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February 2010

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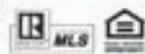
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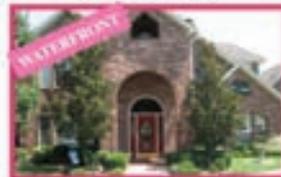
125 Sweetwater - Awesome 3/2, 1/2  
with gym, workshop, movie room,  
flagstone patio, outdoor kitchen,  
heated pool and more!  
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917 Winged Foot - 3/2/2 brick/  
stone in the Links. Features  
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903-654-3354



3200 View Ln - Cute 3/2 brick on  
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fireplace and walk-in closets.  
Annette 903-654-3354



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3004 Hillsdale - Cute, cute,  
cute! Move-in-ready! New  
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Carolyn 903-467-8145



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Tammy 903-641-5243



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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](http://www.nowmagazines.com).



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## On The Cover

*Administration Building Navarro College.*

*Photo by Terri Ozymy.*

# Editor's Note



Dear Readers,

In the coldest part of the winter, we celebrate the warmest feelings of loving and giving on Valentine's Day. While cards with hearts and cupids represent romantic love, people living generous lives demonstrate another kind of love. I think you will like reading the story about Colonel Pailes, an astronaut whose personal achievement energizes his efforts at showing high school students how to be "citizens of character" through the ROTC program. Another story introduces Marcy Ballewe, who invites adults to learn how to better prepare to make a living in today's economy. And Julie Shwarts tells about the accomplishments of the children with all kinds of abilities, who compete and win in the Special Olympics. Do not miss the story about, Vickie Nekuza, the artist who paints to share her vision of the beauty in people and places around her.

Joan Kilbourne  
*CorsicanaNOW* Editor

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# Moving in the *Right* Direction

Further education for adults continues to advance with the times. — *By Sandra Skoda*

*The Adult Education Program at Navarro College is moving in the right direction. Under the leadership of its director, Marcy Ballen, the program is*



*experiencing growing pains of the best kind.*

*“Progressing students at a high level has earned the program state and national recognition,” she proudly stated. “After 25 years, the Adult Education Program is finally making its mark.”*

Further education for adults began in August of 1986, when Navarro College offered Adult Education (AE) instruction that was accredited by the Texas Education Agency. The program was, and still is, designed to serve adults in Ellis, Freestone, Limestone and Navarro counties. Instruction is available in basic reading, writing and math skills, preparation and administration of the General Education (GED)

Test, English as a Second Language (ESL), and basic literacy. “People enroll in these classes for a multitude of reasons,” Marcy explained. “Some are looking for a GED certificate that will help them be hired in a job, while others may attend looking to further their education for a better job.”

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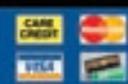


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Whatever the reasons for attending may be, the mission statement for the Navarro College Adult Education Program remains the same, “to ensure that all adults who live in Texas have the skills necessary to function effectively in their personal and family lives, in the workforce and in the community.” The program is 100-percent grant funded. Simply put, it is one thing left in life free of charge to those who take advantage of it. “It removes barriers for those who wish to further their education,” Marcy said, referring to the GED test preparation students receive. “They take our classes and then go to a specified learning center to take their final GED test.” All the training is free, but the test is paid for at an amount set by each individual testing center.

Thanks to the Navarro College Foundation, the program just recently began offering scholarships to help pay for the testing and to help pay for students wishing to start their college education after completing and passing the GED test. “We now offer six scholarships per year that pay for the GED test,” Marcy stated, as she explained the requirements. “Eligible students are nominated by their instructor after completing 60 hours of class time. They have to write a personal essay stating in their own words why they need



or deserve the scholarship.” Four additional \$1,000 Navarro College tuition scholarships are also available for those individuals who pass the GED and have a desire to move into college-level further education. The same requirements apply to these scholarships.

Over the years, the program has continued to advance with the times. Recently, distance learning was added to the list of offerings. Often adults have a strong desire to further their education, but because they are already working two jobs or caring for children as single parents, their desire gets put on the back burner. Distance learning now gives these individuals the chance

to excel at home. “Students meet with their instructor once,” Marcy said. “The instructor gives the students their assignments. After this initial meeting, the two communicate in whichever way is best for the student. It may be in person, but mostly it is by phone or e-mail.” This is just one more way the Adult Education Program is trying to reach out to the community.

---

**“It removes barriers for those who wish to further their education.”**

---

“Every person deserves an education,” Marcy said. “We are doing everything we can to make that education for them happen.” Marcy is hopeful the distance-learning alternative will continue to grow in popularity, as outside funds continue to come in to supplement the program. She is also looking forward to seeing more GED students choose to transition into post-secondary education in a college or a trade school. They could also choose

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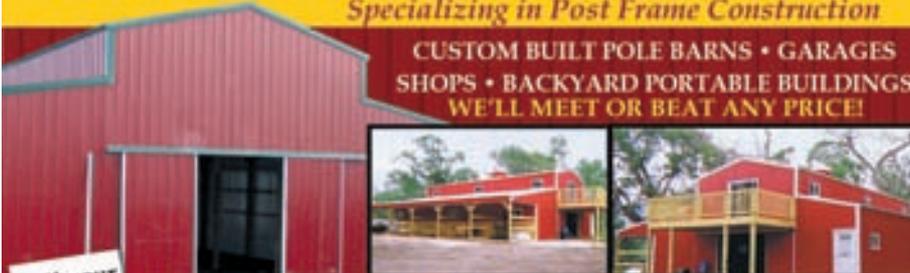
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Keeping the average class size to 10-15 students has aided in the overall success of the program. “Keeping it small means reaching everyone in the class at their current level of education,” Mary said. “It means more success.” By law, the youngest student can be 16, while there is no cap on the maximum age. Once the students complete the GED course, they attend a full graduation in their honor. This past year, three students spoke during the ceremony, marking history



**“We are doing everything we can to make that education for them happen.”**

while making the event a very special occasion. “Students are intimidated when they first come to class. At graduation, it’s easy to see their confidence and self-esteem have come full circle,” Marcy said. “Letting them speak [at the ceremony] gave them ownership of what they accomplished.”

Marcy finds great satisfaction in her position as director, but she is humbled by the encouragement she receives from those who work alongside her in the Adult Education Program. She realizes it takes the help and support of AE Coordinator Sherry Smith, AE Administrative Assistant Thelma Johnson, the instructors, the aids and the administrative staff at Navarro College to make her job rewarding, not just for her, but for the many students who have taken advantage of the AE offerings in the past 25 years. “It takes all



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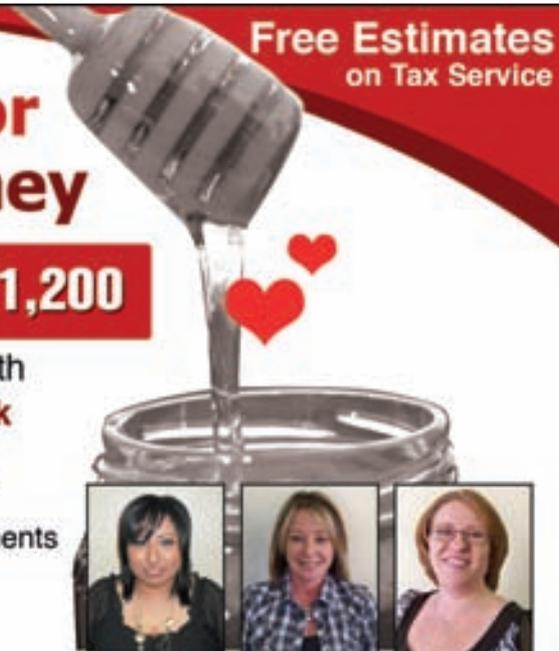


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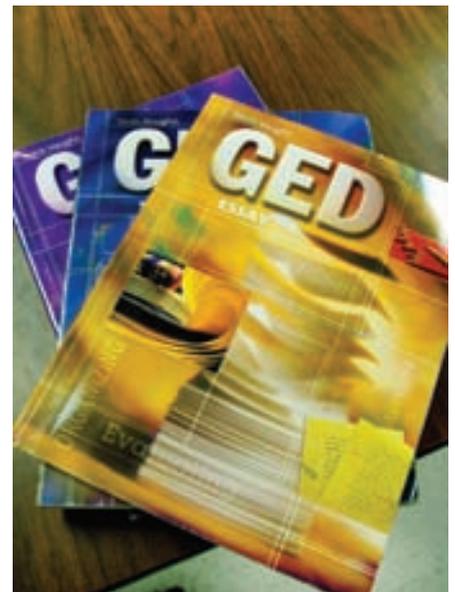


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of us working together,” she admitted. “The most rewarding aspect for all of us is seeing the change in people and knowing we’ve all taken an active role in their success.”

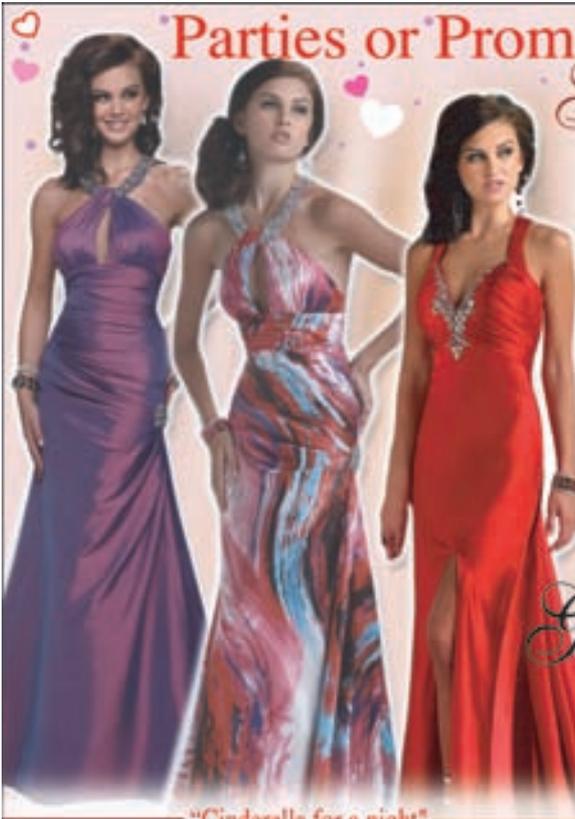
Those in charge have definitely taken notice of the AE Program. “We have become a great recruiting source for the college,” Marcy further explained. “The staying power of the program has reaped many benefits for everyone concerned.” Granted, this staying power has a great deal to do with the passion of the trio of ladies who lead the AE Program, but it has also come with a commitment to education and a drastic change in marketing strategies. “We’ve made it a point to get into places where adult students would most likely be,”



Marcy said, “such as service agencies, supermarkets and laundry mats. We have to have strategies in place that work for those who are illiterate, as well as for those who can read, but just want to further their education.”

The domino effect is evident throughout the AE Program. It starts the moment a prospective student sits down to enroll with Thelma and progresses until that same student proudly walks across the stage to receive their diploma. “An education is one thing a person can have that no one can take away,” Marcy said. “The students are passionate because the staff and the instructors are passionate. Everyone’s passion is focused on the success of furthering someone’s education.” **NOW**

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# We Are Here to Stay

— By Joan Kilbourne

*Mike Schroeder looked around the living room of his Corsicana home and said, “We are not going to move again.” In just six years, Mike and his wife, Pat, have made themselves at home here, becoming active members of their community. Mike is involved on the board of Hope Center and a member of the Knights of Columbus. Both Pat and Mike*

## At Home With Pat and Mike Schroeder





are supporters of the Richland Chambers Fire and Rescue Department. With some of their neighbors, they work with grants and loans to buy the equipment needed to establish a volunteer fire department in an expanding community of homes.

Mike grew up, the oldest of nine children, on a farm in Hudson, Michigan. “We had cattle, grain and chickens; lots of chickens raised as layers,” he emphasized. “That meant that chores began early in the morning.” Going to college at Michigan State University to study economics was a big change. Pat grew up in Orchard Lake, a suburb of Detroit, the middle child of three. She also moved away from home to study for a degree in special education at Michigan State University. They met at the Hubbard Hall April Fool’s dance and, they agreed, “pretty much knew this was the one.”

**“We looked for a lot like this one, with trees on it and a water view. We built the house with a lot of windows to take advantage of the view.”**

After graduation they married, and Mike took a job in South Bend, Indiana. He became a computer programmer. Mike remembered, “We worked on the NCR 315, one of those room-size computers. There was a humongous book to learn from, and people came from the computer companies to teach us how to program.” Concerning that move, Pat remembers, “We were so happy to

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leave the cold in Michigan.” She laughed and added, “We found out South Bend was not much better. They reminisced together about the time when “there was a blizzard and no one could get out from Wednesday to the following Monday. And we lived in town!”

Both Pat and Mike attended night classes at Indiana University South Bend for their master’s degrees, Mike in

business and Pat in special education. Pat’s master’s thesis was about why children should not be in special education because her work with the “special” children showed her they could perform like other students when they had the stimulation and help they needed.

When Mike had an opportunity to transfer to a facility in Texas to be vice president of information services, they

were happy to move to a sunny, warm climate. For many years Mike was a corporate gypsy, making frequent trips around the country. During those years, Pat recalls, “something always broke while he was away.”

Their children, Peter and Gretchen, grew up in Carrolton. Pat taught them to read at an early age, and they both had piano and violin lessons before they

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entered elementary school. Both of them were chosen to be concertmaster in their high school orchestras. Now Peter works with computers like his father and plays the violin with the San Francisco Symphony. Gretchen played violin in a college orchestra “for non-music majors” and went on to earn a Ph.D. in organic chemistry at Stanford. She now works in a research position.

After many years teaching, Pat took a

job as a unit secretary in the surgical wing of Trinity Hospital (now Baylor). She was attracted to what she was learning about medicine, and she enrolled in a nursing program. “I loved it,” she said. “I found I still did a lot of teaching to the nursing students.” When Pat and Mike retired, they built a house on the lake. “We looked for a lot like this one, with trees on it and a water view,” Mike said. “We built the house with a lot of windows to

take advantage of the view.” Pat enjoyed decorating the new house for a full five months. “But when it was done,” she said, “I didn’t have anything to do, so I went back to work at the hospital.”

Shortly after they moved in, a tree fell on one corner of the house during a rainstorm. The windows are repaired now and provide a view of a palm tree that is standing on the deck on top of the boathouse. It is a nice reminder of

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warm summer days. Pat remembered planning the move to the lake. “We looked at existing houses,” she said, “but none of them had room for my antique china collection.” In a utility room off the kitchen there is a walk-in closet that houses beautifully painted sets of J. Pouyat French china.

Pat’s eye for design and her enthusiasm for antique stores are evident in every room. The master bedroom is furnished with intricately carved French antique furniture. In a pleasant contrast to the elaborately carved antique furniture in the master bedroom are the simple, yellow-painted pieces furnishing a second bedroom. “It was our first bedroom set,” Pat said. “We paid \$20 for it when we were first married.” In the garden room, a collection of French and German plates decorated with fish are displayed on the walls alongside three paintings of boats. The window wall in this room affords an expansive view of the back lawn and the lake.

The antique table and chairs and the sideboard with bas-relief carving on the doors make the dining room look like

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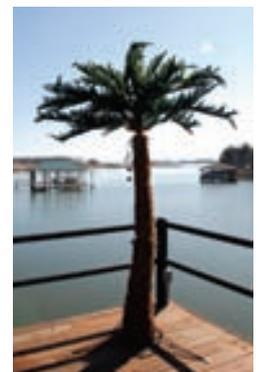
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a period French painting. Even the still life paintings Pat created just this year fit nicely into this picture. Years ago, Pat answered an ad for a painting class and said, "I want to do that." It is evident that a hidden talent was about to be revealed. The second painting she ever made, a Michigan spring landscape with trees in flower, looks like the work of an accomplished artist. Other paintings can be seen throughout the house.

Pat enrolled recently in a painting class with local artist Barbara Jones. The challenge of producing something new for a class assignment is sparking a renewed interest in her art.



Just off the entrance hall is the den where a computer, much smaller than a room, is seated on a walnut double pedestal desk. "Dr. Helstern's grandpa made the desk," Pat explained. "Dr. Helstern was the founder of Prima Care, where I worked while I was in nursing school." Across from the desk is a love seat where the two dachshunds, Elle Mae and Bubba, are curled up asleep. Like Pat and Mike, they are content to be in this lovely and well-loved home. **NOW**

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# The Children's Haven in Fairfield

— By Joan  
Kilbourne

Pleasant Hill Children's Home is situated on 1,000 acres with four cottages, a dining hall, a workshop, a pool and a playground. Harry Thomassen, director of the home said, "We have 48 children here now, and we have cattle and pigs and six horses for the kids to

Christmas," Harry said. They have been supporting this place for 60 years." The children range in age from 2 years to 18. Some of them stay for only two or three months, and others stay for years. All of the children attend classes in Fairfield public schools. At present, there are four

sisters," Harry said. "It is hard enough to be away from their parents without losing their siblings, too. Our goal is to reunify the family." Parents sign a promise to visit at least once a month, and when a parent is confined, house parents take the children to visit. The staff includes two

counselors and a therapist, Dr. Mitchell, who has been visiting the children at this home for many years, helping them to adjust to their situation.

After Harry earned his degree in social work, he became a house parent in a similar facility in North Carolina. Over time he worked in five different places. "I use my experience about what works and what doesn't," Harry explained, "and now as the director, I can do the things that I learned were effective." Harry met his wife, Mary, at his second job, and she still joins him doing this important work. "The kids take part in sports after school and a few of them have taken piano lessons here. We try to offer as normal a life as possible for them. You wouldn't



ride." In 1947, the Daniels family opened the home to provide basic care for children who are temporarily out of their homes. It is a private placement facility supported entirely by donations. "The people in town were so generous this

graduates attending college. They return to the home when their dorm room closes over the holidays and summers.

All of the children here have siblings living with them. "We try hard to keep children together with their brothers and

know these kids from you neighbor's kids if you saw them in town," Harry said.

"They are great kids." **NOW**

*Editor's Note: Anyone wishing to make a tax-deductible donation can contact Harry Thomassen at P.O. Box 1177, Fairfield, TX 75840.*



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**“Colors are what the Lord has given us in so many hues and shades of life, and for you to be able to put that on a canvas, you have to be inspired.”**

# REAL Inspiration

— *By Kyle Irion*



Vickie Nekuza believes in her art. She believes in her art, because to her, it is parallel to who she is as a human being and as a follower of God. “I think painting is very personal, and a piece of art is like a piece of me.” For Vickie, the intimacy between artist and canvas is a spiritual one; one that can be transferred from artist to canvas to observer. For this reason, Vickie gives her art away at whatever price the buyer wants — be it \$20 or nothing at all.

She was given her first break as an artist when she was a Girl Scout, in the form of a T-shirt design commemorating the nation’s bicentennial. Around this same time, Vickie painted a picture that would ultimately end up hanging on the wall of the store where she worked in Ennis, a department store called K-Wolen’s (now defunct). Vickie’s art grew from there. In 1980, she began dabbling more and more in oil painting. Not long thereafter, however, Vickie put down her brushes because she was expecting her first child and the smell of the paint made her sick. The year was 1982, and it would be almost 20 years before she returned to painting.

That is not to say Vickie completely gave up on creative expression. Her involvement in her children’s lives often resulted in her flexing her artistic muscles. “I didn’t do much

more than painting T-shirts for the kids. It was all about my kids," she recalled. "When the girls were in high school I was really involved in band boosters, designing things for use in banquets. It was always something to keep my art alive."

In 2001, her daughter suggested Vickie should return to painting and open a new chapter in her life and her art. "In 2001, we had gone to New Mexico for

**She sees art as an opportunity to express what is best in herself, others and life in general.**



Christmas, and my daughter told me 'I want you to paint a picture of this,' referring to a rose." Her daughters bought her new paints and new canvases. "That was the first time I had gone back to oil painting, because I had pretty much dropped off because family life is crazy." She painted the rose for her daughter and sent it with her to college.

One of the largest benefactors of Vickie's efforts is the Susan G. Komen Foundation. Vickie's involvement with the group began after her daughter participated in the Susan G. Komen Race for the Cure. The pair had the idea of contributing Vickie's paintings to donors. One of these paintings Vickie actually gave away, however, to a man whom she knew was having a hard time. "He said it gave him so much inspiration every day when he looked at it," she said. Vickie does not price her art. If someone wants a certain piece, it is free for them to take. "How can you put a price on something like that?" Vickie asked. "It's because it's so personal. I've never gotten to a point where I feel comfortable putting a price on it. If somebody offers

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me something for it, that's the price I take."

Vickie's art usually focuses on the divine. She draws all of her inspiration from her love of God. "I think that art has everything to do with how you believe in yourself and what God's given you," she explained. "Colors are what the Lord has given us in so many hues and shades of life, and for you to be able to put that on a canvas, you have to be inspired." Vickie believes all inspiration comes directly from the Lord. Although the subjects of Vickie's art are often Christian in nature, she does not limit herself to that. She sees art as an opportunity to express what is best in herself, others and life in general. This love for the freedom art offers led Vickie to recently move into abstract art.



Much of Vickie's most recent work is abstract in nature, because as Vickie stated, "I'm free to do what I want to do. I don't have to replicate a scene or a picture of something." She has begun experimenting with art in such a way as to challenge even the conventions of what tools one uses to create. "You can use a fork to create all different lines in a painting. I did a whole painting without touching a brush; using only a credit card. It's not about the paintbrush anymore. It's different techniques."

Vickie loves art, but more than that, Vickie loves the best stuff of life — the positive things. She will not paint when she is in a bad mood — be it from a stressful day at work or getting cut off on the highway. "I don't ever want anger to be seen in my painting." She paints, and will continue to do so as long as there are people who can be moved and inspired by the sincerity and emotional depth found in her art. **NOW**

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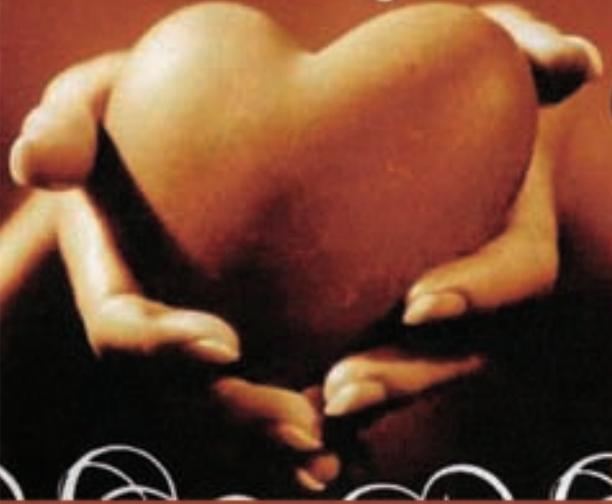
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# Everyone a Winner

— By Joan Kilbourne



Two years ago, some young people got a new opportunity to show what they could accomplish as athletes. At a meeting of the Corsicana Independent School District (CISD) Board, Julie Shwarts introduced herself saying, “I am a special education inclusion teacher and a Special Olympics volunteer coach for CISD. While the city of Corsicana has been offering Special Olympics for adults with intellectual disabilities, it has been at least 15 years since Special Olympics has been offered to our school-age children. About 100 children qualify to participate in Special Olympics. As their coach, I have been blessed to see the athletes challenge themselves.” Julie outlined her plan, and at the end of her speech, she introduced the athletes who had accompanied her to the meeting. Board members rose as one in a standing ovation. “I never saw that happen before,” one person told Julie.

The response was immediate and enthusiastic. With the support of Susan Keen, director of special education, a bocce ball event was scheduled. Julie describes the game as “a combination

of bowling, horseshoes and croquet.” Eleven athletes participated. “Opening ceremonies brought joyous tears to many eyes,” Julie said. “There were over 60 parents and volunteers in attendance. There were teacher volunteers from Carroll Elementary, Drane Intermediate, and the high school. And who can forget the space man from Corsicana High School (CHS), Randy Tylika, who was the disc jockey and announcer for the event. The second offering that year was a track and field competition. Ten dedicated athletes practiced their running, walking and softball throwing. In both instances, paraprofessionals from each campus were trained to coach athletes during their regularly scheduled PE [physical education] times.” In addition, after-school practices were held. CHS students assisted with the coaching for track and field.

In 2009, CISD Special Education Director Marti Shaner became involved with the Olympics. Fourteen athletes from Corsicana and Kerens were present for the second annual Corsicana ISD Special Olympics Bocce Ball

Tournament. Julie described the event saying, "The competition started with opening ceremonies. Athletes paraded around the field and passed the torch. Let the games begin! Athletes, families and volunteers went to their respective courts and began the friendly competition that lasted about three hours. Medals were awarded to the athletes. Smiles, mile-wide were everywhere." Athletes practice for the Olympics on Tuesdays. Letters sent home have brought out parents, caregivers and siblings, who participate as coaches and sideline cheerleaders. Young people enrolled in the YMCA after-school kids program also volunteer to help with practice drills and perform as cheerleaders. Teacher Crystal Farmer

**"I learned to appreciate differences in people."**

describes the atmosphere of the event day saying, "It is the best reason to get up on a Saturday morning." It may be hard to know who is having the most fun, the athletes or the many community volunteers who also come to set up the games and keep everything going smoothly.

Julie's passion for this work began with her best friend's sister, who was born with Down's syndrome. "I learned to appreciate differences in people," Julie said. "At an early age I saw how her family enjoyed and loved her." When she was a teenager, Julie helped disadvantaged children enjoy riding and caring for horses. Her work with children continued with her son's soccer team, then his Boy Scout troop. She coached volleyball for middle school girls and then became a Court Appointed Special Advocate (CASA) volunteer. When Julie came to Corsicana five years ago, her interest in working with children led her to study online to become a certified special education teacher.

Parents and children in Corsicana can learn about the new Special Olympic program for school children at the August Back-to-School event in the park. Last summer, volunteers and athletes

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alike signed up to take part. Sitting beside Julie at her booth is Lelon Mahoney, her helper and "a medal winner and a great spokesman for the program" and his mom, Dona. "He is great at telling the kids about the games," Julie said. "Lelon will graduate from high school this year. He has been mentoring and helping to coach the kids all along, so maybe he'll come back as a coach. Of course, he really likes winning medals," she added. "One of our most devoted supporters is Rich Eubank, an orientation and mobility special education teacher who participates at every event with his students who



have vision disabilities," Julie said. "He even brought some of his kids to the summer tennis camp day." "With all the planning and practice," Julie continued, "you want

it to be perfect. Well, take a look: the athletes are engaged in the competition. They are excited, and everyone is cheering on their teammates and opponents. The families are supportive and smiling. The community volunteers are dedicated and devoted to making this event a memorable one for the athletes and their families. As I step away and look at the field, I realize that what is happening is perfection. This is what it is all about."

This year, on February 27th, there will be a Special Olympics basketball event taking place at Carroll Elementary School. Corsicana ISD is preparing to offer basketball and track and field opportunities for the athletes throughout the year. **NOW**

*Editor's Note:*

*Athletes, their families and volunteers are welcome to contact Julie Shwartz at [jshwartz@cisd.org](mailto:jshwartz@cisd.org) or (972) 978-0971 for more information on upcoming events and opportunities.*

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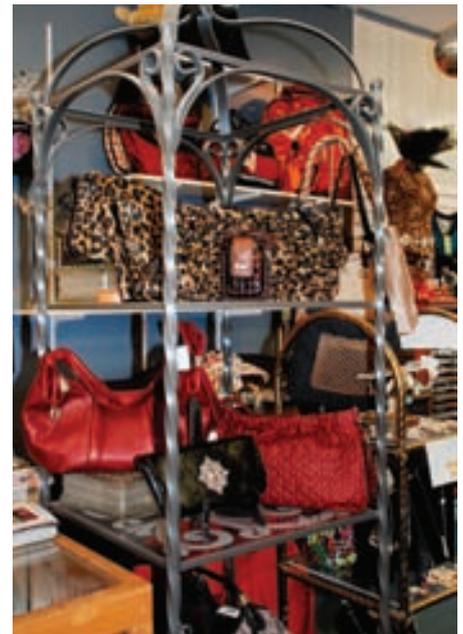


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**From left:**

A smiling Elonda Cassady is ready to help you look your best; a display of stylish purses; trendy clothes for a new look; fun accessories.

# Staying in Style

Cassady's hair salon and accessories boutique offers a new look top to toe.

— By Joan Kilbourne

Elonda Cassady and her husband moved from Minneapolis to Corsicana 30 years ago. "Back home all my family knew about Corsicana was that it was the fruitcake place," she said. She rented space for a beauty salon, and in just two years she was ready to buy the building and expand her business. "My father helped me do a business plan to take to the bank for a loan. The banker knew I was coming because his wife, who was my client, told him. Still, he was surprised how prepared I was with the numbers I needed to start a business."

Elonda began her retail business with a small display of earrings and T-shirts in the salon. "It was crafty stuff typical of the early '90s," she said. "I had done party sales and I knew how to show interest in people, connect with them. They have to like you to give

you their money," she added smiling. "When I bought the building I hired Alma Fira, who has been the manager for 18 years now." There was a slow time when Elonda thought about closing the shop, "But it was Alma who encouraged me to keep on trying," she said. "And it worked. We're still here."

"In this business, you have to keep up with changes in styles. In the '60s we did big bouffant hair and in the '70s it was shag cuts. In the '80s Dorothy Hamil cuts were in fashion and the Farah Fawcett look was popular. Now straight, ironed hair is the look. We keep up with latest styles with professional magazines, going to hair shows, and now we look at the Grammy's and other music award shows, where the stars always have the latest hairdos. We also learn from one another. Today the female news anchors set



the trend, and the look is all about wings brushed back and kind of a flat Farah Fawcett look. We have to be prepared to do what customers want. It took a few years for me to have the confidence that I could suggest a new hairstyle to a customer. Now I do it, and they seem to like trying something new.

“It is the same with clothing and accessories,” Elonda said. “You have to keep up with the trends. There was a time when women bought a whole outfit at

**“Today the female news anchors set the trend, and the look is all about wings brushed back and kind of a flat Farah Fawcett look.”**

one time; a dress or suit, shoes, purse and jewelry. Now they are more likely to buy something that will give a new look to the clothes they have. We shop the markets with a nine-month lead time. When I first see the new trendy clothes, I don’t like all of them. Three months later, I have read the fashion magazines and adjusted to the look of the new things and I am ready to buy. Sometimes women need to see someone wearing the new style before they are ready to try it, too. By the time the clothes are in the department stores we’ve already done that.”

Elonda’s daughter, Malissa Henrie, helps with market buying and they typically find all they need at the Dallas market. “Only once we went to Las Vegas, but that was more about being in Vegas than buying things. My mother likes fun clothes also and she shopped with us. It is helpful to have different points of view about the choices we make. What we choose is fun wear, not formal. When you need a new hairstyle or something fun to wear, you will find it at Cassady’s. **NOW**

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# TX 952, Best in Blue



— By Joan Kilbourne



The “Best in Blue” motto of the Air Force Junior ROTC at Corsicana High School (CHS) is prominently displayed on the cover of the cadet handbook. On uniform days, 120 student cadets can be seen proudly wearing their Air Force blue uniforms in the hallways and in their classrooms. Students, male and female alike, enter the Junior Officers Training Corps (JROTC) by choosing the program as an elective or a physical education course. They can enroll at anytime and remain in the corps for as long as four years. Cadets pledge to respect the honor code that says, “We will not lie, steal or cheat, nor tolerate among us anyone who does.” They also accept the challenges the program offers, saying, “If it were easy, everybody could do it, and then it wouldn’t mean very much.”

Army Lt. Edgar R. Steevers founded the JROTC in 1911. Concerned that

young men were growing up with the idea that being a man meant just being tough, Junior ROTC was designed to emphasize character development. The Junior Air Force ROTC mission statement, “To develop citizens of character dedicated to serving their nation and community,” outlines the goals of the program. The first Air Force JROTC programs were opened in 1966. From a modest beginning of 20 units, the organization has grown to 879 units throughout the world, with 102,000 cadets and plans to expand to 955 units.

An officer instructor and an enlisted instructor direct each JROTC unit. At CHS, Colonel William Pailes, (USAF) and Master Sergeant Roger Hardie oversee the program, which, according to Col. Pailes, “has a 60-percent academic focus, a 25-percent focus on physical fitness and military drill, and the rest of the time is devoted to school and community service activities.” Col. Pailes teaches courses in aviation and Air Force history, the science of flight, (aeronautics, weather and navigation) and a space course. Students also take classes in global and cultural studies. According to the JROTC Web site, this is “a course that develops an international perspective taking citizenship to the right level for our globally connected students” ([www.afoats.af.mil](http://www.afoats.af.mil)). Master Sgt. Hardie teaches courses in Air Force heritage, leadership, management and communications.

One of the major activities outside the classroom is competitive drill. “About one-third of the students are on a competition drill team,” Col. Pailes said. “They train in unarmed drill, and with ceremonial sabers and rifles. The color guards also compete. Competition drill teams practice after school and compete on weekends. Color guards also perform at school assemblies, football games and some events in the community.” The Corsicana unit also hosts an annual competition that is attended by 20 other schools. The cadet officers supervise the event. As part of their leadership training, cadets command teams and are responsible for such things as: schedules, managing supplies and maintaining records. In the summer, 20 to 25 students attend a leadership camp. “It is a five-day,

# Education **NOW**

mini boot camp,” Col. Pailes explained. “They do physical training, drill, attend class and play sports. The activities are led by senior ROTC cadets from colleges.”

The ROTC program handbook defines the Air Force Core Values as “integrity first, service before self and excellence in all we do.” In line with this goal, the cadets provide volunteer services. They clear a section of Hwy. 22 for the Adopt a Highway program, they visit nursing homes, help out at the Salvation Army site and do campus beautification. “The beautification may be an undesirable job like removing gum from furniture,” Col. Pailes said, “but the maintenance staff appreciates what they do.”

While JROTC instructors have varied backgrounds and training experiences, Col. Pailes’ extraordinary credentials qualify him in a special way for work with CHS students. Pailes earned a Bachelor of Science degree in computer science at the United States Air Force Academy (USAFA) in Colorado Springs, Colorado. He trained at Williams Air Force Base in Arizona, and flew as an HC-130 rescue pilot in the Aerospace Rescue and Recovery Service. He earned a Master of Science degree in computer science at Texas A&M University. Trained in the Manned Spaceflight Engineering Program, Col. Pailes was a USAFA astronaut and flew in 1985 as a payload specialist on Atlantis orbiter for four days.

When Col. Pailes retired in 1996, he was active in ministry as an associate pastor and taught Sunday school for teenagers and adults. Later, he worked as a business consultant. In 2002, he took the position with the JROTC at CHS. “Working in the space program was exciting, but the most rewarding work I’ve done is what I am doing here, helping young people,” Col. Pailes said. “Other teachers only see students for a few hours a week. We get to know the students we work with because we are with them for up to four years. We are in an especially good situation here at the high school,” he added. “We get enthusiastic support from the school administration, the community and people in the school district. We couldn’t ask for more or better support. They like what we do.” **NOW**

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Navarro County Extension Agent Derrick Scasta smiles as he carries his precious cargo.



Betty Mitchell and Linda Aldama decide to do their window shopping inside on a cold January day.



Kimberly Lake, Alyssa Dyer and Christie Melton are ready to help with decorations for a party.



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Eleatha McDaniel and Charlene Milton are eager to show the latest jewelry fashions.



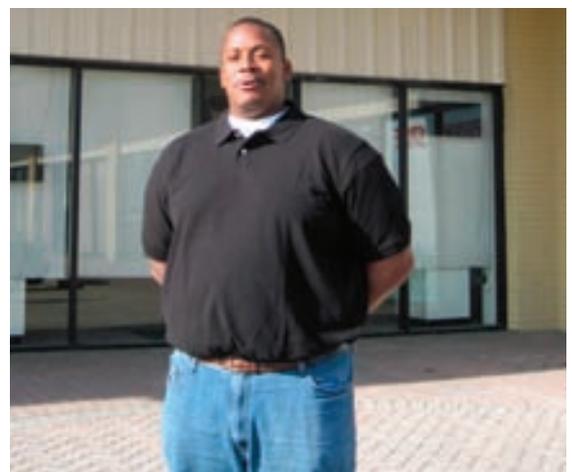
A Trio of Valentines - Jennifer Ewing, Kristie Barton and Carrie Coker - pose among the various gifts for sweethearts at a local store.



Angelis Ortiz, Lou Franks and Angela Enriquez smile between helping residents dress in style.



The United Way of Navarro County receives a generous donation from the employees at the Corsicana Independent School District.



Daryl Evans poses outside of Lone Star Subz at the grand opening celebration.

## In The Kitchen With Lynda and Harold Housley

— By Faith Browning

Several people in Lynda Housley's life have contributed to making her the cook she has become today. "My mother was an excellent cook," she said. "Whether cooking for a crowd or for our small family, perfection was her goal, which she conveyed to me at an early age."

After marrying her husband, Harold, nearly 40 years ago, Lynda was blessed with a mother-in-law who had reared

four children and knew how to put food on the table. "Ruby was a country cook, making biscuits sometimes twice a day and Sunday dinners at her table were a culinary extravaganza to say the least!" she recalled. "Although we don't actually eat like that anymore, her focus on fresh ingredients and crowd-pleasing dishes inspired me to hone my cooking skills as I began cooking for my family." **NOW**



### ORANGE CAKE

1 cup butter or shortening  
2 cups sugar  
4 eggs  
1 1/3 cups buttermilk  
1 tsp. baking soda  
4 cups flour (plain)  
2 Tbsp. grated orange rind, (4 or 5 oranges)  
1 8-oz. pkg. dates, chopped  
1 cup pecans, chopped

#### SAUCE:

1 1/2 cups powdered sugar  
1 cup orange juice  
2 Tbsp. grated orange rind

1. Cream butter and sugar thoroughly. Beat in eggs one at a time.
2. Dissolve soda in milk. Add sifted flour in about three parts to butter mixture, alternating with milk. Beat batter until smooth after each addition.
3. Lastly, add orange rind, dates and nuts.

4. Bake in a greased and floured tube pan at 325 F for 1/2 hour.
5. Combine all sauce ingredients.
6. When cake is done, pour sauce over it and allow to cool in pan.

### SHRIMP MOUSSE

6 cups shrimp, cooked, peeled, deveined  
2 cups sour cream  
1 lb. cream cheese  
1 cup mayonnaise  
1/2 cup bell pepper, finely minced  
1/2 cup celery, finely minced  
3/4 cup green onion, finely minced  
1/4 cup pimento, finely minced  
1/2 cup chili sauce  
1/2 tsp. Tabasco  
1 tsp. salt  
1 Tbsp. Worcestershire sauce  
2 Tbsp. unflavored gelatin  
Juice of 2 lemons  
1/4 cup cold water

1. Boil shrimp in salted water: drain and chop fine. You must have six cups of shrimp.
2. Cream together sour cream, cream cheese and mayonnaise; add all seasonings.
3. Dissolve gelatin in lemon juice and cold water. Heat over water in double boiler for 5 to 10 minutes.
4. Gradually fold in cream cheese mixture. Add shrimp and blend well.
5. Pour into a 2-quart ring mold. Refrigerate overnight.
6. Unmold and garnish with watercress or parsley. Serve as hors d'oeuvres or as a main course.

### HOT ARTICHOKE DIP

1 4-oz. jar pimentos, diced (optional)  
1 14-oz. can artichoke hearts, drained and chopped  
1 1/2 cups mayonnaise  
2 7-oz. cans green chilies, drained and diced  
4 oz. Monterey Jack cheese, shredded

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**1/2 cup Parmesan cheese, grated**  
**Additional Parmesan cheese**  
**Corn or tortilla chips**

1. Preheat oven to 325 F.
2. Drain pimentos; reserve 2 tsp. pimentos for garnish.
3. In a medium bowl, mix pimentos, artichoke hearts, mayonnaise, green chilies and cheeses.
4. Spread mixture into a shallow 1 1/2-quart baking dish. Sprinkle with additional Parmesan cheese and 2 tsp. pimentos.
5. Bake uncovered 30 minutes until bubbly. Serve with corn chips.
6. Can be made ahead, covered and refrigerated.

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**1 4-lb. bone-in, smoked ham, cooked**  
**1 cup light-brown sugar, packed**  
**1 cup bourbon whiskey**  
**1 Tbsp. freshly ground pepper**  
**1/3 cup Dijon-style mustard**

1. Preheat oven to 350 F.
2. Skin ham; trim the fat to 1/4 inch thick and score.
3. In a bowl, mix sugar and bourbon: brush one-third over ham.
4. Bake 1 1/2 hours, basting twice with remaining sugar mixture. Add 1/4 cup water to pan after 1 hour, so drippings will not burn.
5. In a bowl, mix pepper with mustard. Brush ham with drippings and mustard.
6. Bake one hour; add the remaining water to pan as necessary to keep drippings from burning.
7. Let ham stand 15 minutes. Baste with drippings; slice.

**PINEAPPLE LOAF CAKE**

**3 sticks butter or margarine**  
**1 1/2 box powdered sugar**  
**6 eggs**  
**1 tsp. vanilla**  
**1 tsp. lemon juice**  
**1 "sugar box" flour (2 cups)**  
**1 lg. can crushed pineapple, well drained**

1. Cream softened butter with sugar until fluffy.
2. Add eggs, one at a time, beating well after each addition.
3. Mix in vanilla and lemon juice. Stir in flour; mix well. Add crushed pineapple.
4. Spoon batter into a greased and floured tube pan.
5. Bake at 350 F for 1 1/2 hours or until cake tests done. No frosting needed for this very moist cake.

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## Use Your Social Security Statement as a Guide

— By Lynda Housley

Once you reach age 25, the Social Security Administration (SSA) will send an annual report on your individual account. This report will highlight potential benefits from your account and is a valuable tool for your use when considering ways to plan for your retirement and other financial needs.

Social Security should be only one of a number of sources for income during retirement. Other sources may include an employer pension and your personal retirement savings in the form of an individual retirement account (IRA).

When you receive your statement, take some time and go over its contents. Are the reported earnings correct? If not, report any errors to the SSA. It's much easier to do now than after you retire.

How do the projected benefits fit within your retirement needs? Will you have enough from other sources to fill any gaps?

These are important questions a financial professional can help you answer. A financial professional can also help you find ways to plan for a retirement that relies less on Social Security and more on options that are suitable to your needs and comfort level.

There are a number of products and services available to help you attain the retirement you desire. An early start at developing your personal plan will make your goals more attainable. **NOW**



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



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# A Woman's Heart

— By *Betty Tryon, R.N.*

Of all the things women worry about with or without merit, it seems another item should definitely be on the plate. The number one cause of death for women in America is not breast cancer; it is heart disease. This may surprise many because breast cancer is so prevalent in the media and receives a lot of attention. Surprising or not, the incredible statistic is that heart disease causes 45 percent of the deaths in women. Women and heart disease, to the public, is an anomaly.

Women produce the hormone estrogen and prior to menopause, it plays a beneficial role in providing some protection in women against heart disease. One function of estrogen is to help maintain the levels of good cholesterol — HDL, high-density lipoprotein. HDL contributes to good cardiovascular health. Recent studies show that after menopause, even with hormone replacement therapy, that benefit is lost. We now know women cannot count on the benefits of estrogen after menopause for protection from heart disease, whether the hormone is natural or synthetically made. Because of this information, women and their health care providers need to be more aware of possible complications to their well-being.

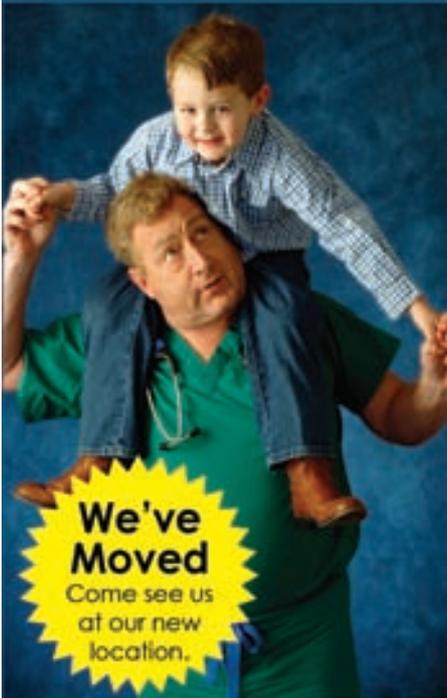
Many women die from heart attacks because it can be a

challenge to diagnose. The symptoms women experience when having a heart attack are not necessarily the same ones that appear in men. The familiar complaint of crushing and debilitating pain in the chest that may radiate to other areas is not always present in women. When women present with symptoms of upper back pain, abdominal pain, shortness of breath, dizziness, sweating, fatigue and/or nausea and vomiting, their discomfort may be attributed to gastrointestinal problems, anxiety, muscle injury or some other ailment. Precious time needed for proper diagnosis may be wasted, for example, if a woman thinks she is experiencing indigestion and treats her symptoms with antacids.

Awareness of risk factors and working to eliminate or minimize areas of concern is very important. As mentioned, menopausal women are at increased risk because of the decreased estrogen hormone. The risk for a heart attack increases substantially when combined with obesity, high blood pressure and diabetes. Women can improve their odds by following a healthy diet and maintaining a healthy weight by watching their intake of salt and fats. Exercising under your doctor's supervision will bring great benefits. Avoid alcohol and cigarettes. Becoming menopausal brings a list of challenges to a woman's life. Hot flashes are only a tiny part of it. A consultation with your health care provider before problems emerge can lessen a lot of worry later. **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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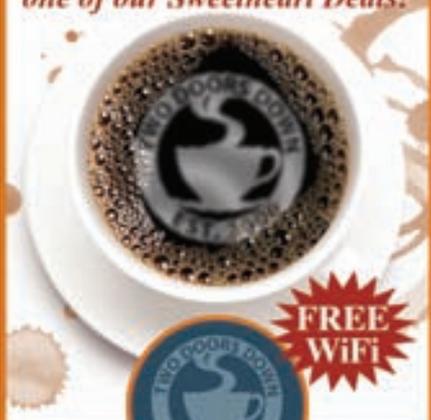
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# Time to Cut Back

— By Nancy Fenton

How many times have you told yourself, “It’s time to cut back”? Be it food, computer/game time or whatever, everything has its season. This is the season to prune, prune, prune. The roses, grasses, liriopse (monkey grass), shrubs and even trees will all benefit from a few clips here and there. Most roses need a good chopping to stimulate new growth. The exceptions to the rule, of course, are the climbing roses. If you cut them now, you cut off the old wood that brings the new blooms. Wait to trim the climbers until after they bloom and then cut them way back.

It is a bit easier to know when to cut grasses. If they are brown, cut them to the ground. Lantana also likes to start over again. While it may look bare for a short time, you will be rewarded with lush, green growth as spring approaches. I usually use a weed eater to trim border grasses like mondo and liriopse down to one inch or so. As with pruning, it will stimulate

**Choose a tree professional to do the areas you cannot reach from the ground.**

growth and blooms for the coming season. Because this new growth is tender and very susceptible to the late hard freezes, it does not hurt to wait until the end of February to do major chopping.

Trimming is important to maintaining a healthy tree. All the little growth needs to come out of the tree, as well

as the limbs that hang down. My rule of thumb is that “suckers” smaller than my thumb need to be removed, as well as limbs that cross and rub. Choose a tree professional to do the areas you cannot reach from the ground. The key words are *licensed arborist*. I use an arborist who will grind the limbs and leaves into mulch for me. This is a great way to return the natural elements to the soil, and it does not involve a trip to the store or recycle station!

Cut back now for lush growth as the weather warms up. **NOW**

*Nancy Fenton is a Master Gardener.*



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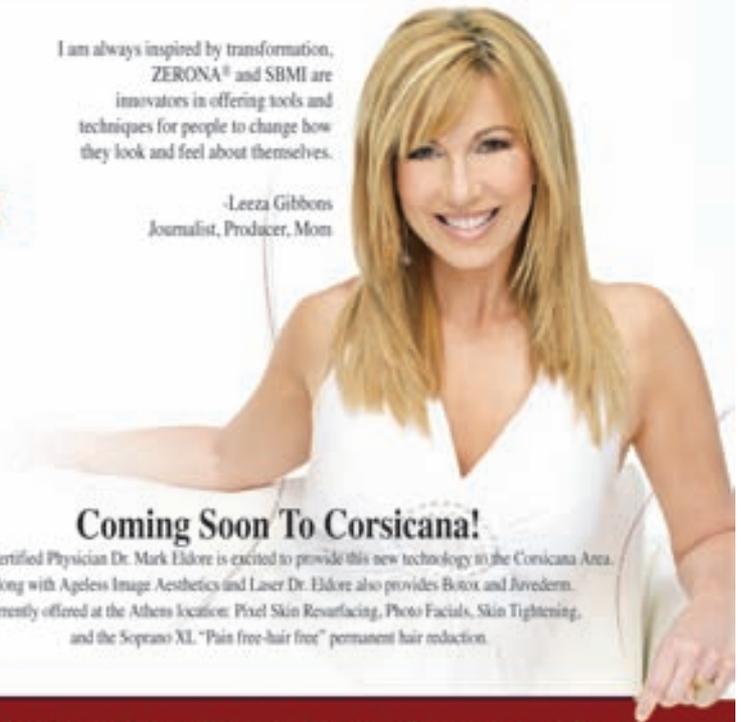
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-Leeza Gibbons  
Journalist, Producer, Mom



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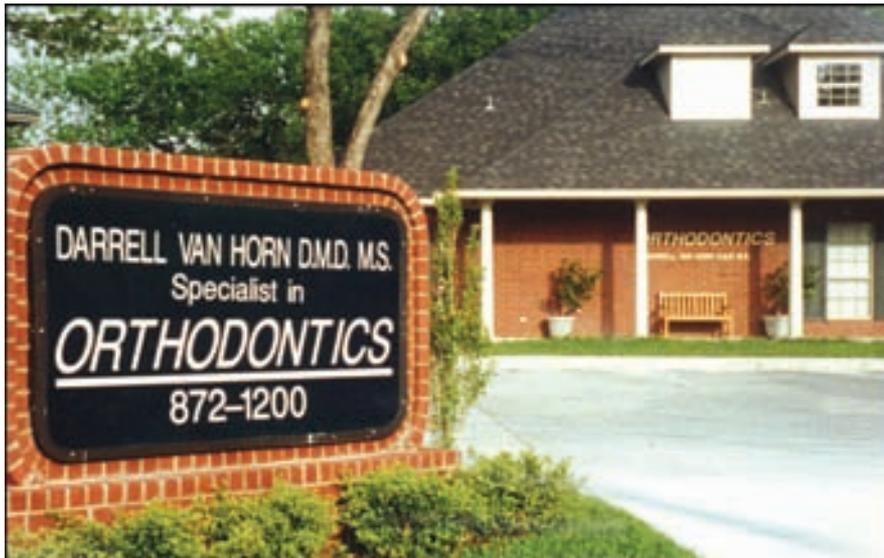
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### February 12

Texas Reading Club and Texas Teens Read 2010 meeting: 9:00 a.m., Gibbs Memorial Library, 305 E. Rusk St., Mexia.

Ennis Czech Music Festival: A Pre-Party and Jam Session: 7:00-11:00 p.m., Sokol Clubroom. Free cover.

91st Annual Chamber of Commerce Banquet and Awards Ceremony: 6:30 p.m., Chamber of Commerce.

### February 13

Ennis Czech Music Festival: 1:00 p.m., Sokol Activity Center, 2622 E. Hwy. 34, Ennis. Listen and dance to: Jodie Mikula Orchestra: 2:00 p.m.; Czech and Then Some: 4:00 p.m.; Ennis Czech Boys: 6:00 p.m.; Jak Se Do: 8:00 p.m.; Czech Harvesters: 10:00 p.m. \$5 per person; ages 14 and under free. Door and raffle prizes. Kitchen will be open. Cash bar. No reservations. Czech costumes encouraged. [www.ennisczechmusicfestival.com](http://www.ennisczechmusicfestival.com).

### February 15

*Bye Bye Birdie*: 3:00 p.m., The Palace. (903) 874-7792.

### February 17

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### February 20

Destination Celebration 2010: 6:00 p.m., James L. Collins Catholic School Gym. Dining, dancing and drawing. Steak dinner for two, with entertainment by the Bryan Smith band. Ten tickets will be auctioned for a 2010 Ford Fusion SE or Ford F150 XL regular cab. Tickets: \$125. Only 500 tickets will be sold. Tickets may also be purchased through the school office. Winner will have his/her choice of color and be responsible for tax, title and license fees. Call J.L.CCS school office at (903) 872-1751.

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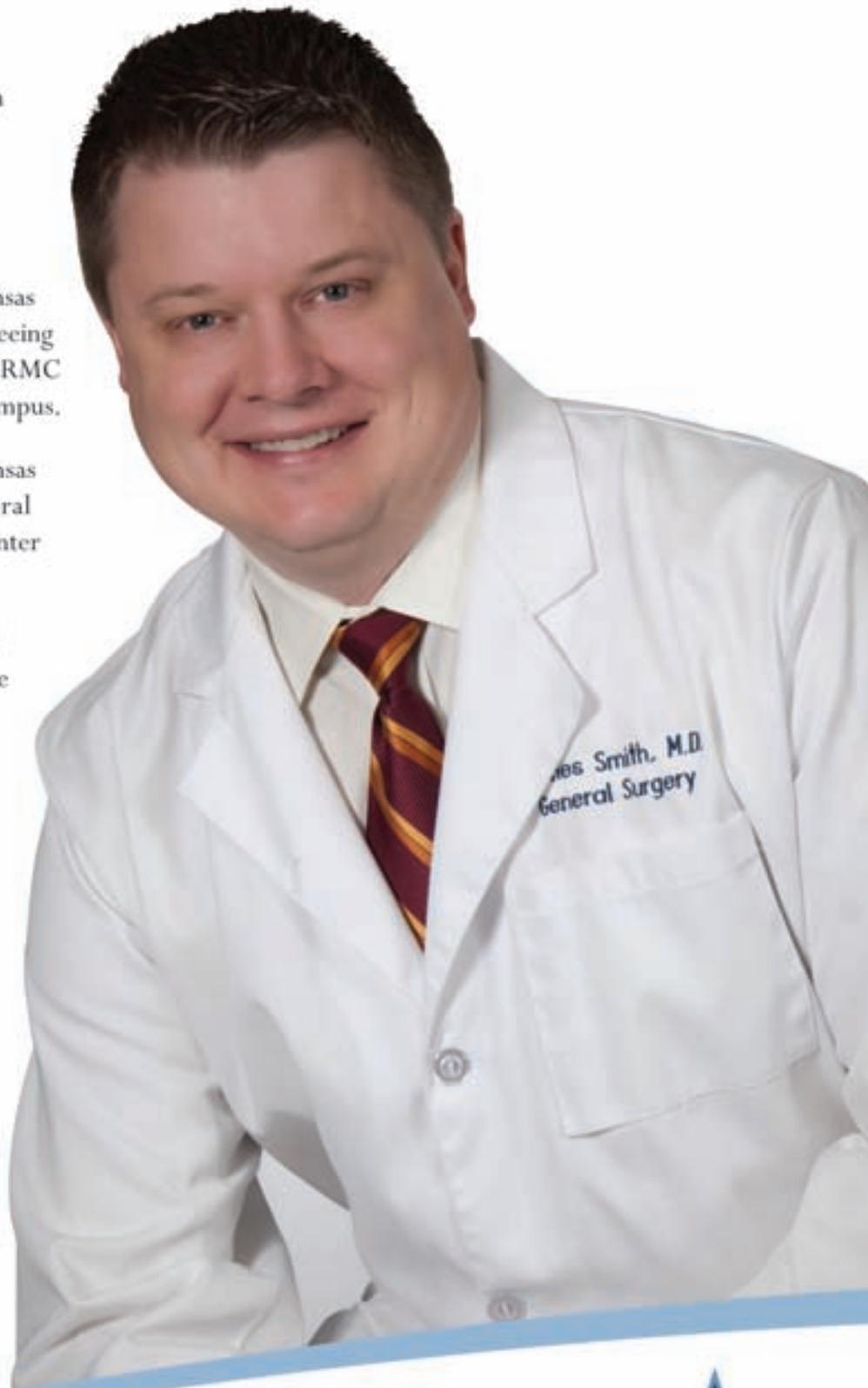
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