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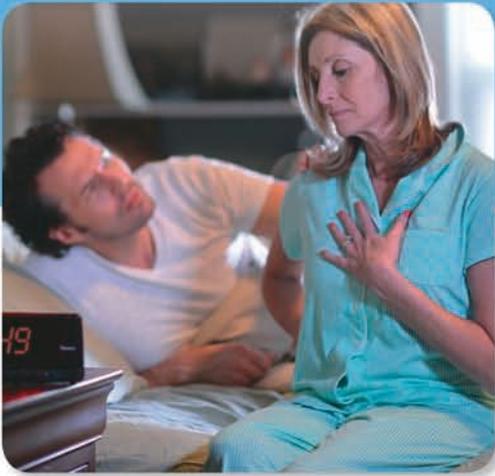
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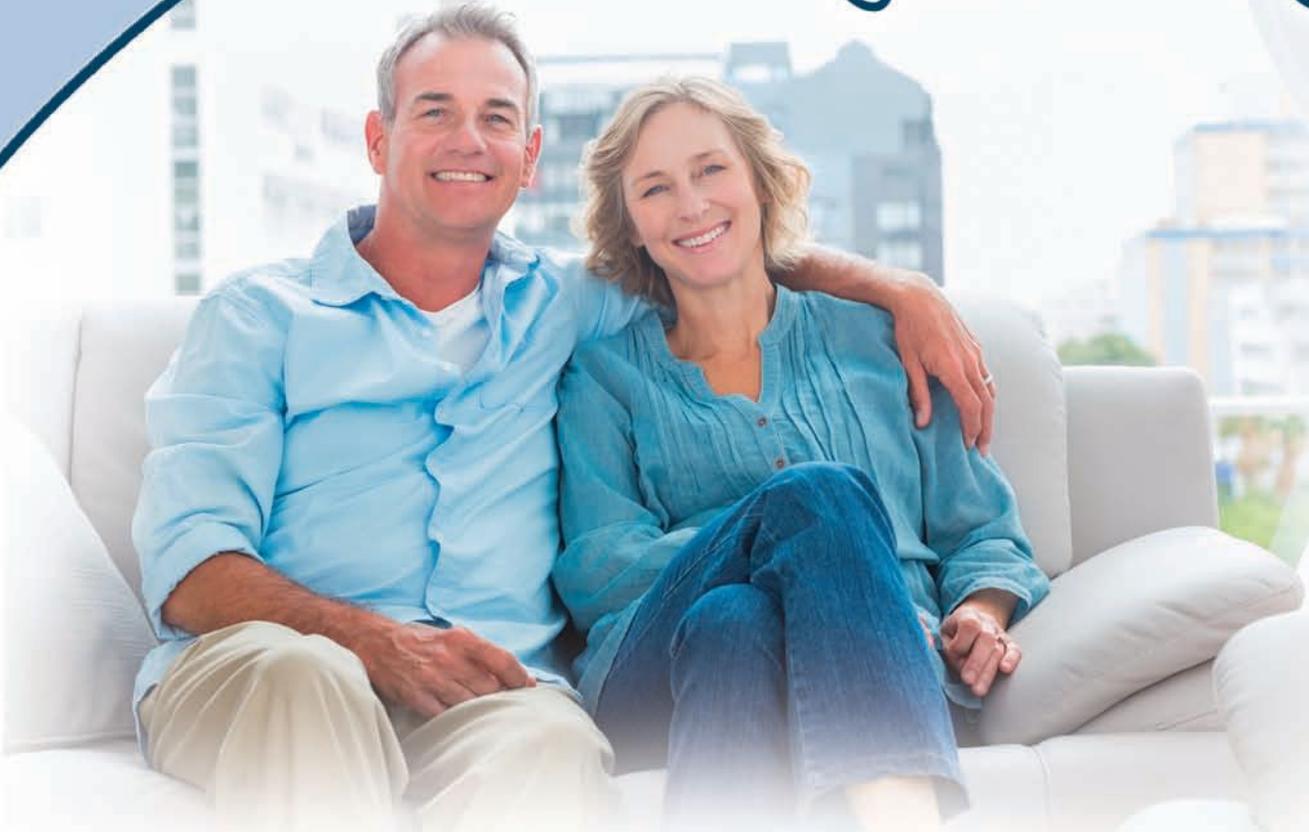


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Editorial Coordinator, Sandra Strong  
Editorial Assistant, Beverly Shay  
Writers, Amber D. Browne  
Lynda Housley . Callie Revell  
Betty Tryon  
Editors/Proofreaders,  
Pat Anthony . Randy Bigham

GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Kristin Bato . Julie Carpenter  
Morgan Christensen . Martha Macias  
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Photography Director, Jill Rose  
Photographers, Memories by Melissa

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ON THE COVER



Languid lakeside moments are rare for the very active Willingham family.

Photo by Memories by Melissa.

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## Editor's Note

*Thanksgiving greetings to one and all!*

Family, food and fellowship — this month we will get to experience all three as the holiday season approaches. If you are traveling, I wish for you safe journeys. If you are hosting Thanksgiving dinner, I hope you can take time to relax and enjoy the sharing of these days with family and friends.

On a recent visit with my oldest son's family in Virginia, I toured the Library of Congress in Washington, D.C. The library is housed in a beautiful building, and I learned that the library sponsors the National Young Readers Day every year on November 11. Please take time this month to check out the Center for the Book on the Library of Congress' website, which features recommended book lists for all ages, area book festivals, authors' webcasts and links to other reading sites.

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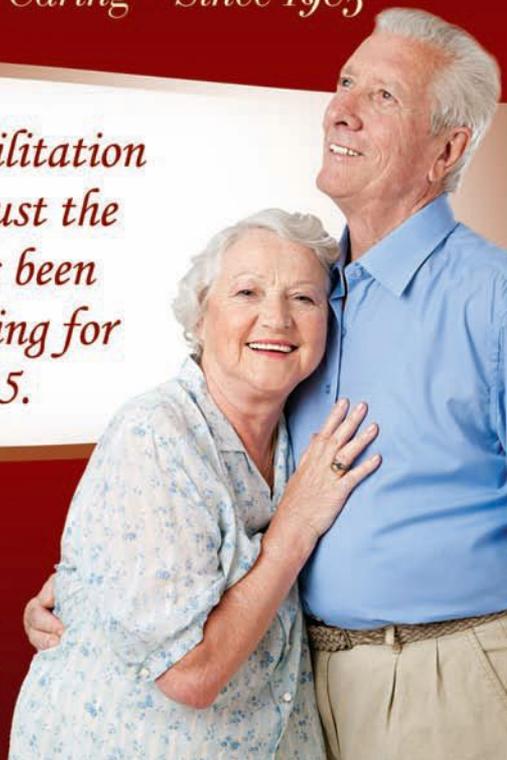
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“I HAVE SEEN VETERANS GO FROM  
BEING HOMELESS TO HAVING A GOOD LIFE.”

# *Championing* THE VETERAN

— By Virginia Riddle

*While his position is part time, there is nothing part time about Billy Richards' commitment to Navarro County military veterans who have been honorably discharged. As the county's veterans' service officer, Billy works all hours necessary to help the estimated 3,400-3,500 resident veterans and/or their dependents receive the benefits they have earned through service to this country. "My office hours are Monday, Wednesday and Friday from 8:00 a.m.-4:00 p.m., but there are no real hours if someone needs to see me," Billy said. "I'm here to help however I can."*



Wayne Adams of the local Vets Helping Vets program described Billy as an “unsung hero” of Navarro County. Billy became the veterans’ service officer in March 2008. He followed Jackie Farmer, a friend, vet and mentor. Additionally, he has learned on the job and received training at conferences. Billy works closely with the Texas Veterans Commission, which was founded in 1927 and remains the leading veterans

service organization in the state. His job also requires constant networking with other veteran related organizations.

Billy helps veterans with compensation claims, insurance claims, educational benefits, land loans and employment. He works with surviving spouses with pensions and liaises with the V.A. to provide military honors at veterans’ funerals and appropriately inscribed footstones for their gravesites. “Pensions and other compensation are tax-free,” Billy pointed out. “That’s a real advantage to veterans who are retired.” He also scouts and engages speakers for the annual Memorial Day and Veterans Day ceremonies held at the courthouse.

Certified by the Veterans’ Affairs to work claims, Billy has access to all records. He can track the claim and usually tell the vet what will happen before he or she gets a letter from the VA. Sadly though, many veterans, especially the older ones, don’t realize they have benefits they can receive. “I have seen veterans go from being homeless to having a good life. Receiving their earned benefits can change their lives,” he added. Currently, Navarro County veterans total more in benefits than the total budget of the county. “The office of veterans’ service officer more than pays for itself due to monies brought into the county through benefits,” Billy revealed. His physical office address is changing from the courthouse basement to the recently purchased and remodeled former CISD administration building. The first door on the right as a



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Charles Harrison and Jackie Farmer both served on the Navarro County War Memorial Committee.

vet enters the front door will lead him or her to Billy and the help needed. "This will be more convenient and definitely a better location for the disabled veteran," Billy said.

A native of Corsicana, Billy graduated from Corsicana High and attended Navarro College before joining the armed forces. "I was 20 years old and thought serving in the military was just something else to do," he explained. "I

Roy Messick avails himself of the services Billy Richards provides local veterans.



first tried to join the Air Force and took the test, but I couldn't get the results, so I joined the Navy instead. I couldn't swim, but they taught me to float. I couldn't do any of that now to save my life!"

Billy served from 1970-1978 and saw much of the world. He went first to Orlando, Florida, for boot camp and next trained to be a signalman in Newport, Rhode Island. Sixteen months of his Navy time was spent on board the USS Ogden LPD-5 sweeping for mines in Vietnam harbors during the



Vietnam War. Home ports and ports-of-call included San Diego, California; the Bahamas; China; the Philippines; and Acapulco, Mexico. He served aboard two different ships in Galveston, Texas, supporting the Navy Reserves. Billy then trained to be a military police officer in Alabama and served as a correctional officer at Great Lakes NAS.

"I would probably know everyone in Corsicana if I hadn't joined the Navy," Billy said. "Some veterans come in to see me, and I didn't even know they were vets. I worked for one such veteran, and found out he had a Purple Heart from World War II."

One of the greatest challenges Billy faces in his position is furnishing transportation for veterans to the V.A. Medical Centers for treatment. The centers do not provide transportation to outlying communities such as Corsicana, and many veterans are unable for one reason or another to drive to a center. Billy applied for a grant from the Texas Veterans Commission. If funded, it will help to provide free transportation to veterans. Dates and details are just part of grant writing and other aspects of Billy's position. "It's my job to stay on top of everything," Billy said.

Billy has remained close to several of his fellow shipmates from Texas. Two years ago, they started to look up other shipmates on Facebook resulting in a recent reunion in Madisonville, Texas. "The Navy just sank my ship from those Vietnam days," he said. "They used it for target practice in July of this year."

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service, Billy returned to Corsicana and used his GI Bill benefits to attend Navarro College. He took real estate and accounting courses which help him operate his business, American Fence and Patio. A hometown mutual friend introduced Billy to Sharon, his wife and a retired teacher. Together, they have three children and four grandchildren. The couple enjoys camping trips with their Casita RV, but Sharon takes her travels a step further. She travels with a group of friends — the Casita ladies — on geocaching trips, while Billy plays golf.



Left to right:  
 Wesley Tryon,  
 Angie Leverette,  
 David Wilson,  
 Mika Chappell,  
 Brad Wilson



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Even during “time off” activities, veterans are never far from Billy’s mind. Often it’s fellow veterans and their families, many who are lifelong friends, who are enjoying fun times with Billy and Sharon.

Billy has been honored to know many of the county’s veterans over the years. He is a life member — and served as quartermaster — of the Veterans of Foreign Wars, and is a life member of the Vietnam Veterans of America. “I helped one guy who had the Silver Star and another who had 10 Bronze Stars,” Billy said. A project currently underway will honor Navarro County’s Medal of Honor recipient, Candelario “Spider” Garcia. “His daddy is listed on the WWII monument on the courthouse lawn, and we are raising money to honor Candelario,” Billy commented. “He graduated from CHS and is one of the good guys.”

“It’s important for veterans in Navarro County to know I am available to them and their survivors,” Billy added. It’s clear the slogan, “No man left behind,” is still important to Billy Richards. **NOW**

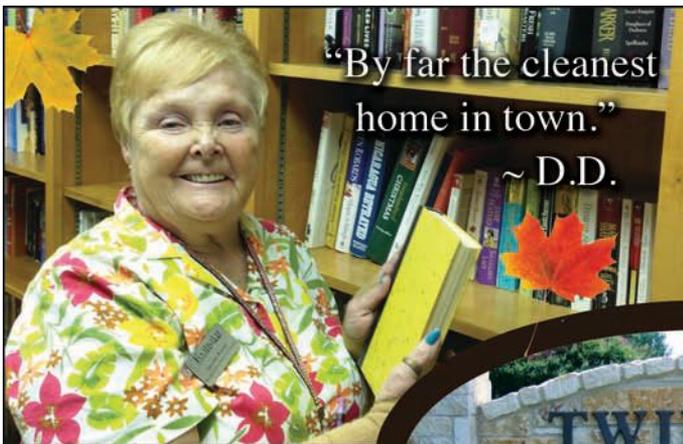
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# Life on the Lake

— By Callie Revell

*In a secluded cove of the Richland Chambers Reservoir, Bob and Nancy Willingham have built a lakeside haven with their own hands. After living in the city, they decided a change of pace would suit them well in retirement. They set their sights on Corsicana for its size and charm. “We like the town,” Bob said. “There are a lot of really nice people here. It’s quiet and peaceful.” For the Willinghams, the peace and quiet were just some of many positive results of their big move.*





In 2005, Bob and Nancy bought their lot by the lake. However, they spent five years building their house and didn't move in until 2010. "I've been in the construction business since I was 14 years old," Bob said, explaining that his career as a fireman allowed him to do that work on the side. "Nancy had some ideas," he added, "and I drew a set of plans around them. Then, we built the house." Because they were involved in every step of the construction process, their house is completely customized to suit their needs. "We started out with a closet about the size of a one-car garage and built everything around it," Bob recalled.

For Nancy, that closet is one of her favorite features of the home. "When we were designing the house, I drew my closet on a piece of graph paper and said, 'Here, build a house,' and he did," she remembered. "The closet is a special touch I wanted for me. It's my pride and joy — my room in the house. It's every woman's dream." Bob also included another special feature for Nancy in the house's design. "I have window seats in as many places as he'd let me, simply because I like them," Nancy said. "I love curling up on a window seat to read." Ultimately, the house was designed to suit them in their later years, allowing them to relax and stay comfortable as they age. "We kept in mind that we were a little older when we started building, so we

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tried to make it handicap accessible just in case one of us should have a problem,” Nancy pointed out.

Once the plans were finalized, Bob and Nancy spent every spare moment they had on their lot. “In 2006, we started working on the house,” Bob said. “The two of us built the house with the help of friends.” Because they lived in Irving at the time, they had to schedule their time wisely. It was an hour-and-a-half drive, so the pair would stay for two or three days at a time. Before there were windows and doors on their house, Bob and Nancy would bring camping equipment.



The guest bedroom was the first room to be completed. While the rest of the structure was still bare frames, Bob and Nancy would sleep in the insulated room during their construction stints. “We put an air conditioner in the window and a space heater in the corner,” Nancy said. “We have so many funny memories from building the house.” Piece by piece, the rest of their dream home came together. “It took us about five years to get it to the point where we could comfortably live here,” Nancy said. “We finally moved down in September 2010.”

Even so, the house is still a work in progress. “We’re not finished yet,”



Bob confessed. “We got the downstairs finished, and we quit for a while, because we were out of money!” Upstairs, two more bedrooms and a bathroom are still under construction. “All we need up there is some paint, flooring and tile, and we’ll be through, but we’re not in any hurry,” Bob continued. “It’s just overflow sleeping up there.”

Their beautiful house is only made more attractive by its location. “We came for the lake,” Bob said. “We liked that we could have a boat here, and that we could have lakefront property. There are a lot of lakes where you can’t do that.” The Willinghams spent several years looking

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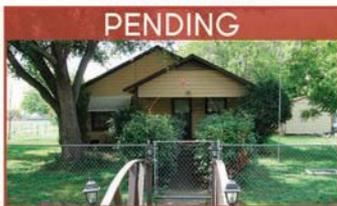
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for such a property before choosing one in Corsicana. However, their lake view didn't come without effort. When they first bought the lot, a forest of brush and garbage stood between them and the water. "Our first day working in the woods, we cut down 35 trees,"



Bob recounted. Now, the couple has the clear view they had in mind when they designed the house. "Most of the rooms we use face the lake: our bedroom, the living room and the kitchen," Bob explained. "When you walk in the front door, you can look out over the lake."

Unfortunately, this area of Texas has recently experienced a significant drought. "The last year-and-a-half, we have not had much water," Bob said. "Right now, the lake level is down 7 1/2 feet." The Willinghams built a boat house with a large dock in the water. "When we have water in the lake, we spend a lot of time down there," Bob enthused. "It's a giant lake, almost 46,000 acres. When you get out in the middle, you can't even tell when it's low." Even when the level is down, Bob and Nancy's six grandchildren still have fun when they visit. "The grandkids have a swimming pool at home with beautiful clean water, but they'd rather swim out here!" Bob laughed. "They ask if they can go swim in the 'mud hole.'" Bob and Nancy like

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using their pontoon and kayaks and also enjoy fishing from their dock.

Hosting events for friends and family is another enjoyable activity for this couple. "I have a whiteboard I leave on the front porch for company that says, 'Come on in!'" Nancy said. "I want people to feel comfortable here. We didn't build the house for show. We built it to live in." They designed the house with an open floor plan to accommodate large groups. "We host a lot of people here," Nancy said. "No matter whether you're in the kitchen, the living room or the dining room, everybody can see everybody." Many of their visitors are attracted to the peace and quiet of the lake. "I'm a member of a service organization in the Dallas area," Nancy said. "The ladies I'm in that chapter with



love to come here and get away from the city." When Bob and Nancy built their home, they meant it to be shared. "We live in it," Nancy said. "But we want other people here, too."

Bob and Nancy have settled into their lake home for good. "Our next move will be to the nursing home!" Bob joked. "We thought before we got too old, we'd try living at the lake for a while. As we got down here, we found out we really like Corsicana. It's just a great place to live." The hard work they have put into their house has paid off by giving them the home they've always wanted. **NOW**

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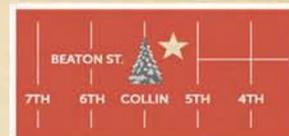
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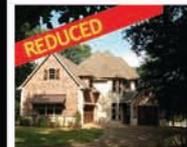
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# Planning the Perfect Party

— By Amber D. Browne

*The hustle and bustle of preparing for the holiday season can be quite all-consuming. Adding a dinner party or overnight guests to the equation can increase the stress. Whether you're taking on the challenge of hosting friends for dinner or family in the guest room, having a plan in place is the key to a fun-filled occasion.*

When planning a holiday get-together, first decide who is on the guest list. You could choose to invite a few of your closest friends or a group of 20 or more. Or family

could stay for the extended holiday. In either scenario, plan the date and set a time for the holiday dinner.

Incorporating a theme is a key component to any event. The holiday itself can be used in planning for decorations, music and games, but if it's a dinner for friends, choosing a fun theme may be a good choice. Pinterest or event-planning blogs feature a variety of theme options.

Keep the following in mind if you choose to host a holiday dinner:

1. What is your budget?
2. Will it be a sit-down or buffet-style dinner?
3. What type of decor will you use?
4. Is the dinner adults-only or will children also attend?
5. What type of music and entertainment will be incorporated?



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## Budget:

The budget should include funds for food, beverages, decor and entertainment. If you plan to hire a caterer, a printer for invitations or even a cleaning crew, include those costs in the budget as well. If you don't want to host the event at your home, a local restaurant or rental facility may be the perfect place to gather. Include any rental fees in the budget. Setting aside additional funds for last-minute costs is also a good idea.



## Food & Beverage:

Planning the menu ahead of time is a priority. Cookbooks, the Internet or cherished family recipes offer delicious choices for holiday meals. If you are planning a themed meal, stick with recipes that fit the motif.

If you don't want to spend time prepping and cooking the food, hiring a caterer is an option. Many caterers provide dinnerware, serving dishes and utensils, flatware and related items. On-site caterers can help with cleanup, too. For easier cleanup or a more casual event, purchase disposable dinnerware and flatware, and make trash cans readily available to guests.

When hosting a party, you may decide to serve alcoholic beverages. You can stock the bar yourself or advise guests to bring their own alcoholic beverages. Hiring a licensed bartender to serve

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drinks during the event is another option. Don't forget to provide nonalcoholic beverages and have extra ice on hand. For guests who may overindulge, have a taxi service phone number available.

## Venue, Decor & Entertainment:

Preparing your home for guests can be an undertaking, but a clean home creates a relaxed atmosphere. Stock the bathrooms with toilet paper, soap and clean or disposable hand towels. Offer guests a safe place to leave coats and purses. Lighting the fireplace or candles throughout the home creates a cozy ambience, but don't forget to extinguish the flames after the party!

Fresh flowers can brighten any table. You may choose to purchase arrangements from a local flower shop or buy seasonal flowers to create your own arrangement. Cranberries are popular this time of year and can be incorporated into the arrangement. Add one to two bags of fresh cranberries to a clear vase. Fill the vase about three-quarters full with water. "Using a sharp knife, carefully cut the ends off the fresh flowers at a 45-degree angle. Add cut flowers to vase, arranging as needed," explains a how-to page at OceanSpray.com.



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If children and teenagers are invited, set a separate table for them. Using real dinnerware will create a more formal atmosphere and adding amusing trinkets to the table will keep the younger crowd entertained. Place holiday crackers, which hold small toys, at each table setting as a fun addition.

For entertainment, themed music can play during the event. You can incorporate games, too. For a guessing game, you can purchase a nice container and add individually wrapped candies. Make sure to count the candies first! Display the candy container alongside a jar, paper and pens for guests. Guests can write down how many candies they think are in the container and place their guesses in the jar. The one closest to the actual number wins the candy-filled container!

## Overnight Holiday Guests:

Find out beforehand what types of snacks and drinks your guests prefer, and stock the cupboard and refrigerator. When planning the meals, get your guests' input. Be sure to find out if they have any food allergies. Many overnight guests may want to help out in the kitchen and chip in on food.

An inviting guest room is a necessity. You want your guests to feel at home when they visit. Provide clean, comfortable bedding, a night light and a couple of bottles of water on the night stand. The guest bathroom should include everyday grooming items, including soap, shampoo, conditioner and cotton swabs. Include plenty of fresh towels, extra toilet paper and air freshener.

Keeping your guests entertained during their stay can be a challenge. Why not plan a shopping trip with your female guests and send the men off to play golf? Whatever you choose, don't stress! Your guests will be happy to spend quality time with you.

Hosting parties and overnight guests can take a lot of time before, during and after, so ask for help. Many hosts and hostesses often find themselves too busy to enjoy their hard work. Don't let that happen to you. Take time to sit back, chat with your guests and enjoy yourself! **NOW**

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 Facebook: Chickadee's Embroidery and Gifts

**Hours:**

Monday-Friday: 9:00 a.m.-5:00 p.m.



Elsa Gutierrez, Chelsa Crouch, Marilyn Atwood, Kim Barnhagan and mascot, Aden Barnhagan (seated), make customers' custom orders special.



## Living by Design

*When it comes to making memories, Chickadee's Embroidery and Gifts sews it up. — By Virginia Riddle*

When folks want small-town, family-owned and -operated service, they know to visit Chickadee's Embroidery and Gifts located in the heart of Corsicana's Main Street District or on the Web. "Developing good customer relationships is what our business is all about," said Marilyn Atwood, owner and proud family matriarch. "We have a lot of returning customers who have become part of our family."

Caleb Gordon, Marilyn's grandson and her go-to, Jack-of-all-trades associate, echoed her sentiments. "Customers trust us and believe in our ability to make them smile," he pointed out. While the store stocks a variety of items ready to suit that last minute gift selection, customizing an item to customers' orders is the shop's specialty. "We will give almost anything a shot," Caleb added, "and we usually have a quick two day or less turn-around time."

"Chelsa Crouch is the store's artist, and embroidery and monogramming is done by Elsa Gutierrez," shared Kim Barnhagan, store manager and Marilyn's daughter. Kim's husband, Mike, repairs and services sewing machines, and Aden, their 6-year-old son, is the store's mascot with his own collection of embroidered items. "Everyone is trained to print with our new digital direct-to-garment printer," Marilyn said. The printer works well with custom designs and photographs, giving more definition to the printed work that will last longer. Vinyl cut printing and alterations are also offered.

Uniform shirts for all area school students; diaper, beach and all-occasion bags; coolers; backpacks; sports team jerseys and hats; caps; fine linens and baby wear and layette items are available for purchase and decorating with company or team logos and/or names or initials. "We do a lot of work for

businesses, farms, ranches, schools and churches,” Kim stated. “We can order chenille patches for letter jackets and do drill team or league uniforms.” The store carries such name brand lines as Columbia Sportswear, Port Authority Clothing and Richardson Caps.

*“Customers trust us and believe in our ability to make them smile.”*

Chickadee’s staff loves being a part of so many important occasions in their neighbors’ lives and even those of folks far beyond Navarro County’s boundaries through the Internet. “It’s a joy to custom make a commemorative baby blanket, a baby’s first birthday outfit or other gifts that are a part of making memories and family keepsakes,” Marilyn remarked.

On the other hand, challenges do exist. “We are growing and expanding the business and introducing new things,” Kim revealed. “We like to stay ahead of the coming trends so we can have on-hand what our customers want.” One of those new fads is creating custom tiles to be used in backsplashes in the home through the use of Chickadee’s digital printer. “We are learning and taking one thing at a time, so we keep the quality of our work high,” Kim added.

Chickadee’s has been nominated for Corsicana’s Best of the Best multiple times and donates to different community causes. Marilyn volunteers at the First Baptist Church’s Good News Café. In their limited spare time the family, which also includes 2-year-old Sophie, likes to travel, and Mike and Kim join Chelsea in the competitive cutting horse world.

Whether the customer wants to “bling with the best” or just a baby’s soft pastel blanket, Chickadee’s is the place to go. There orders are served up with family friendliness and helpfulness. “Whatever the customer wants, we are going to try to create it,” Chelsea said. **NOW**

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*Big Gus & the Swampadelics entertain the crowd on a downtown Second Saturday.*



*L-R June and Vivian Bull join their grandmother, Dorinda Coursey, for a musical afternoon in Pocket Park.*



*James Blair Chapter's DAR Constitution Day Luncheon committee members thank Dr. Tommy Stringer, luncheon speaker.*



*Megan Heronemus, Navarro College nursing student, is the most recent recipient of the Grace Jaynes Scholarship which was established by Dr. Jaynes through the United Methodist Women of the First United Methodist Church.*



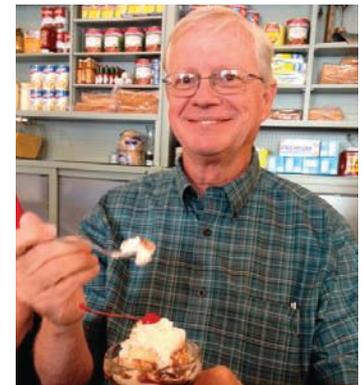
*Kelly Selman, engineer with TXDOT, hosts a Corsicana hearing.*



*Father Jason Cargo helps lead visitors, faculty and students in celebrating the refurbishing of the Collins Catholic School's gymnasium.*



*Trisum Care Center celebrates the opening of its Memory Care Unit.*



*David Arnett enjoys an ice cream sundae while dining out with the Senior Circle Lunch Bunch.*



*The Navarro County Sheriff's Department Color Guard posts colors at the 10th Annual Patriot's Day Ceremony.*



*Navarro College's mascot greets one and all at volleyball games.*



*Dr. David and Lisa Lott enjoy a special night out in downtown Corsicana.*

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# How to Roll Over Your 401(k) to a Traditional IRA

When you leave your job, your 401(k) balance can come with you. You may be tempted to keep some or all of the money instead of rolling it over, but that is rarely a good idea. If you cash out your 401(k) plan balance, you generally pay the income taxes due on the entire amount withdrawn, as well as a 10-percent penalty tax, unless you are at least 59 1/2 or unless you are retiring from your employer at age 55 or older.

If, however, you want to keep the money in place for retirement, a good strategy to consider is rolling the funds over into an Individual Retirement Account, or IRA. The process is simple:

1. Find an IRA investment (such as an annuity, a bank CD or a mutual fund) that's appropriate for you. You will have to do some research or talk to a financial professional to find out which options are right for you.
2. Contact the administrator of your former employer's plan and arrange the direct rollover to the custodian of your new IRA. (The exact procedure may vary a little from company to company, but don't worry — they've all dealt with this request before.)
3. Sign documents to directly rollover the funds to your new account.
4. The funds will arrive in your IRA for investment as you chose in step 1.

A word of caution: You can receive a distribution of your account balance from the plan instead of arranging for a direct rollover. This might not be the best idea. If you take a distribution, the plan administrator will have to withhold 20 percent of the distributable amount for federal income

taxes. That is a credit toward taxes that may be due when you do your income tax return. When you do this indirect rollover, you can increase the rollover amount, from your own funds, equal to the 20-percent withholding amount. Doing a direct rollover, however, avoids this negative consequence. If you roll over the amount of the check you receive without adding that 20-percent back, then the amount withheld will be treated as a taxable distribution. You will generally have to pay income taxes on that amount as well as a 10-percent penalty tax if you are younger than 59 1/2.

Before investing, consider the funds' investment objectives, risks, charges and expenses. Ask for a prospectus or summary prospectus containing this and other information. Read it carefully. Securities, insurance and annuity products are not FDIC insured, are not bank guaranteed and are subject to investment risk, including possible loss of principal. **NOW**

*Neither State Farm nor its agents provide investment, tax or legal advice. State Farm VP Management Corp. is a separate entity from those State Farm entities which provide banking and insurance products. Prior to rolling over assets from an employer-sponsored retirement plan into an IRA, it's important that customers understand their options and 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.*

*Lynda Housley is a State Farm agent based in Corsicana.*

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# An Indulgent Brew

— By Betty Tryon, BSN

Umm, the smell of hot coffee brewing is the best wake-up call. It is even better than the smell of sizzling bacon, because with coffee you get a little extra something. Caffeine is a central nervous system stimulant, which means it can change the way you feel and behave. That little zap to your system makes you feel more awake, focused and alert. Studies now show caffeine's benefits go beyond increased energy to providing some protection from diseases such as type 2 diabetes, Parkinson's and dementia.

But as with anything affecting your brain and your heart, there is always the possibility of too much of a good thing. With caffeine, overindulgence is easy. Since the FDA identifies it as a drug and a food additive, the products in which you can find it are endless. Caffeine is in prescription and over-the-counter medications, such as headache tablets and diet pills. You can find it in certain teas, energy snacks, soft drinks and candy — particularly those with chocolate. You can also find caffeine in some ice creams and yogurts. If you need to lower your daily intake of caffeine, it is necessary to read labels to be sure how much you are taking.

Generally, caffeine does not cause difficulty if consumed in safe amounts. A moderate amount of 100-200 mg. caffeine, which is roughly two cups of coffee a day, is considered to be reasonable.

Regular sized soft drinks, such as Coke and Pepsi, contain approximately 35-55 mg. The total of what is safe for individuals may depend upon body type, size and health. Taking over 600 mg. of caffeine a day can be detrimental to your health. The amount of caffeine children consume should be greatly limited. A safe amount for adolescents is considered to be no more than 100 mg. per day. Pregnant women should check with their doctor before consuming caffeine.

Symptoms of consuming too much caffeine are increased heartbeat, feeling jittery, nervousness, increased blood pressure and headaches. Those with heart irregularities may want to check with a physician to determine a safe level of caffeine to consume. Drinking caffeinated drinks too close to bedtime can cause insomnia. Caffeine is a diuretic as well as a stimulant. A diuretic increases the output of urine — meaning you lose more fluids. That is why caffeinated drinks should not be used to quench your thirst.

There is a lot of good along with some risk in caffeine. Pay attention to your intake before you enjoy! **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*



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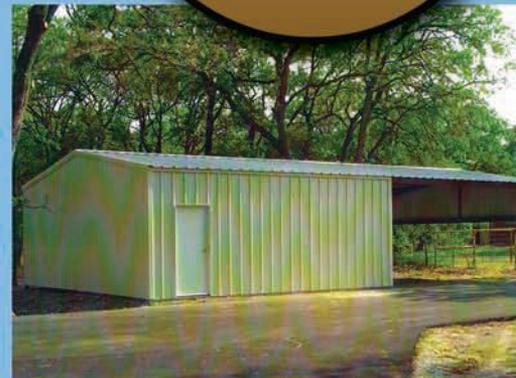
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## November 1

Kinsloe House Sixth Annual Treasure Trove Sale: 8:00 a.m.-6:00 p.m., former Stroube Building, 108-112 S. Beaton St. There are bargains galore for perfect holiday shopping. For more information, contact Ann Maret at (903) 654-0239.

## November 1 — 22

*A New Look at the West: Mondays-Fridays* 10:00 a.m.-4:00 p.m.; **Saturdays** 12:00-4:00 p.m. Pearce Museum. For more information, call (903) 875-7642.

## November 1 — 30

Art Exhibit by Hunter Hargrave: **Mondays-Fridays**, 10:00 a.m.-4:00 p.m.; **Saturdays**, 10:00 a.m.-2:00 p.m., Warehouse of Living Arts Center Gallery. Admission is free. The art exhibit is sponsored by the Navarro Council of the Arts. For more information, call (903) 872-5411.

## November 3

Piecemakers' Quilt Guild meeting: 9:30 a.m., Westhill Church of Christ. Coffee, conversation, show and tell about members' projects, heart pillow workshop and a lunch of soup and cornbread are the planned activities. Visitors are welcome. For more information, visit [corsicanaquiltguild.com](http://corsicanaquiltguild.com).

## November 4

Corsicana Rotary Club Chili Fest: 11:00 a.m.-7:00 p.m., Cook Center. For more information, visit [www.corsicanarotary.org](http://www.corsicanarotary.org).

The United States Army Field Band: 7:00 p.m., The Palace Theatre. For more information or to reserve seats, call (903) 874-7792.

Blooming Grove Historical Society meeting: 7:00 p.m., Blooming Grove Museum, 201 S. Fordyce. For more information, call (903) 695-2633 or (903) 673-2635.

## November 4, 6, 14-15, 25, 29

Navarro College Basketball Games: Wolens Special Events Center. For more information, call 1-800-NAVARRO.

## November 8

Navarro County Genealogical Society meeting: 10:00 a.m., Corsicana Public Library. Participants are encouraged to bring a favorite or traditional item used in their holiday celebrations for the "Holiday Show and Tell." Be prepared to share the history of the item. Also, bring a covered dish for the luncheon to follow the meeting. There is no charge, and the public is invited to attend. For more information, call (903) 654-4808.

Hope Center's 30th Anniversary: 6:30 p.m.,

Corsicana Country Club. Dress in your best '80s retro outfit and join the fun, food, dancing and DJ. \$30 per ticket. For more information, call (903) 872-2881.

## November 11

Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, contact Ron Wright at (903) 229-0497.

## November 13

Hiring Red, White and You Job Fair: 9:00 a.m.-2:00 p.m., Globe Life Park, 1000 Ballpark Way, Arlington. Texas veterans and spouses can connect with a job. Sponsored by Workforce Solutions for North Central Texas. For more information or to register, visit [www.2014rwjjobseeker.eventbrite.com](http://www.2014rwjjobseeker.eventbrite.com)

## November 14

Navarro County Retired Teachers Association: 9:45 a.m., Northwest Apartments. The speaker will be Connie Beal, Senior Circle director, Navarro Regional Hospital. All retired school personnel are invited. For more information, e-mail [pk2@airmail.net](mailto:pk2@airmail.net).

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. Michael Stewart, CEO of Navarro Regional Hospital, will be the guest speaker. For more information or confirmed reservations, contact Marge Oslick at (903) 872-3508.

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, contact Connie Beal at (903) 654-6800.

Planetarium Starry Nights: 7:00 p.m. "The Sky Tonight", a live tour of the night sky presented by the center's resident astronomer; 8:00 p.m. "Hubble Vision" shows comic sights through the Hubble Space Telescope; Cook Center Planetarium. Admission is \$2 per person. Telescope viewing outside the planetarium will be offered, weather permitting. For more information, call (903) 874-1211.

## November 15

Corsicana YMCA Youth Basketball sign-up deadline: Corsicana YMCA. The program is for boys and girls ages 5-12. For more information, email [thomas@corsicanaymca.org](mailto:thomas@corsicanaymca.org)

When Are We Going Home Ministry Creative Music Program: 9:30 a.m.-12:30 p.m., Break N Free Camp, 4719 NE CR 1040, Rice. This event is open to all medically challenged, special needs, disabled children and foster children and their immediate siblings up to

age 21. Lunch will be provided, but bring chairs. For more information or to RSVP, call (903) 422-6120.

Navarro County Toy Run: Ride leaves at 11:00 a.m., VFW, 4609 West Highway 31. Enjoy a beautiful ride, drinks, music, auction and a 50/50 drawing. \$10 per person or bring a donation of one, new unwrapped toy. For more information, contact Marty at (903) 654-8944.

## November 20

Navarro Regional Hospital Auxiliary Book Fair: 7:00 a.m.-5:00 p.m., Hospital Dining Room. Proceeds benefit the group's scholarship fund to support Navarro College students entering a medical field. For more information, contact Connie Beal at (903) 654-6892 or email [Connie\\_Beal@chs.net](mailto:Connie_Beal@chs.net).

## November 20 — 23

*Into The Woods*: The Palace Theatre. This WLAC production features Lapine and Sondheim's *The Brothers Grimm* storybook characters and brings them together for a timeless classic musical. For more information or to make reservations, call (903) 872-5421.

## November 25

Navarro Regional Hospital Auxiliary Bake Sale: 9:00 a.m.-until sell out, Hospital Dining Room. Baked donations will be accepted. All proceeds benefit the Auxiliary Scholarship Fund. For more information, contact Connie Beal at (903) 654-6892 or email [Connie\\_Beal@chs.net](mailto:Connie_Beal@chs.net).

## December 6

22nd Annual Jingle Bell Jog 5k run/walk: 8:00 a.m. registration, 9:00 a.m. race, Corsicana YMCA. For more information, call (903) 872-2412.

## Ongoing:

### Mondays

Story Time: 6:30 p.m., Corsicana Public Library. This program is for children and their caregivers to enjoy together. There is a story and music time in the library meeting room, followed by an activity. For more information, call (903) 654-4810.

### Wednesdays

Story Time: 10:00 a.m., Corsicana Public Library. This program is for children and their caregivers to enjoy together. There is a story and music time in the library meeting room, followed by an activity. For more information, call (903) 654-4810.

*Submissions are welcome and published as space allows. Send your current event details to [virginia.riddle@nowmagazines.com](mailto:virginia.riddle@nowmagazines.com).*



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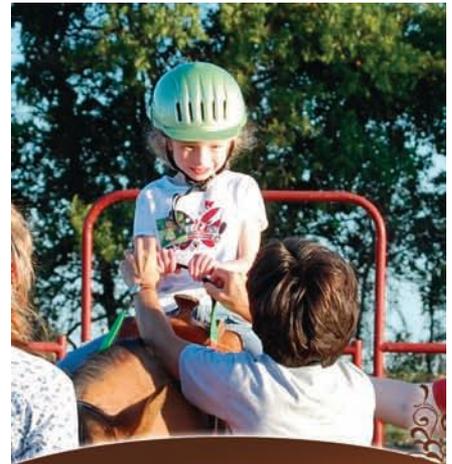


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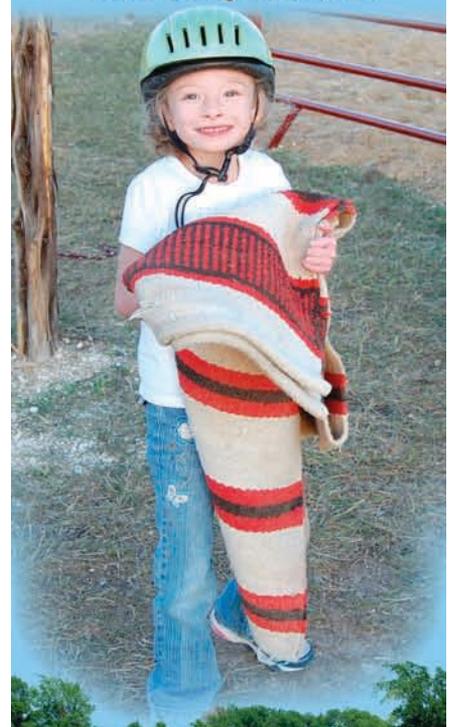
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## In the Kitchen With Alfonso Castillo

— *By Virginia Riddle*

For Alfonso Castillo, a 19-year veteran Dallas fireman, cooking began out of necessity due to his wife, Diana's, busy schedule with their business *Shall We Dance*. "I started cooking for our family, and once a month, I cook at the fire station," he said. "I'm not a natural cook, like my wife, so I enjoy hearing her say, 'This is the best ever!'"

Alfonso appreciates being able to spend time with the couple's children. "I loved teaching my youngest child how to cook for himself in preparation for college," he said. "Food ties everything together. Meals are a time to share stories and listen to one another around the dinner table." **NOW**

### Meat Loaf

- 1 lb. ground meat
- 1 oz. onion soup mix
- 1/4 cup sour cream
- 1 egg
- 1/4 to 1/2 cup ketchup
- 1 bell pepper, chopped
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper
- 1 tsp. Worcestershire sauce
- 1/2 cup bread crumbs

#### Sauce:

- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 1/2 Tbsp. mustard
- Dash of Tabasco sauce

1. For meat loaf: Combine all ingredients well; bake at 350 F for 1 hour.
2. For sauce: Toward the end of the 1-hour bake time for the meat loaf, combine the sauce ingredients in a saucepan and heat. Pour over meat loaf; bake for 20 additional minutes.

### Mexican Casserole

- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 2 garlic cloves, pressed, or 1 1/2 tsp. garlic powder
- 2 Tbsp. bacon drippings or vegetable oil
- 1 1/2 lbs. ground beef
- 12 flour tortillas, (divided use)
- 1 15-oz. can Ranch Style Beans
- 1/2 lb. cheddar cheese, grated
- 1 14.5-oz. can Ro-Tel tomatoes with green chilies
- 1 10 3/4-oz. can cream of chicken soup

1. Sauté onion, bell pepper and garlic in oil until tender. Add ground beef; cook until brown.
2. Cut tortillas into 1-inch strips; line 2 qt. buttered casserole with half of tortilla strips.
3. Mix meat mixture with beans; pour over tortilla strips.
4. Sprinkle cheese on top; add remaining tortilla strips.
5. Combine Ro-Tel tomatoes and soup;

pour over casserole. Bake uncovered for 30-45 minutes at 350 F

### Baked Salmon

- 2 garlic cloves, minced
- 6 Tbsp. light olive oil
- 1 tsp. dried basil
- 1 tsp. salt
- 1 tsp. ground pepper
- 1 Tbsp. lemon juice
- 1 Tbsp. fresh parsley, chopped
- 2 6-oz. salmon fillets

1. Prepare marinade by mixing first 7 ingredients well.
2. Place fillets in medium glass baking dish; cover with marinade. Place in refrigerator for 1 hour; turn occasionally.
3. Preheat oven to 375 F. Line a glass baking dish with aluminum foil.
4. Place fillets in foil; top with marinade and seal foil.
5. Bake for 35-45 minutes until easily flaked with a fork.

### Arroz con Pollo

- 2 lbs. chicken, cut in pieces
- 1/4 cup shortening
- 1 onion, chopped
- 1 garlic clove, chopped
- 2 cups water
- 1 bay leaf
- 2 tsp. salt
- 1/4 tsp. pepper
- 1 cup Comet brown rice
- 1/4 cup oleo
- 1/4 cup pimiento, diced
- 1 cup green pepper, chopped
- 1 cup mushrooms, cooked and diced
- 1/4 tsp. plain Spanish saffron or 1/2 tsp. paprika

1. Brown chicken in shortening. Add onion and garlic; cook 5 minutes.
2. Add water, bay leaf, salt and pepper to make broth; simmer 20 minutes. Remove chicken to platter.
3. In another pan, sauté rice in oleo. Add pimiento, green pepper, mushrooms, and saffron to broth.
4. Add chicken pieces and rice. Cover; bake at 350 F for 45 minutes until rice is tender.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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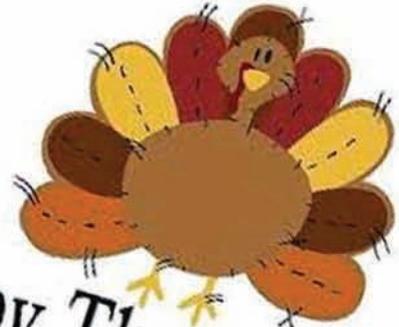
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