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SEPTEMBER 2012

Natural Born Athlete

Jansen Allen's meteoric rise puts
him on the road to racquetball fame

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On The Cover



Passion, focus and hard work
are a winning combination
for Jansen Allen.

Photo by Kevin Painter.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (903) 875-0187 or visit www.nowmagazines.com.



Editor's Note

Fall days are here, Corsicana!

Cooler weather is just around the corner, and we will be happy getting back outside. Friday nights will be brightening the darkening skies with the glow of football stadium lights. We have great teams in Navarro County. Let's get out and support the fall sports teams in football, volleyball, cheerleading, cross country, and team tennis at Corsicana High School and women's soccer at Navarro College.

There is much to celebrate this month.

After the long Labor Day weekend, the family is celebrated with a special day for grandparents on September 9 (yea!) and Stepfamily Day on September 16. We celebrate our patriotism with Patriot Day honoring the fallen of September 11 and Constitution Day on September 17. Join me in greeting our cooler fall days with the beginning of autumn on September 22. Have a great month!

Virginia

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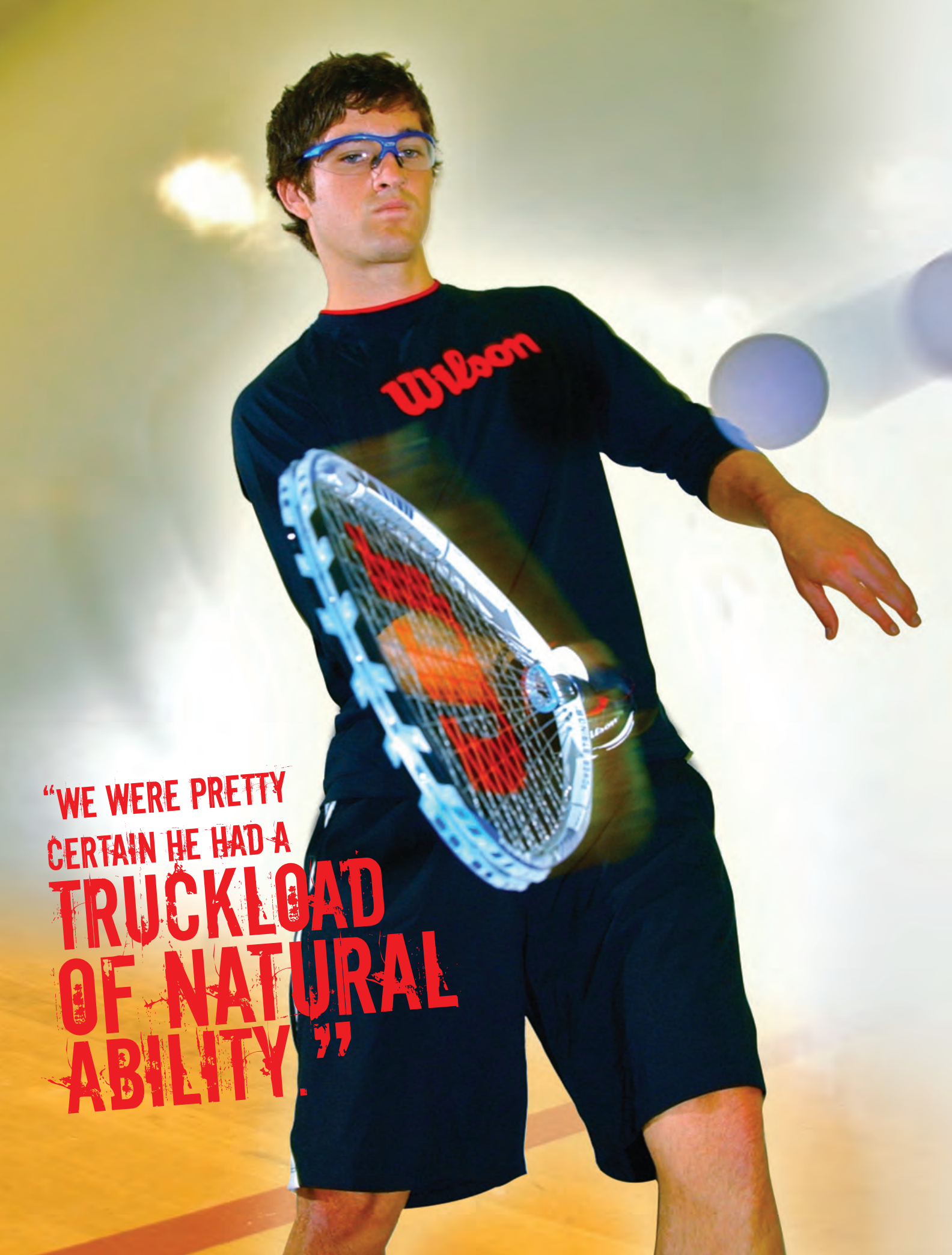
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ABILITY."

NATURAL BORN ATHLETE

— By Rick Herron

When Joseph “Joe” Sobek died in 1989 at age 79, he held the honor of being the official creator of the popular indoor sport of racquetball. According to Encyclopedia Britannica, when Joe noticed how big his waistline was growing, he looked for an indoor racquet sport he could play to combat the effects of sitting all day at a desk job. Nothing he found suited him, so he literally took matters into his own hands. He made his own racquet, found a ball with the right size and spring and ... well, the rest is history. Today, the game has millions of grateful and healthier players worldwide thanks to the availability of racquetball courts in just about every Y.M.C.A. throughout the world.

One of today’s brightest and most accomplished young stars in the world of racquetball lives in Navarro County. When he’s not traveling to a tournament, racquetball prodigy Jansen Allen lives with his family at Lake Richland Chambers. Jansen began his racquetball career at a very young age. “I was 4 years old when I first picked up a racquet,” he said. “We were at the Corsicana Y.M.C.A., where both my parents regularly played racquetball.” His dad, Jim Allen, who is Jansen’s biggest fan and supporter, next to his mom, Debra Schneider, “pretty much taught me how to play.”

“Both of my parents are athletic,” Jansen reflected. “My mom attended college on a track scholarship, and my dad played baseball and handball.” Jansen took to racquetball immediately and was such a “natural” at the game that he never even had a coach until earlier this year.

“I would head for the ‘Y’ to play after school, since



Jansen Allen and Terry Seth, CEO/executive director of the Corsicana Y.M.C.A., celebrate Jansen's sponsorship agreement with Wilson Sporting Goods.

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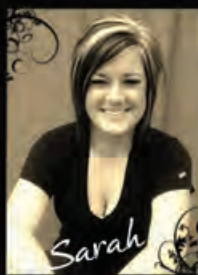
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Not Pictured: Natalie, Yara, Bridget

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racquetball isn't really a school sport," Jansen said. He attended school in Rice and, after graduation, went to Colorado State University-Pueblo (CSU-Pueblo) where, with the help of academic and racquetball scholarships, he graduated



cum laude last May with a double major in business management and finance.

When he's not hanging at the lake with his mom; dad; or stepdad, Steve Schneider, the young rising star stays busy competing in tournaments throughout the year. He won the 2012 Intercollegiate Nationals Tournament in singles and doubles held last April in Tempe, Arizona. That spectacular win earned Jansen a spot on the USA Men's Racquetball Team, on which he competed at the World Championships in Santo Domingo, Dominican Republic in August.

One of the biggest honors bestowed on Jansen to date was inking a sponsorship arrangement with Wilson Sporting Goods. The company features Jansen's photograph on national advertising materials for a line of racquetball racquets. "I met a Wilson company spokesman at a tournament last year. He told me they were looking for someone young and moving up the ladder in racquetball competitions and tournaments," Jansen said. "I went to their headquarters in Chicago and signed

a three-year deal with them in August 2011 as an advisory staff player.”

According to the company’s Web site, Wilson stated, “We are proud to work with undeniably remarkable players like Jansen Allen, and we look forward to the great success the partnership will bring in the future.”

“I thought that being affiliated with Wilson could lead to a lot of other opportunities in the future,” Jansen said, “and playing racquetball is a good sport I can play for the rest of my life. It sure doesn’t hurt that it’s a sport you can practice by yourself and indoors!”

Jansen was born in Corsicana, Texas, in July 1989. While growing up with his brother, Jordan, Jansen loved playing all kinds of sports in Rice ISD. “I participated in baseball, football, soccer, tennis and golf, to name a few, and really enjoyed all of them. During my senior year at Rice High School I won the district golf tournament,” he said, and he briefly considered playing golf as a walk-on for CSU-Pueblo.

Off the court, Jansen is reserved by nature and reticent to talk about his accomplishments, which are incredible for a young man in his early 20s. He knows he could never have achieved success without the help and guidance of many people. Family; close friends;



and school teachers, coaches and administrators have played an integral part in where he is today. “I also have to thank the Y.M.C.A. for playing such a crucial role in my development as an athlete,” he added.

Debra, however, has each one of her son’s triumphs committed to heart. “He’s won two Junior Boys National Doubles, two Junior Boys World Doubles and a



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Junior Mixed National Doubles. He's the Texas State Singles winner for the last two years, and the Texas State Doubles winner last year. He's won the U.S. Open 24 and Under, National Singles 24 and Under, and the U.S. Open Doubles in 2010. "We're especially proud of the fact that he trained at the Olympic Training Center in Colorado Springs twice and represented the USA Team in Nicaragua for the Pan American qualifier games in 2011, where he placed second in doubles," she said.

Closer to home, Jansen enjoys spending time with girlfriend, Paola Longoria, a Mexico native who is currently ranked as the No. 1 women's player in the world. Jansen also finds time to give private lessons in racquetball at the local Y.M.C.A., where he has held clinics for racquetball players during the summer.

"We were pretty certain he had a truckload of natural ability," Jim recollected. "Even when he was little, we encouraged him to play, because we knew it was a sure way to develop good hand/eye coordination." Since Jansen's innate talent eclipses that of his other family members, his dad said when the family gets together to play a game or two of racquetball, "we make him play left-handed."

In June, Jansen began working with Jim Winterton, a well-known racquetball coach in New York, who has been coaching the top names in the world of racquetball since 1973. He spends a few days with the coaching legend intermittently throughout the year as his schedule allows.

Jansen is looking forward to the 2012 UnitedHealthcare US OPEN Racquetball Championships this October in Minneapolis, Minnesota, where he will compete with the biggest names in professional racquetball from the Men's International Racquetball Tour (IRT) for a prize purse totaling over \$62,000. Joe Sobek was the first person inducted into the Racquetball Hall of Fame back in 1974. It won't be a surprise to anyone if Corsicana's own Jansen Allen winds up on that prestigious list in the not-so-distant future. **NOW**

Editor's Note: Tax-free donations may be made to help Team USA. Visit www.usra.org. Click on Donate US Team. Click on Jansen Allen.

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The background of the entire page is a collage. On the left, there's a portrait of an elderly woman with short, wavy blonde hair, wearing glasses and a colorful plaid shirt. To her right and above her are several quilt patterns. One prominent quilt has a large red star in the center, surrounded by white and grey squares. Another quilt features a repeating pattern of orange and white triangles. In the upper right, there's a white rectangular area containing a faint, stylized illustration of a flower with a red outline and grey leaves. The title 'Many More to Come' is written in a large, orange, cursive font with a black outline, overlapping the quilt patterns and the floral illustration.

Many More to Come

— By Rick Herron

In antique stores and attics, cedar chests and cupboards, in millions of homes all across America, some fairly new and others hundreds of years old, handmade quilts occupy a lasting place in our lives. Whether bought or handed down through generations, these beautifully designed, intricate works of art serve both a practical need, by providing warmth, as well as cherished memories of the women who created them.

Quilts, though, are not just quaint remnants of a world from long ago. In fact, the art of quilt making is very much alive and well today, thanks to dedicated and award-winning quilters like Jeanette

Cobb, who said she was a young lass of only 20 years when she made her first quilt. "I grew up watching my mother and grandmother quilting. Grandmother had a frame hung from the ceiling of her house that she used to anchor whatever



quilt she was making at the time," Jeanette said. "I learned the process of quilting when I was 18 years old by watching them. We'd sit down and quilt together, and that's how I learned."

The first quilt Jeanette ever made was an "Applecore" quilt for a twin bed. "I remember I had to piece it by hand," she laughed. "But it wasn't until 1990 that I got to pursue quilting again."

The process — from deciding on a pattern to the finished product — varies by the type of quilt. "A piece quilt can be made in two weeks, depending on how intricate it is and the number of pieces. A larger, more detailed quilt, like a 'One-block Wonder' or an appliqué quilt, can take up to six months to finish," she said.

According to the book *Quilter's Complete Guide*, quilts provide clues to the past, warmth on a cold night, beauty and value, heritage and enjoyment from working with color, texture and pattern. The book also notes that quilting can be traced back to ancient Egypt and China, and in the 11th century, quilting was used to hold together the layers of padding under armor. In the 18th century, it was stylish for English women to wear quilted petticoats and underskirts and for men to wear quilted waistcoats, and quilted

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bedding was also popular. Quilting in America became popular in the 19th century when distinctly American patchwork and appliqué designs were created. These quilts, an important part of American Folk Art, were produced for utility and pleasure and are the inspiration for today's quilters.

When creating a quilt, there are a standard set of steps one must follow. "First, you need to decide on your pattern, fabrics (which need to be 100

"I learned the process of quilting when I was 18 years old by watching them. We'd sit down and quilt together, and that's how I learned."

percent cotton) and color. I like to use fabrics that blend together and prefer to use the quilt shop fabric, which is a higher quality. You'll need a rotary cutter, a mat, a good quilting ruler and a sewing machine, although some people do the stitching by hand. I'll use the sewing machine for the stitching most of the time, but I do like to do the appliqué by hand," Jeanette explained. Appliqué is a needlework technique in which pieces of cut out fabric are sewn onto another piece of background fabric to create



designs, patterns or pictures. "I get my patterns from quilting magazines, and there are commercial patterns you can buy from most quilt stores. Quilt stores usually have a real good selection of fabric, upholstery and yarn, anything you need," she added.

Those who do hand quilting (as opposed to using a sewing machine) often use a lap hoop, a wooden implement that looks like a small wagon wheel without the spokes that the quilter places over sections of the quilt, or they may use a floor quilting frame. "After the quilt's completed top is done, you need quilt backing and batting. You can stitch the top by hand or take it to a machine quilter who puts it all together. I use Neva Muirhead in Hubbard, and there's Edna Berry who does that, too," she added. Lastly, when the finished quilt is complete, it will need to be trimmed and bound.

Jeanette is a member of the Piecemakers Quilt Guild, a group of ladies who meet the first Monday of each month at the Westhill Church of Christ. The meetings include refreshments and fellowship and often a program or class. "Afterward, the participants can then stay for a 'sit and sew' to work on projects together," Jeanette said. She belongs to a group of five ladies called the Silver Threads who hand quilt each other's quilts the third week of each month, and each person has a two-month turn.

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Jeanette, whose quilts have won her dozens of awards over the years, was born in the East Texas town of Slocum, where she and her two brothers attended grade school through high school. She was a student at the Tyler Federal Institute of Business in Tyler after graduating from high school. She was married to Billy Ray Cobb Sr., and between them they have five children, nine grandchildren and 13 great-grandchildren. Billy Ray ran Corsicana Sheet Metal until his death in 2009. Then Billy's son, Ray Cobb Jr., took over the family business.

Jeanette's home in Corbet is decorated with dozens of beautifully crafted quilts of vibrant colors and intricate designs that she has hanging on walls and over stair railings, each one with a unique history and special memory associated with it. "I like to give my quilts to family members and people who are important to me. Some have been quilts created especially for donation purposes. Our guild gives to children who are sick, as well as underprivileged families, and it also gives quilts of valor for injured military soldiers," she said.

Quilting has given Jeanette many things throughout her life, but mostly, it is a way she expresses her artistic and creative side. It has provided her with both quiet solitude for her thoughts and a means of socialization with other ladies who share her love for the art of quilting.

Looking back, Jeanette has probably made more than 30 quilts, so far, since she started as a young girl. "One thing I know for sure," she said with a smile, "there will be lots more to come." **NOW**

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Mary had lived a busy life when she resided in her private home and has continued to keep busy while receiving full-time care. A broken hip and other injuries have made physical therapy and nursing care necessary, but she is not daunted in her daily pursuit of happiness. Beading, bingo, bears and many more activities, are all part of Mary's days.

A native of Kosse, a small farming community a little over an hour's drive from Corsicana, Mary headed to the big city of

Bears

Mary Cates

By Virginia Riddle



Dallas right after high school graduation for a job with Southwestern Bell. Elvis Presley was popular, so with her first pay check, Mary proudly bought a pair of blue suede shoes for her little brother. She married and moved to Corsicana over 30 years ago where she got a job working as a housekeeper in, where else? Her current home.

She and her husband were blessed with five children: Michael, John, Steve, Cindy and Jeremy, all of whom still live in Texas. By the time Jeremy was born, Mary found herself a single mother needing to work. With a work ethic that was instilled in her at a young age, she opened a daycare in her home, so

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she could rear her youngest child. "My house was just arranged perfectly. I raised my Jeremy. All the kids loved our picnics under the trees. Those are great memories," Mary said. Jeremy lives in the family's Corsicana home now. "My Jeremy comes to visit three times weekly, even if I have to run him off," Mary said laughingly.

Friends and family members all find their way to Mary's door with its beautiful ever-changing seasonal wreath. A knock

on the door produces a welcoming greeting from Mary, if she is in. However, this lady isn't always in her room. She stays busy, calling bingo and working in the outdoor gardening area. "I just love helping. I'm a giver and a nature lover," Mary revealed.

When visitors do find Mary in her room, she is usually seated in her comfy recliner working on one of her many projects. She is surrounded by cabinets that store everything, within arm's reach,

with which she needs to write cards, make jewelry and solve word puzzles. "I can get to everything," Mary said. There is plenty of seating made comfortable with pillows. Visitors feel immediately at home and just sit and talk.

Once active in Unity Baptist Church as a vacation Bible school and Sunday school teacher, choir member and participant in mission trips to Huntsville area prisons, Mary is still in touch with her church family and writes to prisoners.

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"So many church friends are family. They have helped me so much over the years. However I can help out, I do," she said.



A former neighbor and Mary's church family make it a point to remember her each week with cards.

Mary has always been a collector of small items, such as antique buttons, from which she creates jewelry. "She makes jewelry for all the babies, including mine," Jordan Golden, home administrator, said. She has boxes of buttons, beads and metal tools of all sorts from which she makes rings. Family, friends and staff enjoy adding to her collection of materials. She also sells her handmade creations and donates the money back to the home's activity fund. The proceeds benefit everyone by helping to provide for parties and supplies for the activities center. Mary enjoys the "fake beer" at the parties.

A window to the world graces Mary's bedroom, along with flower arrangements and plants provided by a housekeeper as thanks for Mary listening to her as she works. Mary's daughter-in-law gave her a caterpillar, which decorates her bed, and a family portrait hangs on her wall. Mary's collection of bears is ensconced on nearby shelves. "I just love bears," she disclosed. The current month's calendar of events is always

posted on her door, so she won't miss anything. "I love to watch television and work my missing vowel puzzles every night before I go to bed," she said.

Fun trips within Corsicana and to surrounding towns are a part of Mary's joy. "Jackie Carter, our chauffeur, does so much. She and my Steve went to school together. She takes great care of all of us, and she is absolutely a fabulous person," Mary revealed. Jordan stops by daily for chats. Mary has three Cindys in her life. Cindy I is her daughter; Cindy II is a physical therapist at Navarro Regional Hospital; and Cindy III is a step-granddaughter and dental hygienist. "They are all in the medical field," Mary remarked.

Mary loves days when special groups visit. A highlight comes each month when Therapet, a companion and therapy dog program, brings dogs, accompanied by Navarro College students and staff



members, for visits with residents. "Those are the cutest little doggies," Mary said. Other volunteer groups decorate residents' doors during holidays. Mary makes it a point to learn everyone's name. She volunteers to address Christmas cards to all her fellow residents each year. "It takes a long time to learn everyone's names," she said. Everybody is included in Mary's family circle.

Mary's pride in her five children, eight grandchildren and three great-grandchildren is obvious. They visit her often and bring her anything she needs or wants to help with her transition to nursing home residency. Mary advises, "You have to learn to *live* in a nursing home. Then everything is just fine. I have a huge family of children, friends, staff and volunteers. I just love my life now." **NOW**

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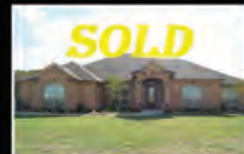
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Healthy TEAMWORK

— By Rick Herron

As far as the availability of affordable health care is concerned, Corsicana residents can rest assured in one certainty, namely the excellent services provided by the Corsicana Navarro County Health Department. Emily Carroll, R.N., should know. She has been at the helm as director of nurses at the health department for nearly 19 years, overseeing new and existing services. "I get to oversee all the programs we provide, such as immunizations and the tuberculosis clinic. I also see patients, participate in testing and treatment and work with the staff of 20 here at the department," she said.



**“We can’t
Thank
all of
the people
enough.”**

Emily is quick to point out that everything provided by the health department is made possible thanks to work done not just by her or one or two people, but by the entire team, which consists of a staff of 20 including the Women Infants and Children (WIC) clinic, a big part of the department’s far-reaching arms. “We keep our doors open primarily thanks to grants provided from the state health department, so grant writing is something we do a lot of,” she said. Giving presentations throughout the county, article writing and doing whatever it takes to keep the public informed of new and existing health concerns are all high on the department’s agenda. “This community is so generous with contributions,” Emily shared. “We can’t thank all of the people enough — individuals and local trusts and organizations have really been generous, because they believed in what we do.”

One of the most important aspects of Emily’s position is to take every opportunity available to inform the public about things the health department does, like educating people about West Nile virus and other public health-related services. “We use our contacts in the local media all the time to get the word out about our purpose and what we can provide to people,” she said.

Emily also gives presentations and interviews, all for the main purpose of disseminating to the public the vast amount of constantly changing health-related information. On top of the incredibly busy schedule involved in taking care of Navarro County residents, the health department — which is the primary source of health care for

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uninsured adults and children — also services surrounding counties that do not have a local health department at their disposal.

The Corsicana-Navarro County Health District moved into their current facility at 618 North Main in 1998, a treatment center built almost entirely from local contributions and fundraisers. “The department depends upon a wide array of funding sources to keep the doors open, such as state grants, city and county funds, Medicaid and Medicare reimbursements, as well as contributions from local trusts and individuals,” Emily reiterated.



According to the health department’s Quality Assurance Plan, the ongoing mission of the department is “to provide a scope of comprehensive services in a quality and efficient manner to meet the needs of the community.” Maintaining that high level of service is an expensive endeavor. “Even though federal grant funding has been reduced over the last few years, the expectations, which have been placed on us to provide more services, are much greater than ever before” Emily admitted.

Dallas’ El Centro College held nursing classes on the Navarro College campus. It was during this time in 1983 that Emily, a Corsicana native, earned her nursing degree. She is married to Jim

Carroll, who is a deputy with the sheriff's department. They have two boys, Cullen and Clay. Besides her work at the health department, she serves on the local United Way board and has been active with the Healthy Woman program at Navarro Regional Hospital and the School Health Advisory Committee (SHAC).

However, it's talking about her family that brings a special smile to Emily's face. "Cullen, our oldest, is 23. He's a recent graduate of Sam Houston State University and just got married to his wife, Candice, in May of this year," Emily said. "Our youngest son, Clay, graduated from Corsicana High School in May and is attending Navarro College." Emily's favorite thing to do when she is away from the health department is spending time with her family and friends.

When she's at work and wearing her director of nurse's hat, Emily is constantly focused on educating the public of the fact that the department is for everyone, not just a certain segment of the population. "When I speak to groups through events like Leadership Corsicana about our services and clientele, I try to emphasize the fact that, at one time or another, this department will provide services to everyone in the



"You may not think the Public Health Department is something you'll ever need, but at some point, it will be."

community. For example, if we have an outbreak of tuberculosis here in Navarro County, the health department will be the agency to initiate contact testing," she

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explained. "You may not think the public health department is something you'll ever need, but at some point, it will be. Basically, the public health department affects everyone at some point."

A very important service provided by the department is administering regular inspections of area food service providers. "Most people don't realize that the sanitarians do the inspections to maintain a high compliance level," Emily said.

Emily is also responsible for educating the public regarding the fact that the health department will, at some point, be involved in making sure each person gets immunized and is provided with the antibiotics needed to stop the progression of specific diseases. "It's important to let people know that the words 'public health' are not just part of a name. Our services affect you, your children, your grandchildren, everyone in your family," she said.

Emily is quick to downplay her leadership role with the health department and gives credit to the entire staff. "I can't emphasize enough that this department succeeds in meeting the needs of the public at large because of teamwork," she said. "It takes all of us here to consistently deliver, with the highest level of quality possible, the wide range of services we make available to the public." **NOW**

Editor's Note: To contact the Navarro County Health Department, call (903) 874-6731 or e-mail emcar@airmail.net.



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A Dream

in Progress

By Virginia Riddle



Sharon Lane is a transplant to Navarro County from Harlingen, deep in south Texas' Rio Grande Valley, where she grew up in what is a premier birding and hunting paradise. She honed her farming, hunting and fishing skills under tutelage from her parents. "My dad was a farmer, and my mom grew roses. I used to take my afternoon naps in my mom's deer blind," Sharon remembered.

After stops in Abilene and Austin, Texas, and Pennsylvania while pursuing a college education and career life, Sharon moved to Arlington, Texas, to get away from northern winters. However, the land and wildlife kept luring her back into applying her learned childhood skills. Sharon began searching for land within a two hour's drive of Arlington. When she came to northwest Navarro County, she found the 432 acres of land that caused her to post on her Shadow Mountain Ranch Web site, <http://www.shadowmountainranch.com>, "It is a dream come true and a dream in progress."

For the past 10 years, Sharon has been the owner of record of Shadow Mountain Ranch at the Navarro County Courthouse. When asked about her ownership, however, her answer reflects a philosophy of stewardship rather than ownership. "The land has me. I walk out and realize that I don't just own the land, I am a steward. When I see a bird at sunrise, which is pretty much every day now, it's a wow!" Sharon said.

The ranch has been returning to its native state under her stewardship, especially within the past two years that Sharon has spent in full-time residency. "I got tired of the city, built a cabin and

"The land has me.
I walk out and
realize that I don't
just own the land,
I am a steward.
When I see a bird
at sunrise, which
is pretty much
every day now,
it's a wow!"

gave myself a birthday present by moving here permanently," she said. Sharon is transitioning from owning her Web-design business to a future in which she plans for the ranch to become a natural backdrop for amateur and professional nature photographers. As an amateur with her own lenses, Sharon is comfortable shooting with either a camera or a gun from her blinds.

The cabin is very rustic with no electricity or running water — a fact that does not deter frequent visits from her city friends. "It's nice to get away from electronics. The rule is no radios or TV. A University of Texas friend came last Thanksgiving and had to plug a TV into the car lighter," Sharon remembered. Friends stay in the cabin, while Sharon has moved to a part of her barn from

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which she has created a home with modern amenities.

Another ranch rule is friends must understand that their stay is a "sweat equity" visit. "If you want to come and hunt and fish, you have to work, sweat and sometimes bleed," Sharon said. She follows her parents' philosophy: "If you hunt or catch it, you clean it." With construction, fencing, seeding and roads and fire breaks to bulldoze, there's plenty to do. Visitors have to drive carefully onto the ranch. "Friends say that the pot holes are my speed bumps," Sharon said laughingly.

A certified Master Naturalist with the Indian Trails Chapter of the Master Naturalists (Navarro and Ellis counties), Sharon is a former board member of Holistic Resource Management of Texas and a member of the National Wild Turkey Federation and the Texas Wildlife Association. Locally, she works with the Western Navarro Bobwhite Restoration Initiative (WNBRI), which received the association Lone Star Land Steward Award. Sharon networks with experts from these groups. While she has no paid help, she is quick to give credit to Jimmy Stuart, who retired from the National Resources Conservation Service, and Jay Whiteside, of Texas Parks and Wildlife Department (TPWD), for their help. "I couldn't do it all by myself. The gate swings constantly with friends and mentors. They are great to work with and are very supportive, even when I make



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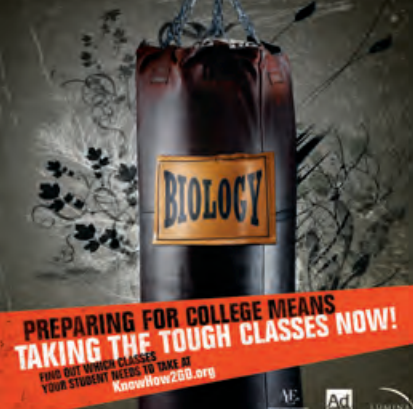
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a mistake,” Sharon said. “I monitor and tweak everything and make it right.”

Current activities include brush management by shearing, stacking and prescribed burning; range planting of native vegetation using a no-till drill and rotational grazing. The latter activity is accomplished by “the girls,” her small herd of half Devon cattle and their guard donkey.

The native plants are returning. Existing trees include: Post Oak, Blackjack Oak, Water Oak, native Pecan and mesquite. “I have a grandma mesquite that is 8 feet around,” Sharon said. To clear out unwanted, invasive non-native trees, such as Chinese tallow, Sharon has conducted prescribed burns with the assistance of friends and TPWD personnel. Native grasses include: Indian grass, Little Bluestem, Big Bluestem, Sideoats Grama (state grass of Texas), Switchgrass and Plains Bristlegrass. Forbs include: Illinois Bundleflower, Partridge Peas, Maximilian Sunflower and Coneflower. Quail and other wildlife use these plants as food and loafing/nesting cover.

The ranch has five tanks and an old soil conservation lake, which offers

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Sharon's latest project is the building of a greenhouse and enlarged vegetable garden. As a child, she walked home through citrus groves and remembers eating tomatoes "warmed by the sun." We all carried the little Morton salt shakers," she recalled. "I love to dig in the dirt and wade into mud. I am trying to avoid preservatives and go back to the days when if your grandmother couldn't pronounce it, you shouldn't be eating it," Sharon said. Besides reading, Sharon includes cooking, baking bread, making cheese and butter and canning as her hobbies.

The ranch has hosted students and teachers from the Pettigrew Academy of Waxahachie as well as a quail workshop. "The kids were great, and it was a lot of fun," Sharon said. A student from Stephenville conducted a study of predator animals on the ranch. Additionally, Sharon is hoping the ranch will become the go-to place for professional and amateur nature photographers. Photographers will enjoy the benefits of natural habitats, feeding stations and photo blinds from which to shoot.

Sharon's dream is coming true. As Aldo Leopold, a scientist, author and recognized father of wildlife ecology in America, said, "... game (wildlife) can be restored by the creative use of the same tools which have heretofore destroyed it — axe, cow, plow, fire, and gun." Sharon is living her dream as it unfolds around her. That's the definition of a dream coming true. **NOW**



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Owner Donna Thomas and Robin Kittrell offer friendly service in this one-stop shop filled with trendy children's clothing, toys, books and bedding.



Birth to School

The Childrens Shop offers customers old-fashioned service in-house or online.

— By Virginia Riddle

“Togs, toys, shoes — everything for children from 12 minutes to 12 years. Smart, up-to-date merchandise at reasonable prices.” That advertisement announced the opening of The Childrens Shop in 1949. While the world has changed in many ways since that year, Donna Thomas, current owner of The Childrens Shop, displays the latest “togs, toys and shoes” for young children and greets customers with a smile. “We always are friendly, acknowledge everyone when they come through the door and offer assistance,” Donna said.

Many of her customers were once the babies who were clothed with “togs” from the shop and now come to purchase that perfect outfit or book for their grandchildren.

Repeat customers spread the word, encouraging others to come in to shop the extensive selection. Donna carries year-round school uniforms for area schools. She also has clothing in area schools’ colors. Beautiful and popular lines of clothing, including: Feltman, Mud Pie, Quicksilver, Bonnie Jean, Little Me, John Deere and Wee Squeak shoes, line the walls in colorful displays. “I look specifically for items that are not offered anywhere else in the Corsicana area,” Donna said.

This fall, as area dance and gymnastic schools begin their regular schedules of classes, customers can shop for their favorite brands of dance and tumbling attire in The Childrens Shop. Special occasion clothes can be ordered from the samples and books the store stocks. “We have

dressess for every occasion — flower girls in weddings, baptismal and first communion clothing,” Donna stated.

Expectant parents can choose from a wide range of baby registry items. A crib is set up to display each baby’s choices. In addition to clothing, The Childrens Shop carries Madame Alexander dolls, toys, books and custom bedding designs and offers gift wrapping services for that special baby shower. “We wrap a lot!” Donna stated.

This mainstay one-stop shop for customers has moved into the digital age with a listing on Facebook as well as its Web site, <http://www.thechildrensshoptx.com>. The user friendly site enables customers to shop from home anywhere in the world, which is a great benefit for friends and family members who live outside the Navarro County area. For mothers who have to shop normally with small children in tow, the Web site is proving to be a big time, gas and sanity saver.

Customers who visit the store will be greeted by either Donna or her very valued employee, Robin Kittrell. “Robin does the display windows and the computer work. She’s irreplaceable and amazing,” Donna exclaimed.

Donna understands the retail world very well due to having earned her first job in retail at age 16. She has banking experience and has owned her own business prior to purchasing The Childrens Shop. Donna had worked in the shop part time for three years prior to becoming the owner. “I saw the opportunities that were available if I purchased the shop,” she said. Every small business owner needs support on the home front, and Donna receives that support from her husband, Rick; daughters and their husbands: Lori and Jason Ray and Lisa and Jeff Vandergraaf; and her grandchildren, Colton, Ashlynd, Addie, Colby and Layton.

Although The Childrens Shop has a very established history in Corsicana, Donna and Robin have brought the shop forward into its future. “The baby room is my baby,” Donna said, and she will have the clothes that will look great on future generations of babies. **NOW**

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Paul Hooper presents Tina Hartland with the Business After Hours plaque.



Phyllis Jones, Niven Morgan and owner, Carmen Austin, pose at the Sweet Tangerine open house.



Orthopedic surgeon, Dr. Cezar Sandu, speaks at Navarro is the speaker for the Navarro Regional Hospital's Healthy Woman luncheon.




CilKay Jessie, a volunteer for Backpacks of Love, helps the Cuevas family get ready for a successful school year.



Austin Brooks is ready to take snake man, Daryl Sprout, and his show snake home for a visit.

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Bulldogs T-Ball team members lift their 2nd place trophies in celebration at the Mike Dickens Memorial Park.



Imaginations run wild at the Robotics-4-You camp at Collins Catholic School.



Peggy Gillen, Jo Ann Rhodes and Betty Taylor enjoy food and fellowship at Navarro Regional's Healthy Woman Luncheon.



The Girl Scouts of Navarro County are all smiles at the Back in School Stay in School event.

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Play It Smart: Sports Physicals Can Save Lives

With the ringing of the school bell signaling the start of a new school year, organized sports activities aren't far behind. Playing sports is a great way for your child to have fun, meet friends and stay fit.

Most organized sports leagues require a child to have a pre-participation physical examination (PPE) prior to participation in junior high and high school sports, and even some elementary and middle school age leagues require a PPE examination. And while many parents think it may be unnecessary for their healthy child, this physical can help ensure your child is not only in good shape to play, but also possibly detect any conditions that may be life threatening.

Your family doctor can conduct PPEs in the office. The goal of the PPE is to assess your child's general health and current fitness level. But often the physical can assess and detect health conditions that require immediate attention, such as:

- Medical or orthopedic problems that predispose the child to injuries
- Existing injuries that may impair the athlete's ability to perform
- Current size and developmental maturation, as well as fitness level
- Congenital anomalies that increase the child's risk of injury
- Poor pre-participation conditioning that may put the child at increased risk

The PPE includes a medical history, sport-specific history and a physical exam. During the medical history, the doctor will ask you and your child

questions about illnesses and injuries the child may have had, such as asthma or a broken leg. It's important for your doctor to know about medical problems that run in the family or any medicines your child takes on a daily basis. For instance, if a family member has heart trouble, and the child has passed out, felt dizzy or experienced chest pain in the past while playing sports, this could be a sign that additional tests may be needed to rule out any congenital issues. This routine exam is an excellent opportunity for parents to ask the doctor questions about exercise, diet, potential injuries and other health-related issues.

The typical reasons for participation disqualification include: dizziness with exercise, unfavorable body mass index, high blood pressure, visual defect, presence of a heart murmur or a musculoskeletal abnormality. The importance of a PPE cannot be understated. If your child will be playing a sport this season, be sure to make an appointment with your doctor early. Having a clean bill of health will kick off the sports season on the right foot. **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 to facilitate conversations with their physician.

*Dr. Joe Saucedo
Medical Associates of Navarro County
Member of the medical staff at Navarro Regional Hospital*



Time to Take Another Look

— By *Nancy Fenton*

Fall is coming, and it's time to see if there are things that need to be done outside before the winter sets in. You don't need to do everything today, but having a list to work from is a great idea. My list includes some 30-year-old shrubs that need to come out, as well as a general cleaning and fertilizing of my 10-year-old beds.

Some plants can be thinned, shared, or you can find another place for the plants without damaging them. The standard rule of thumb for gardeners is if it blooms in the spring, it can be divided or moved in the fall. Most of my spring blooming bulbs are ready to be divided up this year. I buy only bulbs specifically for the southern part of the United States. Remember the change in the zones this year? Since we are now Zone 8, most varieties of narcissus and daffodils will not come back year after year. I'm for more bloom and less effort, so I limit my purchases to the Southern types. White Flower Farm is a good source that labels its bulbs accurately.

Fall is also a good time to learn more about gardening. I encourage you to find a Master Gardener program in your area. Both volunteer service and class work are required to become fully certified. My husband says my experience with the Master Gardeners has been like taking a master's degree in horticulture.

The Master Gardeners provide lots of opportunities to further your knowledge. Texas A&M develops and refines new courses for the program on a regular basis. Some available to Master Gardeners are Earthkind, propagation, greenhouse maintenance and Oak Wilt. For more information, visit www.txmg.org. **NOW**

Nancy Fenton is a Master Gardener.

What Is a Rollover?

With such qualified retirement plans as 401(k)s, you can take your retirement savings with you when you leave your job. Whether you leave your employer to retire, change jobs or take time out of the workforce, you can gain control of your funds through a rollover.

Know Your Options

When you leave your job, there are four options for your retirement plan. You can keep your money in the current plan if the employer allows it (some don't, especially for accounts with low balances); move it to your new employer's retirement plan; roll it over into an IRA account; or take the cash. The latter is generally the least preferable, because you will have to pay tax on the distribution, including a 10-percent tax penalty if you are younger than age 59½, and it will reduce your retirement savings. It's tempting to tap into that money, especially if you are leaving your job involuntarily, but you should avoid that if possible.

If you leave your money in your current employer's plan or move it to a new employer plan, then you are limited to the rules of the plan and the account options that they offer to their employees. If the offerings appeal to you and you don't find the rules restricting, then keeping the funds there might be a good idea. But what if you do research or talk to a financial advisor and find out the offerings and rules are not right for your situation?

Traditional IRAs Allow Tax-free Growth

A rollover allows you to take your retirement distribution and move it into a Traditional IRA account at any institution offering an IRA. Your account continues to grow tax-free. You have a wide choice of investment options,

including choices that employers might not offer, such as mutual funds, annuities and bank CDs. You can simplify your financial life by moving the account to a company where you already have funds or even into an existing IRA.

With a rollover IRA, you retain control and flexibility with your money. If you decide to move the funds to an employer plan in the future, you can do that. If you want to change the investment option to reflect changes in your life, you can do that, too.

The process is simple. Once you identify the investments that you want to move the funds into, you will need to open an IRA account if you don't already have one. The company that administers your new account will walk you through the process to contact your employer and arrange for a rollover.

When rolling over a 401(k) into an IRA, it's important to do a full comparison on the differences in the guarantees and protections offered by each respective type of account, as well as the differences in liquidity/loans, types of investments, fees and any potential penalties.

Investing involves risk, including potential for loss. Diversification and asset allocation do not assure a profit or protect against loss. Foreign investments involve greater risks than U.S. investments, including political and economic risks and the risk of currency fluctuations. Bonds are subject to interest rate risk and may decline in value due to an increase in interest rates. The S&P 500® Index tracks the common stock performance of 500 large U.S. companies. **NOW**

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September 3-29

A Western Point of View: Monday-Friday: 10:00 a.m.-4:00 p.m.; Saturday: noon-4:00 p.m., Pearce Museum. The Pearce Museum is pleased to announce the opening of its most recent temporary exhibition. This exhibition is by landscape artist Lloyd Voges. For more information, call (903) 875-7642.

September 8

Youth Gra-Y Football sign-up deadline: Corsicana YMCA. This program for fifth-through sixth-grade kids prepares them to play tackle football at the next level. For more information, e-mail thomas@corsicanaymca.org.

2012 Never Forget Memorial Celebration: 11:00 a.m., American Legion Post #22, 632 N. Beaton. The keynote speaker will be Texas Senator Brian Birdwell, and the Navarro County Sheriff's Office Honor & Color Guard will offer a gun salute. The event will also offer a \$300 Gander Mountain raffle, silent auction, CASI Chili Cook-off, live entertainment, vendor spaces, etc. Public welcome; free admission; donations accepted. Bring your lawn chairs. No outside food or drink. For more information, call (903) 874-3938.

Navarro College vs. Mountain View College Soccer Game: 6:00 p.m. For more information, call 1-800-NAVARRO.

September 11

Navarro College vs. Cisco College Soccer Game: 6:00 p.m. For more information, call 1-800-NAVARRO.

September 12

Navarro College vs. Panola College Volleyball Game: 6:00 p.m., Wolens Special Events Center. For more information, call 1-800-NAVARRO.

September 13

Corsicana Chamber of Commerce and VOICE Business After Hours: 5:32 p.m. For more information, call (903) 874-4731.

September 13-22

The Hallelujah Girls: Warehouse Living Arts Center. Follow the ladies of Eden Falls, Georgia, as they enjoy a day at the spa with this Southern comfort comedy offering. For more information or reservations, call (903) 872-5421 or visit www.warehouselivingartscenter.com.

September 14

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Bring a salad, vegetable, casserole or dessert and enjoy a round of bingo after lunch. For more information, call (903) 654-6800.

80 Bites Junior Class Fundraiser: 5:30 p.m., Corsicana High School Commons. Tickets are \$5 and may be purchased by contacting any CHS junior student or Misty Fletes at mffletes@cisid.org.

The Cracked Pots: 6:30 p.m., Cowboy Church of Ennis, I-45 at Exit 244. Bring a covered dish and join in the fun and fellowship with other 55-plus folks from Navarro and Ellis counties. For more information, call (972) 872-9118.

September 15

Fly Fishing on Texas Lakes: 9:00 a.m.-1:00 p.m., Sunset Cove Marina on Lake Richland Chambers. \$50 per person with lunch provided. This beginning class will be taught by Bob Cappallo, Texas Parks and Wildlife Instructor. For more information or to make a reservation, call (903) 874-2300.

Navarro College vs. Cisco College Football Game: 7:00 p.m., CISD Tiger Stadium. For more information, call 1-800-NAVARRO.

September 19

Navarro College vs. Tyler Junior College Volleyball Game: 6:00 p.m., Wolens Special Events Center. For more information, call 1-800-NAVARRO.

September 22

11th Annual Hooked on Fishing: Registration: 6:00 a.m.; tournament: 7:00 a.m., I.O.O.F. Park. This fun-filled morning of fishing will include free refreshments, T-shirts and fantastic prizes. Tournament coordinator is pro-angler, Sam McCollum. Poles and bait are provided or participants may bring their own. Ages 16 years and under. For more information, call (903) 654-4872.

Kerens Homecoming Parade: 10:30-11:30 a.m.

C & B Seen Gala "Stetsons & Stilettos": 5:30-11:30 p.m., I.O.O.F. Event Center. Dinner, live auctions and entertainment by The Randy Brown Band. \$75 per person. Black tie optional. Valet parking

will be available. All proceeds benefit the Corsicana Education Foundation. For more information, call (903) 602-8133.

September 24

PAL Luncheon: 11:30 a.m.-1:00 p.m., Cook Center. Bring a covered dish or dessert. For more information, contact Misty Holoway at (903) 874-1211.

September 28

Navarro College vs. Cisco College Soccer Game: 6:00 p.m. For more information, call 1-800-NAVARRO.

September 29

The Green Garden Club Garden Tea Tour: 9:00 a.m.-4:00 p.m. Guests will enjoy five beautiful gardens and a complimentary progressive tea throughout the tour. The event will feature three chefs and an artist from the Ellis County Art Association will be painting en plein aire at each location. Tickets are \$50 per person, and are available online at www.greengardenclub.org. Proceeds benefit Green Garden Club, an organic garden club in Ellis County. For more information, call Carolyn Mixon at (214) 914-6030.

Branson On The Road: 7:00 p.m., I.O.O.F. Event Center. Billed as America's Favorite Road Show, this presentation will get you tapping, laughing and smiling. Tickets are \$30 VIP or \$20 for general admission. For more information, call (903) 641-6607.

Marty Stuart: 7:30 p.m., The Palace Theatre. This four-time Grammy Award winner is bringing his hits to Corsicana. For more information or tickets, call (903) 874-7792.

October 1-26

32nd Annual Piecemakers Quilt Guild Quilt Show: Monday-Friday: 10:00 a.m.-4:00 p.m.; Saturday: 10:00 a.m.-1:00 p.m., Warehouse Living Arts Center. Admission is free. Quilts that are going to be displayed need to be delivered to the Warehouse from 10:00 a.m.-2:00 p.m. on Thursday, September 27. Judges entries are \$5 per entry. For more information, call (903) 872-5421.

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



In The Kitchen With Larry McLain

— *By Virginia Riddle*

Cooking and family go hand in hand for Larry McLain, who learned to cook from his mother and grandmother during his childhood in Mississippi. “My mother was my inspiration,” Larry remembered. Married for 52 years, he and his wife, Nan, cook together. “We each make a good sous-chef for each other. In my family, whoever cooked, the others cleaned up,” Larry said. “That’s why both our son and daughter cook very well,” he laughed.

Larry is well-known for dishing out old-fashioned, Southern hospitality and food for both friends and family, followed sometimes with party bridge games. Soups are a favorite — cold in the summer, hot in the winter. “Cooking is fun for me. If you enjoy doing something, it reflects in the end product,” he concluded. **NOW**

Sopa de Lima

4 tsp. vegetable oil
1/3 cup onion, chopped
1 4-oz. can mild green chilies, chopped
4 cups chicken broth
1 cup chicken, shredded without skin
Salt, to taste
1 tomato, chopped
4 limes

1. Heat oil in pan.
2. Add onion and chilies. Sauté until onion is tender but not browned.
3. Add chicken broth, shredded chicken and salt. Cover pan and simmer for 20 minutes.
4. Add tomato. Simmer 5 minutes longer.

5. Add lime juice to each bowl when serving the soup.

6. Place a lime slice in center of soup.

Note: Monterrey cheese and tortilla chips may be added to make a tortilla soup.

Southern Pimento Cheese

2 cups sharp cheddar cheese, finely shredded
2 cups mild cheddar cheese, finely shredded
1 7-oz. jar diced pimentos, undrained
1 1/2 cups real mayonnaise
1/2 tsp. cayenne pepper (or to taste)

1. Mix all ingredients thoroughly.

2. Add more mayonnaise if needed. It firms more as recipe chills. Chill before serving.

Cesar Salad Dressing

7/8 cup olive oil (divided use)
1 clove garlic
1 1/2 tsp. salt
1/4 tsp. dry mustard
Black pepper, grated (30-percent coverage)
5 anchovy fillets, mashed
3 drops Worcestershire sauce
3 Tbsp. wine vinegar
1 egg
Juice of one lemon
Romaine lettuce
Croutons, to taste
Parmesan cheese, to taste

1. Combine 1/2 cup of olive oil with the next 6 ingredients. Blend well.
2. Add 6 Tbsp. of olive oil with the next 3 ingredients.
3. Pour into a bottle. Store in refrigerator for several hours, shake well before tossing with lettuce. Add croutons and Parmesan cheese.

Iceberg Lettuce With Bleu Cheese Dressing

Dressing:

3/4 cup bleu cheese, crumbled
5 Tbsp. buttermilk
5 Tbsp. sour cream
3 Tbsp. mayonnaise
1 Tbsp. white wine vinegar
1/4 tsp. sugar
1/8 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper
Fried bacon, crumbled (to taste)

Salad:

1 medium head iceberg lettuce, cored and cut into 6 wedges
2-3 medium tomatoes
1 large cucumber, thinly sliced

1. Make dressing by using a fork to mash the bleu cheese and buttermilk together in a small bowl until the mixture resembles cottage cheese.
2. Stir in remaining dressing ingredients. Chill.
3. Put 1 lettuce wedge on each salad plate.
4. Cut tomatoes into wedges. Arrange tomatoes and cucumber slices on plate and pour dressing over each wedge.

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