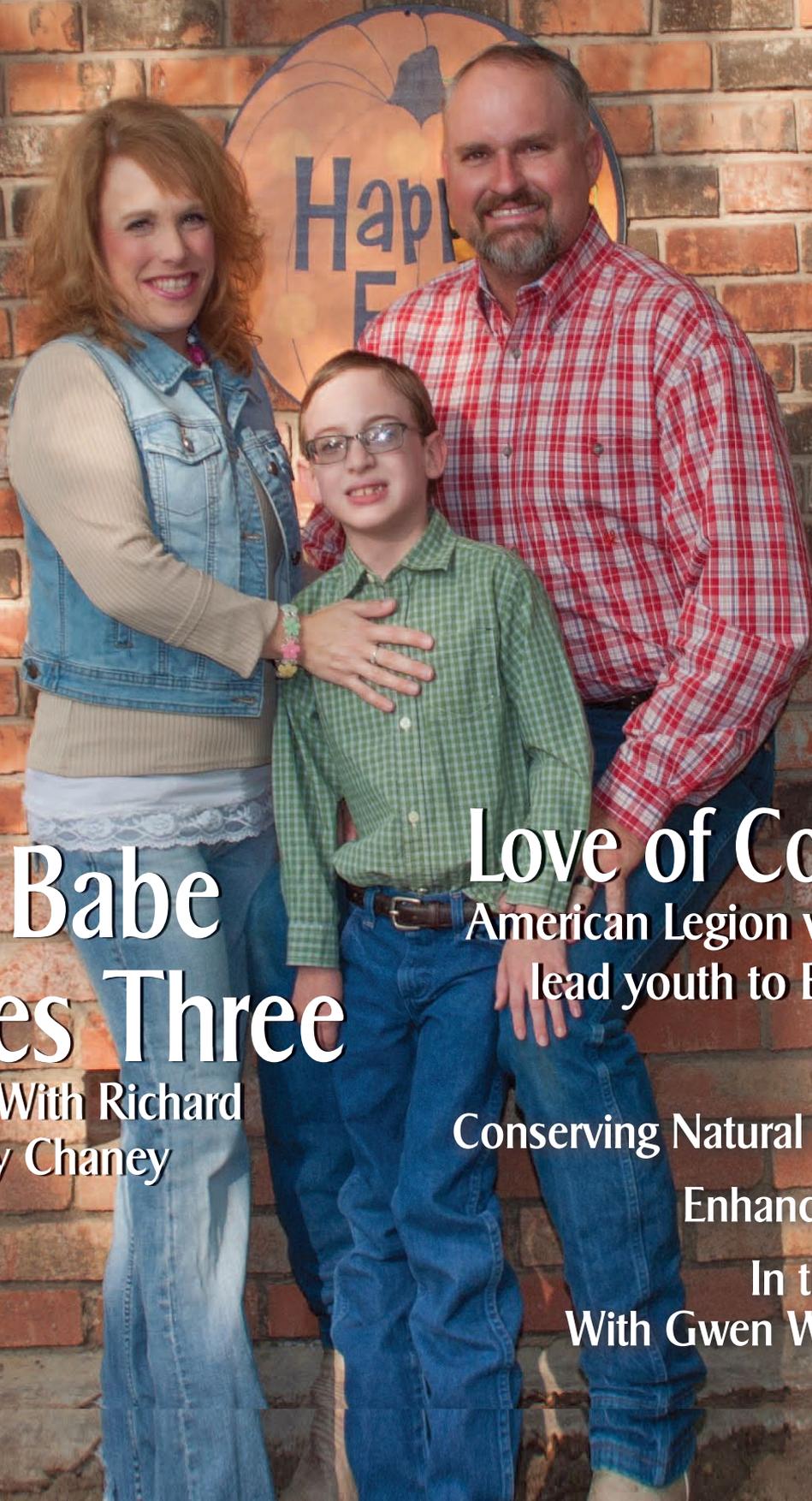


Corsicana NOW

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NOVEMBER 2015



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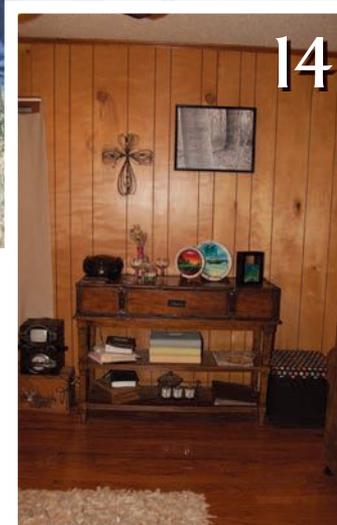
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Editor's Note

Hello, Corsicana!

This is the season of thankfulness, and I have so much for which I am thankful. After all, I have this wonderful job through which I get to meet so many of you, my dear readers, and have the opportunity to tell your stories.

Maya Angelou once said, "There is no greater agony than bearing an untold story inside you." So last spring, I decided to tell the story of my first year of teaching in a South Texas

barrio school. I entered my essay in the Mayborn Literary Nonfiction Competition at the University of North Texas. It will be published by UNT Press as an award winner in an upcoming anthology. I was humbled by the jury's selection and am very thankful for this learning experience and the encouragement from fellow writers.

Happy Thanksgiving!

Virginia

Virginia Riddle
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Dr. Haden, a native of the Blooming Grove area, graduated from UT Houston School of Dentistry in 2003 and was inducted into the OKU Dental Honor Society. Dr. Haden is also a member of the American Dental Association and the Texas Dental Association where he serves as a representative for the 6th dental district in the TDA House of Delegates. Dr. Haden brings extensive experience in all aspects of general dentistry. His particular interests are in the areas of cosmetic dentistry and oral surgery, including placement and restoration of dental implants. We are delighted to have Dr. Haden join us in providing the excellent patient experience you have come to expect from Navarro Dental Center.



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Braydyn Gillham



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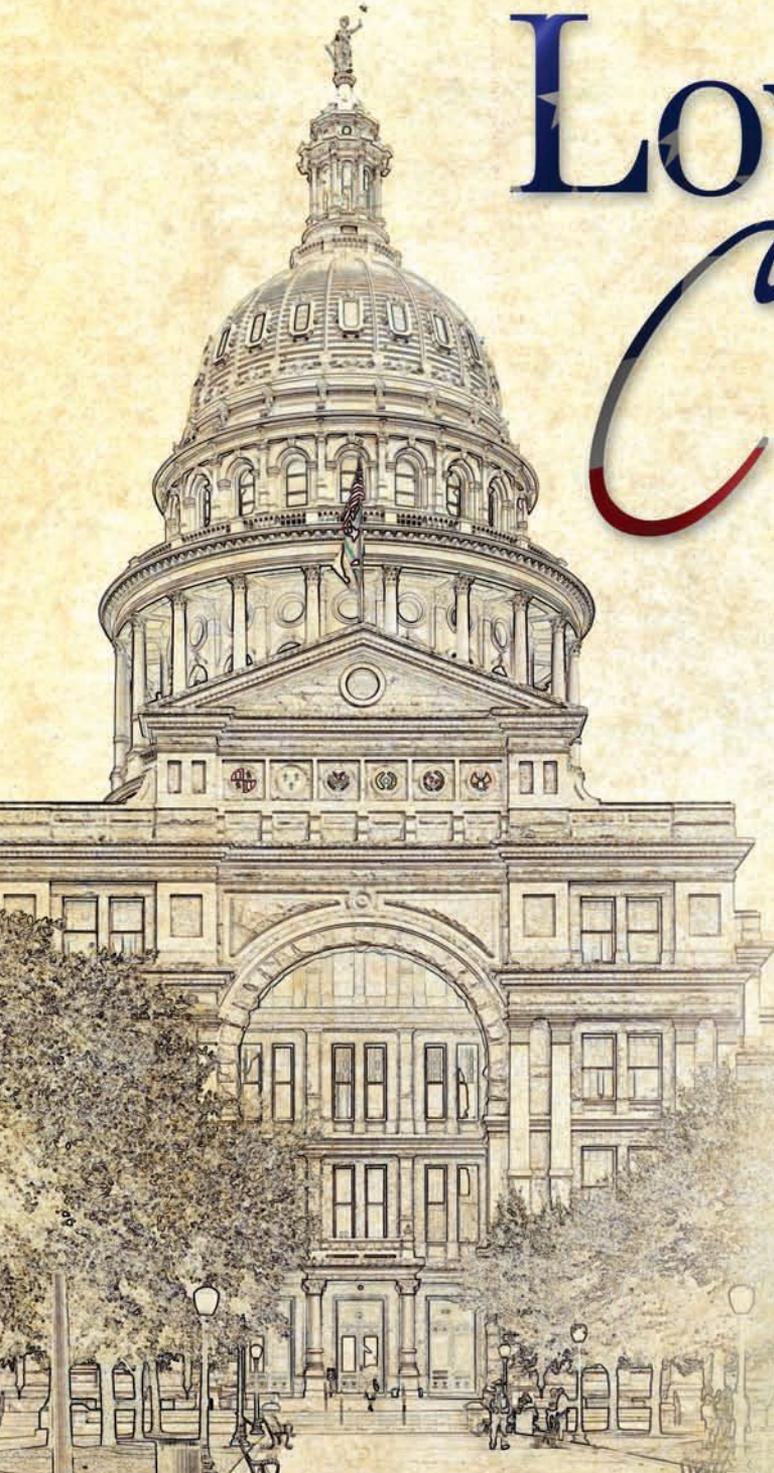


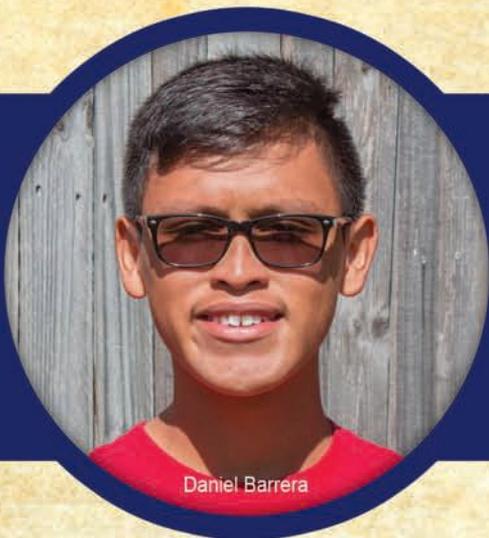
John Heard

Love of Country

— By Nancy Smothermon

Each of the bright, young men stepped up to the microphone and thanked the audience, which included their parents and the American Legion members who sponsor Boys State, for the opportunity that had been afforded them. They came as individuals to their part of a program that began in Springfield, Illinois, on June 23, 1935 — an institution founded with the intent to give youth a better understanding of the function of city, district, state and federal government. They stood together as a group having been united by a common experience. “These boys are on their way to becoming future leaders,” said Corsicana American Legion Post 22 Vice Commander Roger Layton.





Daniel Barrera



Tahoe Mickle



Ty Tidwell

“To safeguard and transmit to posterity the principles of justice, freedom and democracy ...” These words rang out over the room as the boys, representing Corsicana, Hubbard and Mildred school districts, stood and listened to the Preamble of the American Legion Constitution. They were beginning to understand the responsibility of being chosen to represent their peers and community.

Many of them would admit to not knowing anything about Boys State and why or how they were selected by their school counselors. They even laughed at the thought of being tapped on the shoulder, during class, and being told to step into the principal’s office, for a reason unknown to them at the time. Imagine their surprise when they found themselves members of a group headed to Austin to learn about the mechanics of the government system!

Nathan Roller, of Mildred, grinned as he remembered the first week of June. “We woke up early and went to bed late, every day!” Everyone laughed with him. Nathan appreciated being able to see all the original flags on display at the Capitol. “Boys State was great,” he said. “We learned how leaders are needed everywhere.”

The boys took turns briefly sharing their memories. Ty Tidwell, of Corsicana, spoke of how beneficial the teaching was and how he felt humbled and honored to have been a part of the week.

They all wore bright red T-shirts in honor of





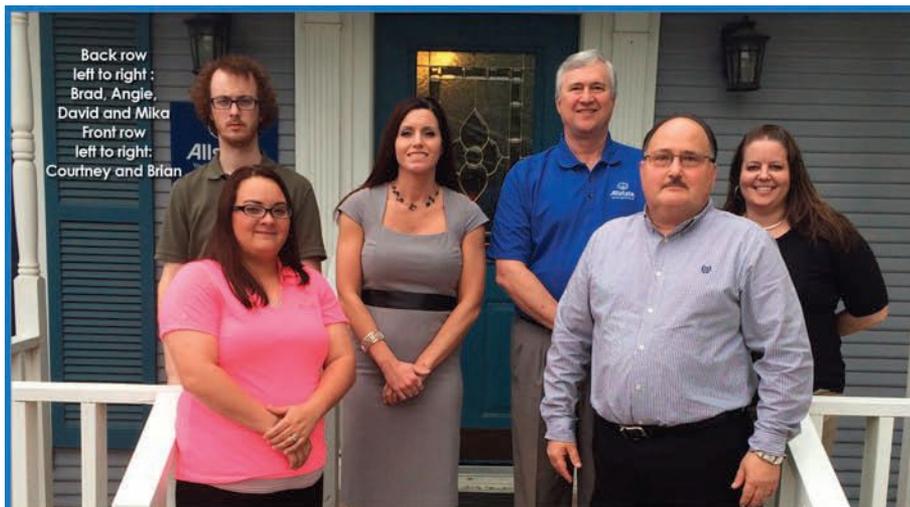
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the 75th year of Texas Boys State. Boys State was totally unfamiliar to John Heard. After hearing of the program, these tech-savvy students quickly found their answers on Google. "The hands-on learning experience ..." John hesitated, then added, "Well, no other organization teaches or helps kids learn about our different forms of government. I ran for justice of the peace."

During Boys State, juniors from schools all over Texas assemble for a week of exercises that teach them about the government system from the ground up. They are divided into groups typifying various bodies of government. Members are given the opportunity to run for office and be elected by their peers. They also participate in sporting activities, such as baseball and basketball. These boys all agreed this was some of the best fun they had.

Tahoe Mickle, of Corsicana High School, was quick to share how much fun he had. "I enjoyed making new friends. I learned a lot about the different levels of government. I ran for a position on the Board of Education."

Daniel Barrera proudly represented Corsicana by running for public office as well. "I made lots of friends," he said. "We were encouraged to become better citizens and improve our character. I enjoyed practicing my public speaking skills."

These guys were focused on learning all they could. They all agreed about the importance of local politics and educating themselves more about issues that affect them and their community directly. "It taught us to work well with others, listen to opposing sides of issues, how to debate and understand the

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differences between political parties,” they spoke together. They will surely remember standing in the midst of the current representatives in the Texas State Capitol during the summer of 2015.

“Our first day was confusing and crazy. Everyone was arriving, looking for their rooms and trying to find their way around,” Grayson Watkins said. The Boys State Motto is: Learning by Doing. This experience mirrored that sentiment. Grayson stood before the group and shared that he had won his run for office, in the House of Representatives. The boys went back and forth from the campus to the Capitol every day, listening to speeches on the actual legislative floor. They divided up into committees and discussed the pros and cons of each of the points brought forth. “We actually discussed the criminal justice system and wrote a bill to have body cameras worn by police officers,” Grayson explained. “But, it did not pass. It had not been put on the agenda in time.” This was another valuable lesson learned about leadership.

Montgomery Townear, of Hubbard, talked about “the speeches, the many speeches we listened to every day. We learned the good and the bad — that



Roger Layton (at podium) is proud of the students who participated in this year's Boys State.

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there are many sides to politics, and sometimes not everyone who runs for office is interested in what is in the best interest of the people.” This is perhaps where they learned the value of voting and understanding the issues and points of a piece of legislation.

Braydyn Gillham, from Hubbard High School, like all the boys, exhibited that his enthusiasm and knowledge have not waned. Braydyn is taking his newfound knowledge with him. “They showed us how our system works. It’s going to help us in college and in our future,” he stated. Braydyn spoke with excitement and confidence about the education the local American Legion volunteers have helped them all find.

Roger presented each of these interesting young men with a certificate in honor of their striving for excellence as citizens and leaders of the future, whether it be in the military, business or government, or just as importantly, in their own homes and communities. They are a group of students who have already shown their strengths through hard work, good grades and good conduct. The meeting ended soon after Roger had the boys sing the “Boys State Official Song,” which they had learned the first day at camp and sang each day during their time in Austin.

“One thousand young men attended this year’s event. I am confident these leaders will prove worthy of the task of being ambassadors to the next group of participants,” Roger said with great pride.

The entire Boys State experience provided the participants with a real sense of accomplishment. American Legion members, who have served so bravely in our military, come together at their meeting place and share stories. At this meeting, they were looking into the eyes of a few future representatives they have helped to shape. **NOW**

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And Babe Makes Three

— By Virginia Riddle

At Home With
Richard & Nancy
Chaney



Fifty-one years ago, there was a popular song performed originally by a group called the Dixie Cups. Titled “Going to the Chapel,” the song is an expression of the love and excitement that surrounds a couple’s wedding day and the continued togetherness in which they will never be lonely again. Connor Chaney, a third-grader at CISD’s Navarro Elementary School, is too young to identify with that song, but he shared the overjoyed sentiments expressed in its lyrics when he announced in church one Sunday, “Me, Daddy and Babe are getting married!”

Daddy is Richard Chaney and Babe, otherwise known as Nancy Chaney, has been Connor’s official stepmom for the nearly two years following the wedding ceremony, which took place at a cabin just past Mildred. “We had about 60 people there to share the day, December 7, 2013, with us, but the wedding was really just all about the three of us,” Nancy recalled. More than one person has pointed out to the couple, before and since then, that their wedding date is also Pearl Harbor Day and that freezing weather could have been a problem for guests’ travel. But the day was beautiful. Nancy,

an administrative assistant to the executive dean of academics at Navarro College, is only 15 semester hours from earning her Bachelor of Applied Arts and Science degree. “I had to schedule the wedding date around semesters ending and beginning,” she explained.

The couple was introduced to each other through a mutual friend. Richard and Nancy were already dating when Richard and Connor moved into the home that the family now shares. “We have become a family in this home,” Richard said. Family dinners and movie and popcorn nights by the fireplace are just some of the traditions this new family has established. “We spend a lot of time at home,” Richard added.

A native of Corsicana and graduate of Corsicana High School, Richard enjoys living in a small-town atmosphere. “Our families are here and close by,” he said. His mom and stepdad, Karen and Richard Tate (known to Connor as Nana



and Poppies), live behind them, sharing an extended backyard with no fences. Richard's dad and stepmom, Allen and Norma Chaney, live in Clifton, Texas. Nancy grew up attending schools in Rice and Blooming Grove, and her parents, Jeff and Peggy Harwell, live in nearby Tupelo.

Their home and street are shaded by tall trees. An American flag flies proudly and a bench near a birdbath creates a peaceful spot in which to rest. With old-fashioned hospitality, most guests and family members are greeted at the kitchen door by Connor and Booboo, the family dog. According to Nancy, there is plenty of room in the kitchen for "all the fixin' that goes into the family dinners." Three stools line up at the breakfast bar. A collection of crosses and wedding photos decorate the wall overlooking the dining and kitchen areas. "My niece took hundreds and hundreds of engagement and wedding pictures for us," Nancy explained.

The living room holds other precious reminders of their wedding day and the

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vows all three of them spoke. A sand art picture perfectly reflects the family's life together through three chosen colors that not only stand on their own but are also woven creatively together. Richard is the blue. Connor is the green, and what else? Nancy is the pink sand.

Connor's bedroom is painted John Deere green and decorated from floor to ceiling with John Deere everything — a footstool, posters, curtains, bedspread and collectable license plates. "I love

tractors of all kinds," Connor explained. He was given a John Deere lawnmower, with no blades, that didn't work, but that was no problem for John Dawley, the head of Navarro College's John Deere program. He volunteered to return the small "tractor" to running order. Connor also has quite a collection of key rings and keys.

But Connor's favorite room in the house is the game room. An air hockey table and dart board provide many

moments of family fun. Mounted trophies that hang high above the picture window view of the backyard testify to Richard's success as a hunter. "I got to watch Daddy shoot a doe," Connor exclaimed. He has the bullet as a forever-to-be-treasured keepsake. Even though Connor loves his bedroom, he still claims the game room is his favorite place to be.

The family has more peaceful moments relaxing on the back porch swing, playing with rabbits KK and Gracie, who reside in their backyard pen or working in the yard. Exercise



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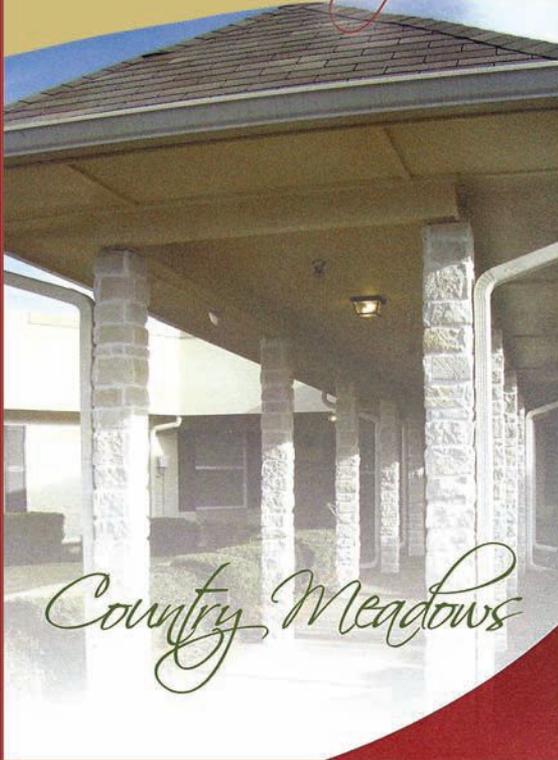
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is important for Connor, since he has cerebral palsy, a permanent neurological disorder which affects his body movement and muscle coordination. There is no cure, but with physical and occupational therapies, braces and now a walk-aid attached to his leg, Connor's condition will remain stable. He wears glasses, since his vision is also affected. Richard and Connor work together in the backyard. "He's a good helper with anything we do outside," Richard said. An employee of the Texas Department of Transportation, Richard puts his on-the-job skills to work at home with various projects.

"Richard's a jack-of-all-trades: welding, electrical, remodeling projects or driving a truck," Nancy said proudly.

Corsicana area residents have been blessed to hear Connor sing at area churches, beginning with the family's Northside Baptist Church. This past March, Nancy, who grew up in the Methodist faith, and Connor were baptized together at their church following Connor's profession of faith. "Connor spent 74 days in NICU after his birth and has had emergencies requiring ambulance and care flight trips," Richard

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recalled. "Connor says prayers every morning before going to school. He has 10 times more faith in God than we do," Richard laughed. "He teaches us about faith every day."

"Richard and Connor enjoy singing Alan Jackson songs, and Conner loves singing and dancing to music. That's how we do home therapy," Nancy said. "Connor radiates joy everywhere he goes." Loved and supported by all his



relatives, church family, teachers and friends, Conner takes the stage, and life in general, with confidence. "People just gravitate toward him, so one of these days we may have to take the 'Chaney Bus' on the road with his singing."

This action-packed household sometimes includes Beau, the Navarro College bulldog mascot. "He provides us some funny moments around here," Nancy said.

Richard and Connor love Nancy. "We got the best Babe in the world!" Connor exclaimed proudly.

But in this home of love, it's Nancy who said, "I'm blessed and proud to call Richard and Connor my family. I think I'm now exactly where God wanted me to be." **NOW**

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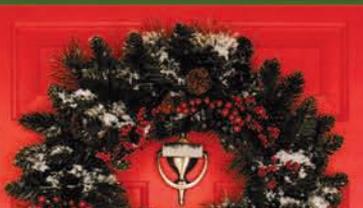
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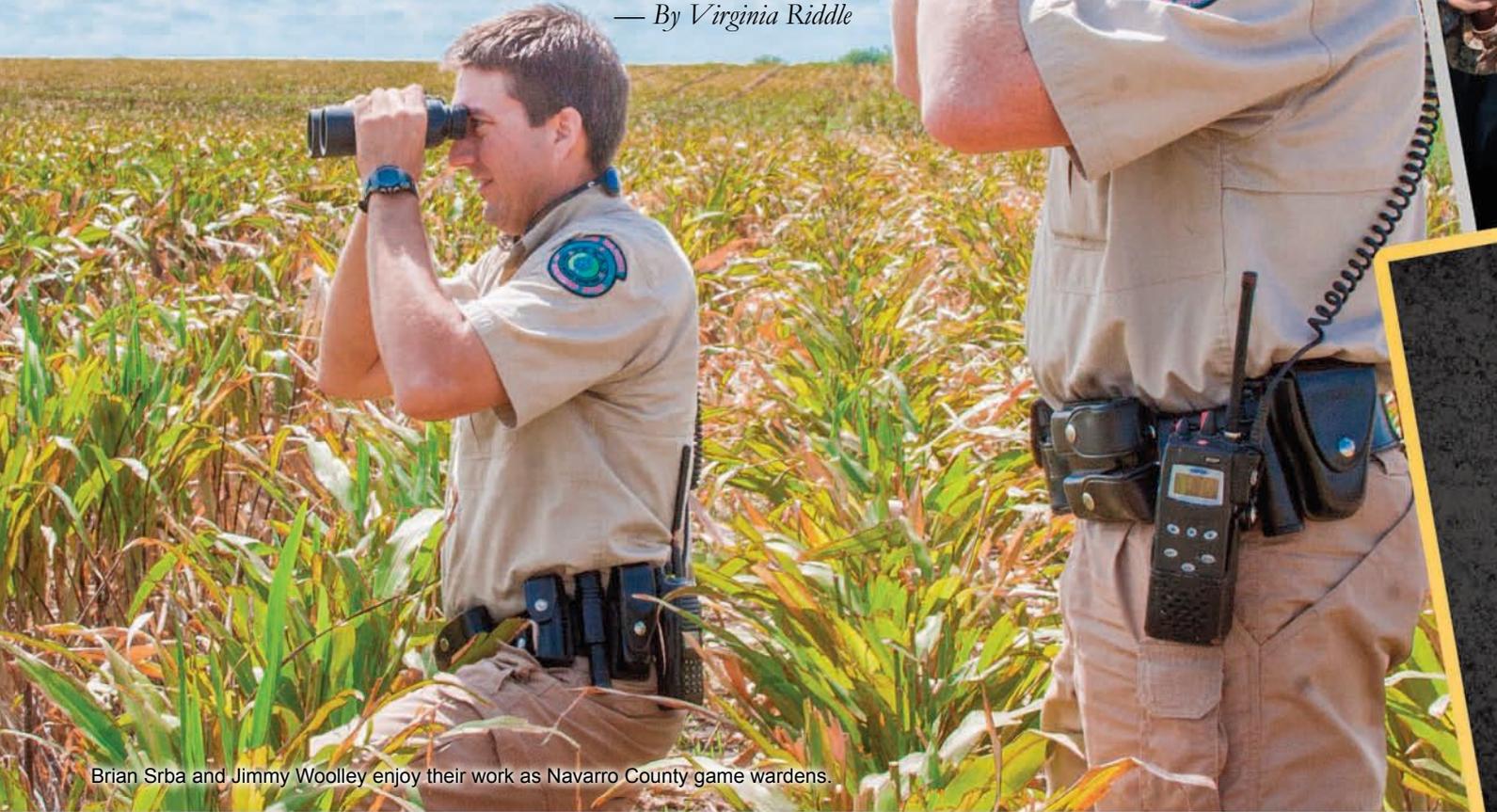
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— By Virginia Riddle



Brian Srba and Jimmy Woolley enjoy their work as Navarro County game wardens.

Since 1895 when the Texas game wardens were first commissioned as state police, they have earned reputations as can-do men and women. With border patrol duties added to their job description recently, Navarro County game wardens Jimmy Woolley and Brian Srba are very busy. "With a state as diverse in terrain as Texas, we have to meet the challenges and know how to handle any situation involving any of those ecosystems," Warden Woolley said.

There are over 500 game wardens and 180 park police in Texas. They serve at the direction of the governor, and their duties include enforcing all state laws, with an emphasis on

hunting, fishing and water safety regulations. Game wardens are fully commissioned police officers, who can be called into any kind of situation while working with other law enforcement agencies. There have been 18 Texas game wardens who have died in the line of duty.

"Most applicants come from a ranching/farming or hunting/fishing heritage," Warden Woolley said. "I like the out-of-doors in any weather."

Warden Srba agreed. "It's a lifestyle," he said. "We do what we enjoy."

Less than 10 percent of applicants are accepted each year into the Texas Parks and Wildlife Game Warden Training Center located in Hamilton County. "Applicants must have a bachelor's degree, which isn't a requirement to become a commissioned officer," Warden Woolley explained. "That requirement gives us time to grow up a little more and get some life experiences.



Warden Woolley (right) with hunter Jim Wisely.

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Warden Srba with hunter Matt Walsh.

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Because of their unique training, game wardens can even be assigned to emergencies out-of-state or to other countries. Warden Woolley served in New Orleans following Hurricane Katrina. Both game wardens were put on standby for duty in Haiti following its hurricane. While these wardens' current duties in Navarro County don't include salt water ecosystems, they are trained to work anywhere in Texas, including the Gulf Coast.

Navarro County provides a diversity of duties that these officers like. "It's the freedom of doing something different every day," Warden Srba said. "We can change which bodies of water we patrol, and there is usually a new hunting season around the corner." Nearly every duty involves being outdoors and often, the use of 4-wheelers and boats. Most wardens base out of their residencies.

There are no set hours for game wardens. They can be called to the job 24/7. By day, they might be speaking in schools, church groups, Boy or Girl Scouts meetings or at 4-H or civic clubs. Following speaking duties, Navarro County game wardens might be found

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on either of the county's two lakes or any of their tributaries making sure folks are following boat and swimming safety guidelines and fishing regulations. By night, wardens might be checking on illegal nighttime hunting. Work is seasonal, since both the weather and the allowed hunting changes. "We have water fowl, dove and deer hunting, so there is always something going on," Warden Woolley stated. "The only thing we don't have in Navarro County is salt water."



A group of game wardens patrols the Texas/Mexico border.



An emphasis is placed on working with landowners and the public. "We enter private property respectfully and close gates we've opened. Most ranchers and farmers welcome us," Warden Woolley said. Since they are state officers, game wardens can go anywhere they are needed. "We call ahead to that area's law enforcement agencies, but we can work wherever the case takes us," he added.

The work can be dangerous, since game wardens are often working alone and backup by fellow commissioned officers from other agencies can be as long as 20-30 minutes away. "We are always on alert. We can't miss anything anymore," Warden Woolley said. "Sometimes, people are doing illegal things beyond hunting and fishing, such as running a meth lab. Nothing surprises us anymore. The open carry law is going to be interesting as it's implemented. We see people doing some really crazy and



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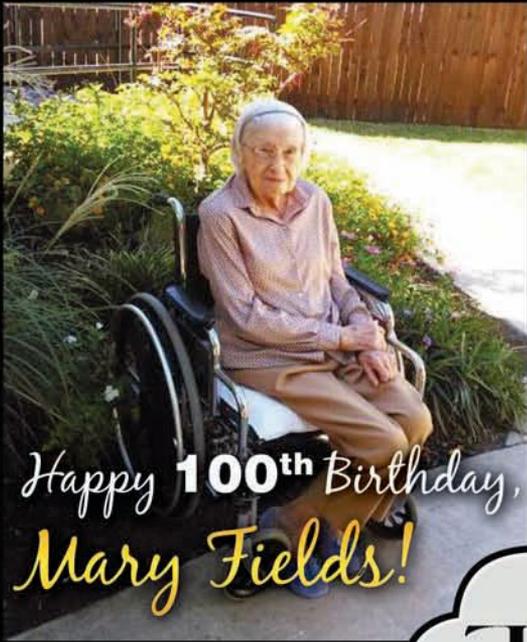
For that reason, during the past seven years, game wardens have received funding that gives them up-to-date equipment. A lot can be checked on cell phones. “Most of the people we contact have a weapon of some kind, so we try to be easygoing and respectful when checking sportsmen and women,” Warden Srba stated.

Both Warden Woolley and Warden Srba cite working with the youth of the county as a plus. They help at the fishing events, such as the annual Hooked on Fishing at I.O.O.F. Park and fishing programs at Fairfield Lake State Park and the Texas Freshwater Fisheries Center in Athens. Youth hunter education programs are conducted through 4-H and by private landowners and hunting camp owners. “Kids aren’t outside as much, so they need to be taught outdoor skills. They will be the future voting citizens and game wardens,” Warden Woolley noted.

A criminal justice degree from Sam Houston State University led Warden Woolley first into adult probation and work with the Texas Department of Corrections before becoming a game warden. He is a bow hunter and enjoys family time with his wife, Danica, and their two daughters who join their dad in the hunt. “It’s hard to be off, but when I am, I am doing what my kids like to do,” he said. “The great thing is that we get to see things in nature that other people don’t.”

Hunting, fishing, rock climbing, mountaineering and scuba diving are Warden Srba’s favorite “off time” activities. He is a single guy who likes to travel. “This job is tough on a social life, but as game wardens we have an opportunity to see and do some pretty unique things in this state,” he said. A graduate of Stephen F. Austin State University with a degree in forestry and wildlife management, Warden Srba was a New Mexico game warden before becoming a Texas warden.

Game wardens live where they work. “Doing things for your community is taught in the academy, but most of us are from that heritage already. We never know when a simple contact we’ve made affects a person’s direction in life,” Warden Srba said. **NOW**



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Erin Pardo, Paul Williams, Vicky Neason, Jeff Price and Lori Ellis' smiles greet customers at Edge Medical Supply.

Enhancing Health

Edge Medical Supply meets customers' breathing and mobility needs.

— By Virginia Riddle

Edge Medical Supply has been the go-to place in Corsicana since 2005 for respiratory and mobility aids, as well as equipment and clothing for medical professionals and sports enthusiasts. Its initials spell out the mission: E-xcellent customer service, M-motivated by desire to enhance community health and S-service to all patients with respect, dignity and compassion. "Everything we do, and everything we supply is something that patients need as an aid to ease pain or enable mobility or ease in breathing," location manager, Vicky Neason, stated.

In 2013, EMS merged with AeroCare Holdings, a respected respiratory supply company. Products carried include: walkers, oxygen concentrators, portable concentrators, wheelchairs,

seat pads, power and lift chairs, nebulizers, braces, canes, crutches, compression hoses, boots, bathroom aids, Crocs, physical therapy exercise equipment, scooters, basic equipment for nurses and scrubs. "We carry a little this, a little that," Lori Ellis, customer service representative, said. Most items are in stock, but if not, they can be ordered. Customers receive expert advice by employees who receive up-to-date training at seminars, in-house workshops and refresher classes at other EMS stores located in Fort Worth and throughout East Texas. Technicians are available to service mobility apparatuses. An in-house pharmacy can fill prescriptions for Part B Medicare patients, and the business delivers breathing apparatuses to homes in the area. In all, EMS Corsicana employs three

Business **NOW**

customer service representatives and two technicians.

Most major insurance companies are billable by EMS, and the business accepts major credit cards, cash, money orders or checks. EMS is an authorized Veterans Administration dealer. "We do take care of our veterans," Vicky said.

Getting to know and being able to help customers is a joy felt by all the employees. Customer needs vary from the college nursing and occupational therapy students needing supplies and scrubs to patients who are experiencing either short-term or long-term health problems. "We are all going to need this kind of help at some time in our lives," Erin Pardo, another CSR stated.

"We work with patients and their families and/or care givers who are sometimes going through some stressful times. It's very satisfying when we receive a lot of praise from appreciative customers. When we are making a home delivery to someone who hasn't been able to leave their home because of a lack of mobility or difficulty in breathing, we might be the first person he or she has seen in a week or more," Vicky explained.

Challenges abound, but the staff is committed to finding the resources customers require. "There are constant changes in insurance guidelines. We try our best to accommodate every patient's needs," Vicky said. That is just one of the reasons EMS enjoys repeat business and receives referrals from satisfied customers.

EMS and its employees support many of the local fundraising efforts and participates in community events, such as the annual health fair sponsored by Navarro Regional Hospital. "I like working in Corsicana. It's a homey community and people are very friendly," Erin said. "We get hugs from happy customers."

Vicky echoed those sentiments. She has known many of her customers since she came to live in Corsicana when she attended fifth grade. "My kids went through school here all the way through college," she said. At EMS, it's home-town folks helping neighbors every day. **NOW**



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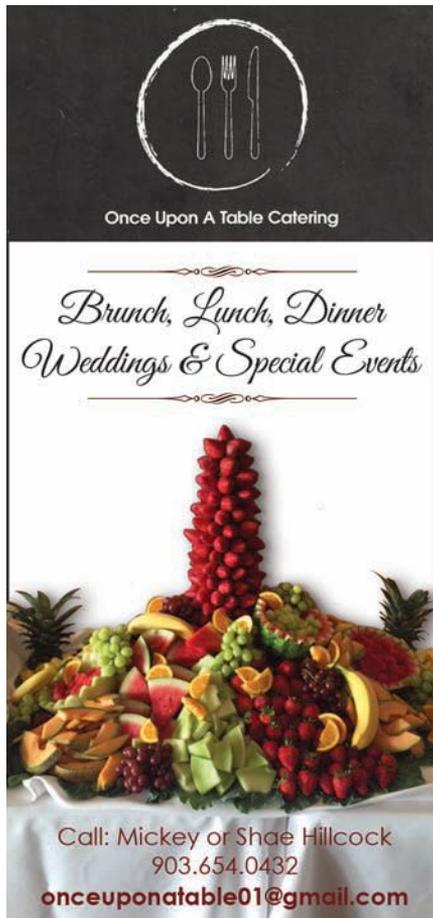
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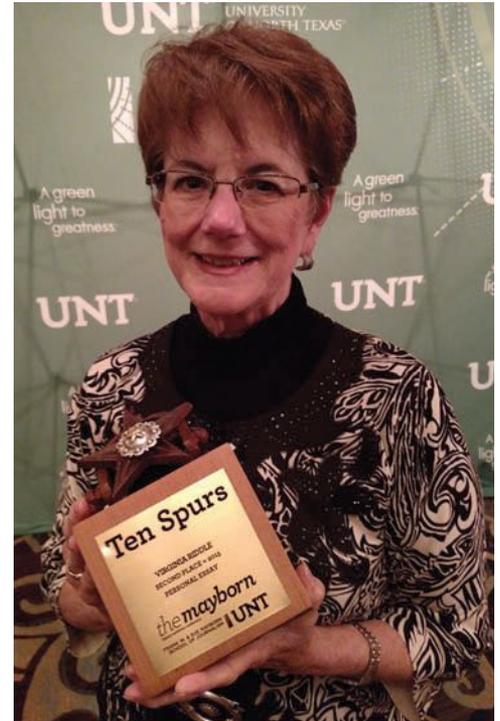
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Virginia Riddle's personal essay about her first year of teaching places second in UNT's Mayborn School of Journalism Literary Non-fiction contest.



Carol Langham of Uniquely Yours presents Carolyn Bancroft, who is modeling the latest fashions at the Corsicana Newcomers Club luncheon.



Hope Center staff and volunteers welcome golfers at their Golf for Life tourney.



Members of the Barry VFD accept the Department of the Year Award from the Navarro County Firefighters Association.



Kandice Petersen, Donna Myers, Jeannie Thompson and Kelly Moore enjoy Paint in the Park during a Second Saturday.



Alysia Cook trains area business leaders.



All aboard for the Trolley Tour of Corsicana's historical sites.



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Dr. Robert Kingman wears many important hats and Navarro Regional Hospital would like to congratulate him on his newest: *SuperDoctor*®. Texas Monthly magazine, MSP Communications and physician peers bestowed the honor upon him, recognizing him as an outstanding physician in Texas and his continued commitment to serving our community. We salute you, Dr. Kingman, on this accomplishment and thank you for being our partner in providing quality healthcare to our patients.

Dr. Kingman is an independent member of the medical staff at



Will Your Retirement Savings Last?

Increasing life expectancies mean you're likely looking at a longer retirement than the previous generation of workers. According to the U.S. Department of Labor, the average person spends 20 years in retirement — while others put the figure at 30 years or longer. And financial advisors generally suggest you'll need 70 to 80 percent of your annual preretirement income to maintain your standard of living.

Will your retirement savings be up to the test? Here's what to consider:

1. Picture your retirement.

Whether you're planning to travel extensively or kick back by a lake, your income will need to support your desired lifestyle. Once you decide how you'd prefer to spend your retirement days, you can map out a strategy that could help get you there.

2. Assess your finances.

Take a realistic look at your current financial position. Note such things as how much you've saved, the debt level you're carrying, the amount of life and disability insurance you carry and what you have available in emergency funds. Talk with a financial professional about your options.

3. Increase savings.

It's never too early — or too late — to add to your savings. If you've got plenty of time before retirement, save as much as you can to take advantage of interest compounding. If retirement is near, look into catch-up contributions, which can help improve your financial picture. Even small gains matter: Increasing your retirement contribution by 1 to 2 percent each year adds up

over time. Evaluate your savings progress with a retirement calculator.

4. Knock out debt.

Most financial professionals recommend keeping debt level manageable — no more than 35 percent of your income. Getting rid of high-interest debt, such as credit card balances, is always a good idea. And before you retire, you'll want to eliminate as much debt as possible so you aren't servicing it with your savings. Consider paying off your home before you stop working, too.

5. Monitor your plans.

Review your retirement plans with a financial professional at least annually to see that they still work for you. (It's also a good idea to review your insurance coverage periodically, and any time your life changes, such as when you marry or have a baby.) As you near retirement, you might decide to shift some of your savings to income-producing investments, such as annuities. Or, to keep your nest egg intact, your plan may be to continue working a few years more into retirement.

To review your insurance coverage as part of your retirement and financial strategy, contact your financial adviser. **NOW**

Neither State Farm nor its agents provide tax, legal or investment advice. Please consult your own adviser regarding your particular circumstances.

Lynda Housley is a State Farm agent based in Corsicana.

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Don't Ignore Digestive Troubles

As we age, digestive problems can become more likely because the muscles responsible for moving food through the digestive system become weaker and less efficient. Sometimes, trouble results from the foods or combinations of foods that we eat. Other digestive disorders can be caused by chronic illness, infection, an allergic reaction or heredity.

The discomfort from digestive issues can sometimes be relieved through dietary changes and over-the-counter medications, but the long-term effects of untreated digestive conditions on your overall health can be serious. The most common chronic digestive conditions are acid reflux, irritable bowel syndrome, lactose intolerance or ulcer disease. Symptoms vary, but may include:

- Swallowing problems
- Nausea
- Bloating
- Abdominal pain
- Vomiting
- Indigestion
- Constipation or diarrhea
- Gas

Common Digestive Conditions

The following disorders are not curable, but controllable with a structured treatment plan that can include dietary and lifestyle changes, and medication. Be sure to share your symptoms with your doctor, as digestive trouble can also indicate more serious conditions, such as gallbladder or pancreatic disease or some types of cancer.

• **Gastroesophageal reflux disease (GERD):** GERD is severe or chronic acid reflux (stomach acid going back up into the esophagus) that can lead to complications such as sleep disorders, esophageal bleeding, ulcers or cancer. GERD symptoms include difficulty swallowing, coughing and wheezing, sore throat or hoarseness, a sensation of having a lump in your throat, a burning sensation in the chest and chest pain, especially when lying down at night. If you experience GERD symptoms for more than two weeks that

isn't relieved by taking over-the-counter antacids or medications, see your doctor.

• **Lactose intolerance:** Lactose intolerance is the deficiency of an enzyme in the small intestine that helps the body digest lactose (the sugar found in milk and milk products). Experts believe this condition may be hereditary or linked to damage to the small intestine that may occur with severe diarrheal illness, other digestive diseases or chemotherapy. Symptoms include abdominal pain, bloating and gas. Lactose intolerance usually can be controlled through dietary changes or medication.

• **Peptic ulcer:** A peptic ulcer usually occurs in the lining of the stomach or first portion of the small intestine. These ulcers are caused by bacterial infection or overuse of nonsteroidal anti-inflammatory drugs such as aspirin and ibuprofen. Symptoms include pain in the midsection between meals or at night. Other symptoms include weight loss, bloating, nausea/vomiting and frequent burping. Medication is usually effective in treating this condition.

• **Irritable bowel syndrome (IBS):** IBS is a disorder caused by changes in the way the gastrointestinal tract works. It causes abdominal pain, bloating, cramping, changes in bowel movements and either constipation or bouts of diarrhea. IBS is diagnosed when symptoms of pain, fullness, gas and bloating are present for at least three days a month, in a three-month period. IBS affects women more often than men and is most often found in people under age 45. There is no cure for IBS, but it can be controlled through diet and medication.

If you experience any symptoms of severe heartburn or these digestive diseases, don't continue to suffer. Your doctor can help you manage or treat the symptoms, or confirm or rule out a more serious disorder. **NOW**

Dr. Barton Giessel is a member of the medical staff at Navarro Regional Hospital.

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November 5

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

Broadway Boys: 7:30 p.m., The Palace Theatre. Tickets are \$15-25. For more information, visit www.corsicanapalace.com.

November 7

2015 Community Service, Inc. 5K Run/Walk Fundraiser: 6:00 a.m., registration; 7:00 a.m., warm-up; 8:00 a.m., walk begins; Getzendaner Park, 400 S. Grand Ave., Waxahachie. For more information or sponsorship and/or participation, call Marianne Mitchell at (903) 875-3731 or email mmitchell@csicorsicana.org.

November 7, 14, 21

Cook Center Planetarium Presentations: Admission is \$3 per person. For more information on shows playing each day and times, call (903) 874-1211.

November 9

Eclectic Readers Book Club: 6:30 p.m., Corsicana Public Library. For more

information, contact Lisa Magenheimer at (903) 654-4810.

November 10

National Active and Retired Federal Employees Association Chapter 1191 meeting: 11:00 a.m.-1:00 p.m., Sirloin Stockade. For more information, call (903) 874-3092.

November 13

Navarro County Retired Teachers Association: 9:45 a.m., Northwest Apartments. For more information, e-mail pk2@airmail.net.

Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. For more information or confirmed reservations, contact Annie Avery at (714) 345-6707.

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6800.

Rockin' the Past of ABWA into the Future: 5:30-7:00 p.m., registration and networking; 7:00-10:00 p.m., dinner and show; Corsicana Opry. For more information, call (903) 872-6779.

November 14

Second Saturday "Junk in the Trunk": Buy a parking space by **November 6** to sell your junk or come on Second Saturday to shop downtown. For more information, call (903) 654-4851.

When Are We Going Home Ministry Fun Fall Day: 10:00 a.m.-2:00 p.m., Break N Free Camp, 4719 N.E. CR 1040, Rice. For more information or to RSVP, call (903) 345-9333.

November 17

Vietnam Veterans of America Chapter 1009 meeting: 7:00 p.m., La Pradera. For more information, email Roy Messick at roy.messick@gmail.com.

November 18

Senior Circle Lunch Bunch: 11:30 a.m.-12:30 p.m., Italian Village. For more information, contact Connie Beal at (903) 654-6892.

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

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In the Kitchen With Gwen Washington

— *By Virginia Riddle*

Gwen Washington's childhood memories include monthly dinners her mother and eight sisters prepared to celebrate family members' special moments. "Our family motto was we should count our blessings, but we should also make our blessings count!" Gwen said. The dinners were part greeting, meeting and scrumptious eating, and the tradition has been carried forward into the present.

A teacher in CISD for 30 years, Gwen is now retired, but as a pastor's wife, there is always an event at which her recipes are appreciated and take center stage. "Banquets, showers, teas, weddings, repasts and birthdays all inspire cooking good food with personal touches," Gwen explained. "The recipes I chose to share are economical in time and cost, but have been family and church favorites for years." **NOW**

Chicken Casserole

- 1 large bag Doritos chips**
- 2 10.5-oz. cans cream of chicken soup**
- 1 medium onion, chopped**
- 1 whole chicken, boiled, skinned and shredded**
- 1 8-oz. bag shredded cheddar cheese**
- 2 10.5-oz. cans chicken broth**

1. Layer Doritos chips in a casserole dish.
2. Using 1/2 of the remaining ingredients add a layer in this order: soup, onion, chicken, cheese and broth.
3. Add another layer of Doritos followed by the other half of the ingredients in the same order.
4. Bake at 325 F for 1 hour.

Kool-Aid Pie

- 1 large tub Cool Whip**
- 1 14-oz. can Eagle Brand condensed milk**
- 1 pkg. lemon flavored Kool-Aid (or another favored flavor)**
- Ready-to-use Graham Cracker crust**

1. In a bowl, add Cool Whip, condensed milk and Kool-Aid; mix well.
2. Scoop mixture into crust and smooth the surface.
3. Cover; refrigerate until ready to serve.

Mississippi Mud Cake

- 2 sticks margarine**
- 2 cups sugar**
- 4 eggs**
- 1 1/2 cups flour**
- 1/2 cup cocoa**
- 1 tsp. vanilla**
- 1 cup coconut**
- 1 1/2 cups pecans**
- 1 7-oz. jar marshmallow creme**

1. Blend margarine, sugar and eggs; add flour and cocoa.
2. Add vanilla, coconut and pecans; mix well.
3. Bake in a square pan at 350 F for 30 minutes.
4. While cake is hot, spread marshmallow creme over top.
5. Let cake cool; cut into squares.

Three Bean Salad

- 3/4 cup sugar**
- 1/2 cup apple cider vinegar**
- 1/2 cup Crisco oil**
- Pinch each of salt and pepper**
- 1 15-oz. can waxed beans**
- 1 15-oz. can green beans**
- 1 15-oz. can kidney beans**
- 1 purple onion, thinly sliced**
- 1 bell pepper, thinly sliced**

1. Mix sugar, vinegar, oil, salt and pepper together.
2. Drain beans and mix well; add sugar mixture.
3. Add onion and bell pepper; mix well.
4. Marinate in refrigerator over night.

Sweet-Sour Meatballs

- 1 lb. lean ground meat**
- 1/2 pkg. onion soup mix**
- 1 egg**
- 1 6-oz. can tomato puree**
- 5 Tbsp. brown sugar**
- 1 cup water**

1. Mix meat, soup mix and egg well; shape into balls.
2. In a skillet, brown the meatballs; drain and set aside.
3. Mix puree, sugar and water; simmer slowly.
4. Add meatballs to puree mixture; simmer until well done.

Coca-Cola Salad

- 1 small pkg. cherry Jell-O**
- 2 8-oz. cups Coca-Cola (divided use)**
- 1 cup maraschino cherries**
- 1/2 cup pecans**
- Lettuce leaves**
- 1/4 pt. whipping cream**

1. Dissolve Jell-O in 1 cup of hot cola; slowly add the remaining cup of cola.
2. Add cherries and pecans; pour into mold; chill until set.
3. Serve on lettuce leaves; top with whipped cream.

To view recipes from current and previous issues, visit www.nowmagazines.com.



EXPERIENCE Compassion.

Sandra Wakefield, chaplain at Ennis Regional Medical Center, understands the power of compassion. As a patient, she's experienced it firsthand.

Five years ago, Sandra spent ten days in ERMC due to severe gall bladder issues. After undergoing extensive surgery, Sandra was impressed by the way the doctors, nurses, therapists and staff rallied around her. Everyone from the dietician to the physical and occupational therapists provided positive encouragement and quality care.

Sandra was deeply moved, but not surprised. During the last years of her elderly mother's life, she also experienced compassion from the entire Ennis staff during her mom's stay at the hospital. She is thankful to have so many people who care so close to home.

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