years ago, there were only 35 students enrolled. This year, there are over 100 students actively involved. Mike has focused on developing student leaders and getting "face time" with choirs at Collins Middle School and Drane Intermediate. "I now have a phenomenal group of officers who are ready to take charge and are not afraid to implement ideas," Mike remarked. Besides plans to perform more for community groups, choir members are looking for community-based projects that they can implement. Rounding out the team of officers is President Kellie Kuykendall.

The A Capella Varsity Choir, an auditioned select group, has been the lead choir while the Concert Men and Concert Women's Choirs are open to any interested student. This year, an extracurricular show choir has been formed along the lines of *Glee*, so students who cannot fit choir into their class schedules may have a performance venue. Mike also wants to form a small

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	★ STAR, Corsicana & Kerens ISD's

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madrigal ensemble. "It's going to be a really exciting time for all of us over the next few years," he stated. "We are getting some really great kids."

Travel opportunities abound for choirs through University Interscholastic League



## The "kids" are ready to perform and share their gift of music with Corsicana.

(UIL) annual solo and ensemble contests, performance engagements and summer choir camp. "A choir should travel," Mike said. He has taken students to South Padre Island and New York City, and a trip is planned for Winter Park, Colorado, this year. In past years, students and parents have funded the trip, but the officers have several fundraisers scheduled that will allow more students to travel this year.

Mike recalled the choir's performance at St. Paul's Chapel in New York City. "The kids got to see George Washington's pew. We had an excellent group of kids who represented us well," he said proudly. "It's a fond memory for me as well as those kids." Joining appreciative audiences are Mike's wife, Elizabeth, and their 2-year-old son, Daniel. They understand and support Mike's statement, "I'm doing this for the kids."

The "kids" are ready to perform and share their gift of music with Corsicana. "This will be an excellent show, full of talent from across CISD [Corsicana Independent School District]. It will include kids of all ages," Evan said.

"We all love what we do and hope that soon the community will, too," Alyssa added. From the halls of CHS the sound of music flows throughout Corsicana and into the world beyond. **NOW**

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# NO EXCUSES, Just Solutions

— By Joan Kilbourne



Another football season is beginning at Corsicana High School (CHS) and the talk is all about having a winning season. A first rate coaching staff has prepared the players to be physically fit, to execute plays with skill and precision and something more. Coach Matt Langley, offensive coordinator for the Tiger football team, was eager to talk about the “something more,” which is the leadership training program.

The leadership training program first took shape when Matt was coaching at Chapel Hill High School. “Our first season there was not what we wanted it to be,” Matt said. “There was a lack of leadership from the upper classmen. The players did not seem to understand that being cool and popular was different from being a leader. They thought being cool meant hanging around to be at the end of a line.”

Head Coach Phil Castles’ motto was, “No excuses — just solutions,” so, under his direction, the coaching staff identified such characteristics of leadership as: integrity, willingness to work hard toward a goal, honesty, willingness to make sacrifices for the

team, doing tasks without being asked and working hard for academic success. “At first, the team worked for a reward, which was the special practice shirt,” Matt said. “Later, they worked because it was not ‘cool’ to be out of things. It became the cool thing to hustle, to be first on a drill, to be on time.”

When Coach Castles accepted the position of head coach at Corsicana High School, Matt chose to make the move with him. “It was a hard decision,” said Matt, who liked the relationships he had built with the team, the faculty, friends and neighbors in town. “My wife, Becki-Jo and I prayed a lot about it and decided to come to Corsicana. She loves it here now, and I am glad we came. The faculty here is the most caring faculty I’ve seen. This is a great town to raise our daughter, Landry, who is 2, and our son, Ty, who is 10 months old.

“We brought the ideas about Boot Camp with us,” Matt explained. “Players need to be invested in something of value. It needs to be hard to earn your place on the team. Boot Camp is a mental and emotional grind with the goal of building team spirit and cooperation.”

Students are divided into three groups that rotate through three stations — the jump rope, the command/weight and the mat room. If there is even one mistake made at the station, the whole group does the punishment, which is to do “mountain climbers” (a strenuous floor exercise). When the top two groups turn in perfect scores for the day, Boot Camp ends. This process can take anywhere from 12 to 21 days.

The leadership program is an integral part of the annual Boot Camp. At the end of each practice, students are asked, “Who messed up?” They are expected to answer for themselves that they did something wrong on the drill, even something small. They are to be accountable for their own mistakes. The drills and the evaluation at the end develop in the students an awareness of every detail of what they are doing and the effect that their performance has on the whole group. The coaches make an

**“Boot Camp is a mental and emotional grind with the goal of building team spirit and cooperation.”**

effort to give positive feedback along with negative comments. They want the student to be aware of his achievements when he performs well or exhibits one of the leadership traits. At the end of a day’s practice coaches give leadership points to students for such things as being the first one to do a drill, offering a hand up to a player who falls or taking correction in the right spirit and doing it better the next time. A spreadsheet keeps track of points earned each day, and is posted for everyone to see. The reward is a practice shirt that identifies a leader by having the words “Follow Me” on the back. Students also get points for good grades to encourage them to focus on academic success.

Teachers are also involved with the



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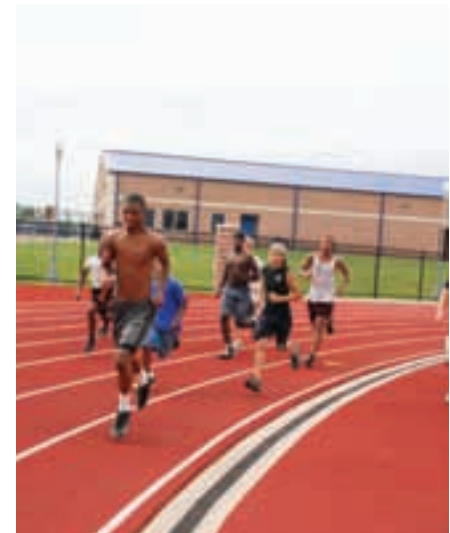


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leadership training effort. At the start of a school year, Coach Castles addresses the faculty to explain how the program works. Teachers are invited to recommend students who exhibit leadership qualities. "If a student steps up to settle a restless class group, offers to help clean boards in the classroom or if a student is helpful to a classmate, a teacher can e-mail his or her recommendation to the coach," Matt said. "Double points are awarded a student who receives teacher recognition because it is a goal of the program that students will demonstrate leadership learned in football training in the classroom and in the community." E-mails with the teacher's and the student's names highlighted are posted on the walls of the field house. The students like to read the e-mails that show them how leaders are noticed and admired. Other schools have implemented leadership training for their teams. "It's the best thing we've ever done," one coach remarked. "No excuses — just solutions." **NOW**



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# Help Is *on the Way*

*Area Wide offers heating and air conditioning equipment sales and service.*

— By Joan Kilbourne

Area Wide is a good description of a business that offers equipment sales and services from Tyler in the north to the Richland Chambers Lake area in the south. James and Leslie Grigar work out of the main office in Eureka, and they have satellite offices at Cedar Creek and Ennis. James has 33 years' experience in heating, ventilation, air conditioning and refrigeration (HVAC). Much of his work in the Dallas area was in commercial installations. For six years, he did the HVAC work on every Marriott hotel built in Dallas. At the same time, he did residential installations for a contractor building homes in the Bedford area. "We

are still doing commercial contracts," James said. "We install ice machines and walk-in refrigerators in restaurants and convenience stores. We carry Manitowoc, Scotsman, and Icematic icemakers. The biggest unit we service refrigerates 20,000 square feet. Smaller ones can be installed in homes to produce up to 60 lbs. of ice a day." Area Wide Services can also provide a mobile freezer/ refrigerator vehicle. "It can be used as a temporary cooler for deer meat in season or for a business that has power loss and product must be cooled," James said.

While he maintains commercial contracts in the Dallas area, James is



**From left:**

Ruth Stone, Dawn Wiggins,  
James and Leslie Grigar.

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presently doing about 70 percent of his business in residential installation and service. In the conference room of the main office is a wall-to-wall display of certificates and awards. Many of the certificates and plaques reflect the Grigars' attendance in technical training classes. "There are always changes in this business," James said. "We are dealers for American Standard, Carrier, Frigidaire and Gibson HVAC units and for the geothermal units of Climate Masters. Leslie and I spend time in classes to keep up with the new products that the manufacturers are developing to meet changing government standards. We are installing more geothermal units now that have the advantage of savings in the monthly cost of heating and cooling a house. One homeowner, in a 3,000-square-foot home, is paying less than \$100 a month."

"We don't vacation in the summer because that is our busiest time," Leslie said.

"My parents didn't turn on the air conditioning until it was 95 outside," James remembered. "It is different now. People go without heat, but not without air conditioning." The Grigars' last vacation was a trip to the East Coast with 13-year-old son, Tyler. A Broadway show, *Mama Mia*, was an unexpected hit with him.

On display in the conference room is a cereal box-sized air conditioning unit. "It works," James said. "My son, Jimmy, built it for a high school science project using scrap parts from my shop." Jimmy is in Baghdad now on his second tour with a National Guard unit packing up equipment for the troops who will be moving homeward at the end of the summer.

With 15 employees and seven trucks, Area Wide Services is well-equipped to respond to service calls anywhere in the large area they serve. "We work 7:00 to 7:00 on Monday through Friday from June to August," Leslie said. "We even answer service calls weekends and nights."

"If we get a call at 2:00 a.m., sometimes I am the one who goes," James added. "We say we offer service to our customers, and we need to go whenever they call or it isn't service." **NOW**

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# A Guided Trip to the Future

— By Joan Kilbourne



**“He and role model, Brad Richardson, have been on a journey together sharing their mutual interest in a career in criminal justice.”**

Athletes in every type of sport are using visualization training, which is the practice of holding in your mind the picture of yourself achieving your best performance. A skier will close his or her eyes and visualize a movie of himself or herself skiing down the mountain noticing every dip and turn on the way. In a similar way, a student can visualize his or her future career, with its benefits and its demands, by looking at it through the eyes of an adult who is on the same career path. Erik Avilas was a student at Collins Middle School when he first learned about his opportunity to be connected with an adult role model who would help him see his future and prepare for success.

Erik is a junior at Corsicana High School this year. He and role model, Brad Richardson, have been on a journey together sharing their mutual interest in a career in criminal justice. For a long time, Erik saw himself as a state trooper. “He’s a people helper,” Brad said.

“And I’d like to drive their cool cars,” Erik added.

Meeting once a week and lunching together once or twice a month, Erik is learning that there is more to a state trooper’s career than driving a cool car. For one thing, Brad has explained that jobs in the field of criminal justice require more than a high school education. Positions may require 30 to 60 hours of college-level class time. Brad has also arranged for Erik to meet active-duty state troopers who talk with him about their profession.

Brad Richardson worked in a variety of staff positions at the Texas Youth Center (TYC). His experience working with students at the State Home led to his present career as an instructor in the Criminal Justice Department of Navarro College.



When Brad heard about the STAR (Success Through Active Role Modeling) program, he volunteered to be a role model. His interest in preparing young people for future success in a profession was a good match with the STAR goal of helping students discover and achieve their full potential. Erik works at a local fast-food restaurant, and in the summer, he attends church camp. “He’s pretty busy,” Brad said, “but we have been meeting at least once a week and the rest of the time we text.”

The STAR program began as a subcommittee of the Corsicana/Navarro County Chamber of Commerce in 2007. The program founders, Dick Martin, Lee McCleary and Bill Spae and the Corsicana Independent School District Superintendent, set out to combine the efforts of both educators and business men and women to prepare young people for careers. Students in the ninth grade are matched with an adult who works in the career that interests the student. STAR recruits volunteers from all ethnicities, backgrounds and occupations. At present, there are 48 STAR students and 55 role models. In the fall, another seven students will be matched with role models. There are plans to expand to a total of 75 student/role model pairs in the next school year and the program recently expanded into Kerens.

A natural partner to the STAR program is a student support program called Advancement Via Individual Determination (AVID) launched at Corsicana High School the same year the STAR program appeared. AVID is an elective class for anyone who desires educational support. It is not a remedial class but an opportunity for motivated students “in the middle” who, with some guidance, can begin to see college as a possibility.

Education**NOW**

The 205 currently enrolled students are encouraged to choose Advanced Placement classes or dual-credit classes that will prepare them for college. In addition, students are taught organizational strategies, time management, note-taking and test-taking skills. Under the direction of Kimi Muldner, AVID provides qualified testing and does the initial interviews with the students and their parents to assure a good match with his or her role model in the STAR program. They also arrange follow-up meetings of the participants to be sure the new relationship is going smoothly. "AVID is great," Erik said. He recommends it for other students, including his 12-year-old brother, Michael, and his 10-year-old sister, Adrana. There is no question about his commitment to the program goal of working harder to keep his grades up to a level that will



guarantee he can be admitted to college.

STAR students go on field trips and attend tutorials during their freshman and sophomore years in high school. They also attend a “Reality Check” at Navarro College. College faculty members are available at this one-day event, which is organized to introduce students to college life. In one “reality” experience, students learn the impact that advanced education may have on their financial status in the future by first spinning a wheel to determine what his or her imaginary salary will be, and then visiting different tables to learn about the expenses they will have for housing, utilities and other expenses. “I learned a lot,” Erik said. “My role model cares about my plans and helps me get there. It is good to have someone to talk to about things.” **WVIA**

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# Who's Cooking **NOW**

## In The Kitchen With Keven Estep and Mike Janowski

— By Faith Browning

Growing up with an executive chef as a father gave Keven Estep and his best friend, Mike Janowski, an edge in the cooking world. Mike, Keven and Keven's dad, Chef Claude, went into business together around 2000. "We cooked for two presidents, two Ohio governors and the head of the United Nations," Mike recalled. "We catered for country clubs, yacht clubs and business functions.

The largest party we cooked for was 1,500 people."

Currently, Keven is enjoying retirement and volunteering at his church. Mike is now working for a local roofing company and enjoys selling many varieties of roofing products. "I guess you can say my hobby is cooking," explained Mike, "and watching people enjoy eating what I cooked." **NOW**



### IRENE'S POLISH SOUR SWEET CABBAGE

**1 lb. bacon**  
**1 lg. head cabbage**  
**1 cup white vinegar**  
**1 cup sugar**

1. Fry bacon until crisp, set aside and save the grease.
2. Shred cabbage; put in a stockpot and pour in vinegar, sugar and grease.
3. Crumble bacon and add it to the stockpot.
4. Cook on low for 2 hours, stirring occasionally.

### POLISH MASHED POTATOES

**6 med. potatoes, washed**  
**1/4 cup milk**  
**1/4 lb. butter**  
**1/4 cup sour cream**

1. Boil potatoes with skins until done.

2. Mash the potatoes, and then whip in the remaining ingredients.

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1. Put kielbasa in a pan; cover with water and boil covered for one hour.

### BETTY'S BUTTERFINGER SURPRISE CAKE

**1 box lemon cake**  
**6 lg. Butterfinger candy bars, crushed**  
**1 jar ice cream caramel topping**  
**1 tub frozen whipped topping**

1. Mix cake per package instructions.
2. Spray pan of choice with cooking spray.
3. Sprinkle 1/2 of the candy into the prepared pan; pour in the cake mix.
4. Cook according to package instructions.
5. Remove the cake from the oven and let

it cool for 15 minutes.

6. Pour caramel sauce over the cake. Sprinkle remaining candy over the sauce.
7. Just before serving, put whipped topping over the cake.

### CHEF CLAUDE'S OXTAIL SOUP

**1 cup celery, diced**  
**1 cup carrots, diced**  
**1 cup onion, diced**  
**1/4 lb. butter**  
**4 lbs. ox tail**  
**1 gal. water**  
**10 beef bouillon cubes**  
**2 bay leaves**

1. In a skillet, sauté vegetables in the butter.
2. Put all other ingredients in a stockpot; add sautéed vegetables and cook on low for 2 1/2 hours.

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# SEVEN STRATEGIES FOR SAVING

— By Lynda Housley

Are you doing your best to save for your future? It can be very challenging to begin a savings program. After necessities such as food, clothing and housing, there can be little left to put aside for future goals.

Unfortunately, failing to save could mean the difference between enjoying a comfortable retirement and giving up some basic needs. Often it is a matter of making the decision to begin saving now in order to buy a new home or car later. The goals you set are important to you. Making changes to prepare for those goals can make a difference.

There are seven strategies you can use to get your savings plan on track:

## 1. Don't splurge with your tax refund.

Nearly 40 million Americans receive a refund each year, averaging around \$2,400. Instead of spending your refund, use it wisely by paying down debt, funding an individual retirement account, or saving it for future financial goals.

## 2. Take full advantage of your employer's retirement contributions.

Your employer may match a percentage of the contributions you make to your retirement savings plan. It's a good idea to do what it takes to get the matching limit. It's free money that can really help your bottom line during retirement.

## 3. Start small and stay steady.

The first word is the most important — start. You should begin as early as possible to get the most out of your savings plan. Thanks to the power of compounding, investing another \$50 a month in a tax-sheltered plan for 30 years will add nearly \$75,000 to your account assuming an eight percent average annual return.

## 4. Pay yourself first.

Think of your savings or investments as a bill you must pay on regular basis,

much the same as a car or mortgage payment. Be disciplined make the payments according to a set schedule. For better results, establish an automatic monthly deduction from your paycheck or checking account to fund an investment or savings account.

## 5. Create separate pots of savings for upcoming life stages.

Retirement may be an important goal for which to begin saving, but other goals or events need as much or more preparation. Don't short-change other goals while concentrating on one thing. Whether it's a home, car or child's education, it is important to give appropriate attention to each.

## 6. If you have children, find the right education plan.

You have a number of choices when it comes to saving for a child's education. Finding the one that makes sense for your situation takes planning and information. This takes us to the seventh and, quite possibly, the most important point.

## 7. Work with someone you know and trust.

Everyone's needs and goals are unique. Just as you go through many changes during your lifetime, your financial goals may change. You should work with a professional who not only knows about various plans and strategies, but knows you and will stay with you through the long haul. Most people feel the best guidance they receive comes from a financial professional they know and trust.

In the end, it all boils down to making a plan, getting started and staying the course. When you make the decision to finally start, contact a financial professional who knows you and understands your needs. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.



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# A New Flu:

## Managing the Post-pandemic Flu Season

— Provided by Navarro Regional Hospital



Armed with lessons learned from the 2009-2010 H1N1 pandemic and seasonal flu season, federal, state and local health organizations are preparing for the 2010-2011 flu season. New for the upcoming flu season, will be a combined seasonal and H1N1 flu vaccine and broader vaccination recommendations.

Good news for adults and children: this fall, you will only have to roll up your sleeve once for flu vaccines. The 2010-2011 seasonal influenza vaccine will include protection against the 2009 H1N1 flu virus, as well as two other current flu viruses. Each year, the viruses used to develop the seasonal flu vaccine are based on information collected by the Centers for Disease Control & Prevention (CDC) and other organizations about flu viruses that are currently circulating in the population.

Historically, the CDC recommended seasonal flu vaccination only for certain populations who were at increased risk (e.g., children 6 months through 19 years of age, people with chronic health conditions, etc.). Earlier this year, this was changed. The CDC's Advisory Committee on Immunization Practices

voted and now recommends the flu vaccination for all children and adults in the United States.

### Recommendations for adults:

All adults should receive the seasonal flu vaccine this year.

### Recommendations for children:

Children between ages 6 months and 9 years will still need two influenza vaccinations this year, just like every year. This is because all children need two doses of any vaccine they have not previously had for full protection.

### Lessons learned

Other lessons learned from the 2009 flu season include the effectiveness of the seasonal flu vaccine in preventing the flu, recognizing flu symptoms and the spread of flu. According to an April 2010 report by the CDC, more Americans were vaccinated against seasonal flu during the 2009-2010 flu season than during the previous flu season. The largest increase was among children 6 months through 17 years of age. More healthy adults (i.e., individuals without a chronic health

condition), ages 18 to 49, were also vaccinated against the seasonal flu. Data from last season show that when high numbers of the population get the flu vaccine, there is an overall reduction in flu infection.

What does this mean for you and your family during the upcoming flu season? First, the flu shot is effective and helps to prevent the spread of H1N1 and seasonal flu. Second, data on seasonal flu and H1N1 flu infection rates have shown that we don't always know when we're ill. Based on symptoms alone, it's hard to distinguish the flu from other viral or bacterial respiratory illnesses. Studies indicate that an average of 25 percent of people didn't know they had the flu or don't identify certain symptoms they're experiencing as the flu, and go to work when they're ill — therefore, these individuals are contagious and don't know it.

According to the CDC, sick adults may be able to infect others beginning one day before symptoms appear and up to five to seven days after they become ill. Sick children may be able to infect others beginning one day before symptoms appear and for more than seven days after they become ill. Symptoms develop one to four days after the virus enters the body. That means that people may be able to pass on the flu virus to others even before they know they are sick. Anyone who has symptoms can infect others, as can those who are infected but show no symptoms at all.

Bottom line: if you don't feel well, it's best to stay home — or see your doctor. A test at your doctor's office can confirm that an illness is influenza if the person is tested within the first two to three days after symptoms begin. **NOW**

*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.*

Sources:  
Centers for Disease Control & Prevention,  
[www.cdc.gov/flu/](http://www.cdc.gov/flu/).  
[www.Flu.gov](http://www.Flu.gov).  
American Academy of Pediatrics, [www.aap.org](http://www.aap.org).  
American Association of Family Practitioners,  
<http://familydoctor.org/online/famdocen/home.html>.



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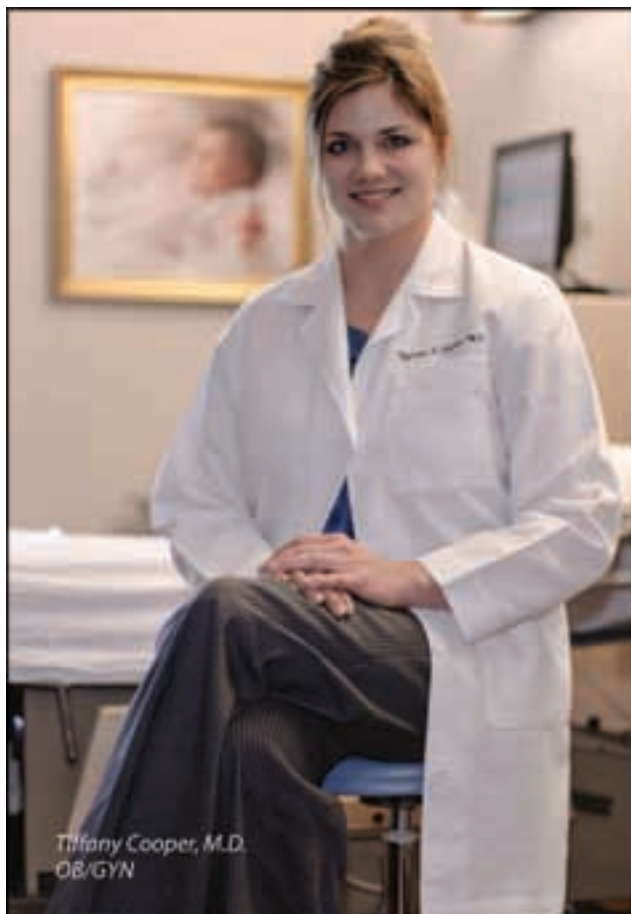
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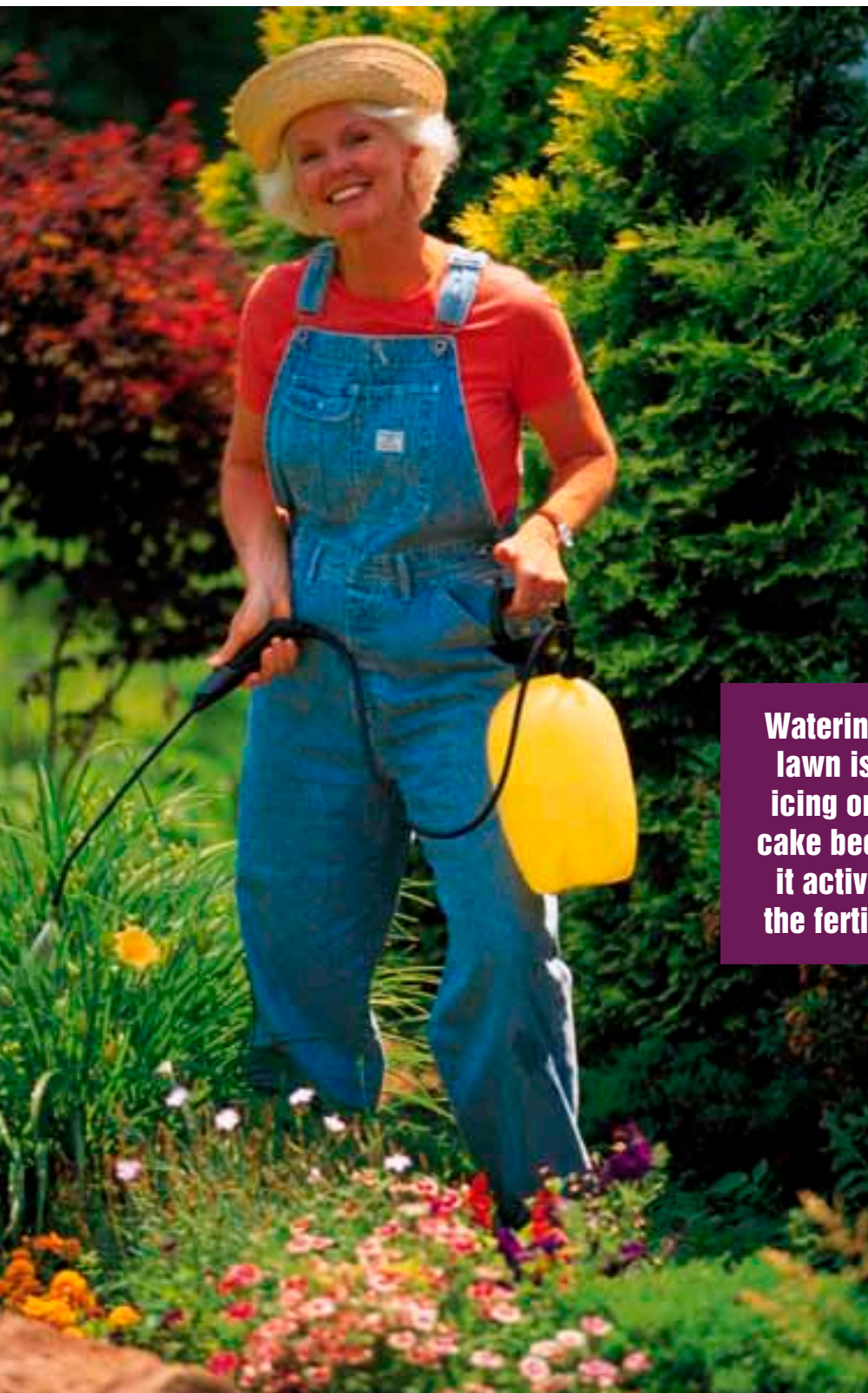
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# THE TIME IS NEAR!

— By Nancy Fenton



**September is here, and it is time to think about fall fertilizers for lawns. Sometime around the end of September, the evening temperatures cool down to 50 degrees or below. That is the time to get out the spreader! Another great indicator that it is time to fertilize your lawn is when you do not need to mow for two weeks or so. It is important to fertilize the lawn in the fall to prolong fall color and increase winter hardiness. Also proper fertilizer helps maintain a dense turf that resists winter weeds.**

Our alkaline soils have lots of their own phosphorous, so Texas A&M suggests fall fertilizers should be high in nitrogen (the first number) and very low in phosphorous (the last or third number). Usually the amount to be applied is one pound of nitrogen per 1,000 square feet of lawn. Most bags of fertilizer will tell you how much the bag will cover. Organic or chemical makes no difference as long as the numbers are the same.

**Watering the lawn is the icing on the cake because it activates the fertilizer.**

Watering the lawn is the icing on the cake because it activates the fertilizer. Spray and soak will give you the best results, with the fertilizer going to the roots rather than running into our streams and lakes. This consists of several short periods of watering (the lawn, of course, not the street or drive) relatively close together, so the water soaks into the ground, rather than one long period when it runs off.

If you have more questions about lawns, call the Texas AgriLife Extension at (972) 825-5175. **NOW**

*Nancy Fenton is a Master Gardener.*



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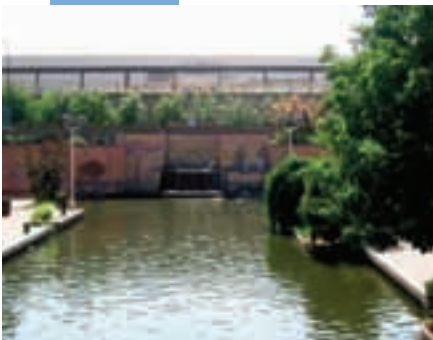
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# OK, HERE WE COME!

— By Becky Walker



*Plen'y of air and plen'y of room/Plen'y of room to swing a rope!/Plen'y of heart and plen'y of hope./Oklahoma, where the wind comes sweepin' down the plain/And the wavin' wheat can sure smell sweet/When the wind comes right behind the rain.* These famous words penned by Oscar Hammerstein II for the musical *Oklahoma!* really seem to capture the heart and spirit of our neighbors to the north. There is a spirit similar to our own — and in spite of our Texas/OU rivalry, we have a lot in common.

Both states were settled by tough-as-nails pioneers with a never-give-up attitude. They needed such “grit” to tame a new land and make it their home. Like Texans, Oklahomans love their land, their history and like to have just a little “elbow room.” You can get a sense of all three aspects with a trip to Oklahoma City.

As the largest city in the state, Oklahoma City is full of diversity, blending its old-fashioned, Western roots with a hip, urban scene. The Bricktown Entertainment District is a must-see. Originally the city's warehouse district and the site where four railroad companies focused their freight operations, Bricktown is rich in history and was the key to Oklahoma City's early economic growth. Following the Great Depression and World War II, the area fell into decline until investors with a vision revitalized the area in the early 1980s.

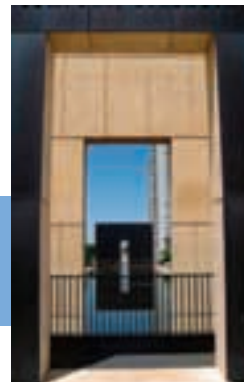
Today, Bricktown is a thriving retail and entertainment district, filled with restaurants and nightclubs, like Mickey Mantle's Steakhouse and Toby Keith's;

shops; a ball park; a movie theater; and an awesome canal. At one end of the canal is the beautiful Devon Energy Centennial Mosaic Mural. The mural, which took more than a year to complete, was constructed by Oklahoma City Community College students, volunteers and artists in honor of the city's 100th birthday and features official state symbols.

Also located along the Bricktown Canal, is the Oklahoma Land Run Monument. While already impressive, this sculpture is not yet complete. Honoring those who participated in the Oklahoma Land Run when the Indian Territory was opened to settlers, it will take about 12 years to get all 45 pieces made and installed. When it is finished, it will be one of the largest sculptures of its kind in the world.

Of course, a trip to Oklahoma City would not be complete without paying respect at the Oklahoma City National Memorial & Museum. The Outdoor Symbolic Memorial spans the downtown city block where the Oklahoma City Bombing took place on April 19, 1995. With a field of lighted chairs, a beautiful reflecting pool and the sturdy Survivor Tree, the memorial reflects Oklahomans' spirit of hope, love of the land and wide open places, respect for their history and their love of peace.

Oklahoma City is located approximately three-and-a-half hours north of Dallas off I-35. If you are ready to take a trip, you will find this is one city that is OK! **NOW**



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### Every Saturday in September

The Corsicana Brick Street Farmers' Market for locally produced food: 8:00 a.m.-noon at the corner of N. 12th Street and W. 5th Avenue on the Bank of America parking lot across from the Corsicana Library. Come meet our new Navarro County vendors! Sugar Queen cantaloupe, pecan and peach saplings and local, raw honey are new on the scene. Call Tony or Jackie at (903) 229-7505, e-mail [info@farmerranchernetwork.org](mailto:info@farmerranchernetwork.org) or visit [www.farmerranchernetwork.org](http://www.farmerranchernetwork.org).

### Every Sunday

Live music: 8:00 p.m., Corsicana Super Bowl, 2801 W. 7th Avenue. Live rock 'n' roll starring Pat Owen. Join us at Corsicana's hot spot for music and bowling! For more information, call Toni at (903) 874-3746 or visit <http://www.corsicanasuperbowl.com>.

### September 1-15

The spray parks at Bunert Park and Community Park are open all day.

### September 7

"How to Start a Small Business," a free workshop sponsored by the Navarro College Small Business Development Center (SBDC): 2:00-4:00 p.m., Corsicana/Navarro County Chamber of Commerce, 120 N. 12th Street, Corsicana. Have you always had the entrepreneurial spirit but just don't know where to start? This workshop is free but pre-registration is required, as seating is limited. To register, call the Navarro College SBDC at (903) 875-7667 or e-mail [sbdc@navarrocollege.edu](mailto:sbdc@navarrocollege.edu).

### September 9-18

*The Kitchen Witches*, a hilarious comedy by Caroline Smith, presented by Warehouse Living Arts Center at 119 West 6th Street. Isobel Lomax and Dolly Biddle are two "mature" cable-access cooking show hostesses who have hated each other for 30 years, ever since Stephen Biddle dated one and married the other. When circumstances put them together on a TV show called *The Kitchen Witches*, the insults are flung harder than the food! Call (903) 872-5421 for tickets and more information.

### September 10-October 30

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Worlds — Life in the Balance” on Fridays at 10:00 a.m. and 2:00 p.m. and on Saturdays at 2:00 p.m. “Galaxies” is offered on Fridays at 11:00 a.m. and 3:00 p.m. and on Saturdays at 3:00 p.m.

## September 12

GriefShare recovery support group meeting each Sunday for those who have lost a loved one: 5:00-7:00 p.m., 222 Forest Lane (across from Northside Baptist Church). For more information, call Thelma Harvey at (903) 874-3277.

Dedication of the Texas Cemetery Historical Marker for the Corsicana Hebrew Cemetery: 11:00 a.m., at the Hebrew Cemetery. Reception will follow at the historic Temple Beth El. For more information, contact Semonna Battenfield at (903) 874-4731 or [chamber@corsicana.org](mailto:chamber@corsicana.org).

## September 18

Antique Alley Texas and 25 Miles of Sales: 9:00 a.m., 300 Criner Street, Grandview, TX. Downtown Grandview will be filled with vendors, festival foods, quilts, antiques and more. For more information, contact Nita Redmon at (817) 240-4948.

## September 24

Corsicana Preservation Foundation Annual Fundraiser “The Tucker Town Ball”: 7:30 p.m., at the Remington Center in downtown Corsicana. We invite you to join the party. Dinner and dancing under the stars with food by Eddie Deen, celebrity chef to the Bush Whitehouse and music by Ira Bradford & Cutting Loose. Tickets are \$125 each and include a ticket to the auction with prizes ranging from \$250 to \$8,000.

Reservation deadline for the October 29th Pearce Museum pre-Christmas shopping extravaganza bus trip to Grapevine. Ride the Grapevine Vintage Railroad to the stockyards and then a bus ride will bring you back to the museum. A full day of shopping — 8:00 a.m. to 8:00 p.m. Please contact Christie Driskell at (903) 875-7420 for more information.

## September 25

The annual Hooked on Fishing Tournament at IOOF Park for ages 16 and under. Registration 6:00 a.m. Tournament at 7:00 a.m. Free refreshments, T-shirts and prizes. Poles and bait are provided or you may bring your own.

For more community events, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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## "My husband and I were planning to start a family..."

My grandmother was a patient at Ennis Regional in 2008. She went on and on about the wonderful staff and excellent service.

Dr. Kingsley is absolutely wonderful. He is very caring and patient with my many questions, whether I am seeing him for my yearly exam or during my pregnancy."

Jonathan, Dusty & Brazos Kunkel  
[16 weeks old]  
Wortham, TX

## "My experience..."

The entire staff couldn't have been better. I just felt so at home at Ennis Regional – like family really. My nurse Jill made me feel so comfortable and really gave me a sense of peace. Our room was very quiet which was nice for the three of us to bond together as a family. Couldn't have been better; I will never forget it.

At my six week checkup, I even joked with Dr. Kingsley that I needed to hurry up and have another one. His response, "I am not going anywhere; I am going to be here for a long time."



Ennis Regional Medical Center is PROUD to offer a friendly and professional birthing center not just for the people of Ennis but all of our Ellis County and neighboring families. As we did with Jonathan, Dusty and little baby Brazos, we take immense pride in showering our mothers and babies with the care and attention they deserve. Please come visit us for our weekly child birth education classes or tour our spacious delivery rooms.

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