# Corsicana NOW

MAGAZINE

FEBRUARY 2014

## Mother Knows Best

One award reaps two winners for Annett Chapple and Karmon Betts

## Right Place, Right Time

At Home With John and Carolyn Smith

## You're Engaged ... Now What?

Early planning is key to a beautiful wedding

Finding a Way to Win

Uptown Dos in Downtown

In the Kitchen With Nancy Houck

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## ON THE COVER

*These ladies' smiles have warmed hundreds of students' hearts.*

*Photography by Kevin Painter.*

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# Editor's Note

*Red is popping up all over, Corsicana!*

It may be blowing cold outside, but our hearts are warmed by the many get-togethers that are happening throughout our communities in Navarro County. It's a great time to examine new volunteer opportunities and support our team sports.

The color red denotes energy, spirit and confidence, and in China, red is the color of good luck and prosperity. This month red is *everywhere*, as we observe American Heart Month and, of course, it will soon be time to honor loved ones on Valentine's Day. We will also have the opportunity to "dress red" on National Wear Red Day on February 7. From my family to yours, may all your days be full of good luck, prosperity, great memories, confidence, a renewed spirit, good health and the love of your family, friends and neighbors!

*Virginia*

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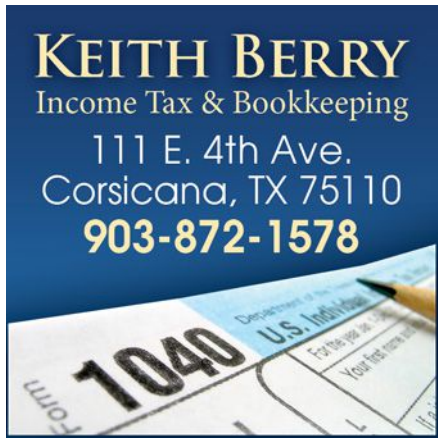

Michael Solis, DDS, General Dentistry, Rahul Joshi, DDS, General Dentistry, Dana T. Koren, DDS, General Dentistry, and Bryan Countryman, DDS, General

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### Common Sense Leader:

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- I will lead by standing for keeping our tax dollars in Navarro County with contractors, vendors, and jobs.
- I will lead by standing with "We The People" (our community).
- I will lead by faith and fairness to all people.

### Community:

- I will stand with our Navarro County Sheriff Department, Volunteer Fire Departments, and the Men & Women who serve for our safety.
- I will stand for making sure governing boards reflect the community or entity they are governing.

### Communication:

- I will keep communities informed.
- I will always have an open door for the community to voice their opinions.
- I will be accessible to the community and follow up in a timely manner.

### Commitment:

- I will be a hands on public servant leader willing to work hard to serve my constituents in Precinct 2 and all residents of Navarro County.
- I will be a Voice for ALL People!

*My Values...*

*Family comes first • Integrity matters • Justice should prevail*
*Service above self • Honesty & Transparency is a given*
*Humility is a gift • Bipartisanship is a must!*

*Dear Navarro County Resident,*

*I was born in Bryan, TX. I come from a close-knit family that has always believed in faith, family, community and hard work. Through family I learned how to love, lead, and support the visions of others. I have applied my family's principles, coupled with dedication and determination to accomplish goals and to succeed in life. My family and I have lived and served our community in Corsicana for over 8 years.*

*My wife Yolanda and I have been married for 11 years and we have 3 beautiful daughters: Jasmine , who is 17; Leah, who is 7; and the newest addition to our family, our daughter... Leila.*

*If you share my vision, I urge you to connect with me and help make it happen! Together, we can make a meaningful difference . . . for our families, our communities and our county.*

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# MOTHER Knows Best

— By Rick Herron

*A mother/daughter relationship goes through many changes, with the mother being — at one time or another — a rule maker, teacher, friend, manager, confidante and role model. Using her mom, Annett Chapple, as a role model and teacher has reaped immeasurable benefits for Karmon Betts. Both women work for the Corsicana Independent School District. Karmon is a librarian facilitator at Fannin Elementary*

*and Annett is a physical education paraprofessional at Drane Intermediate. What makes this story remarkable is that both were nominated, by their respective principals, as paraprofessional of the year within the school district.*

Paraprofessional is a term that describes a teacher's aide. According to the website, ehow.com, "Paraprofessionals are defined as individuals who assist a teacher in the classroom or help with other school programs under the supervision of the principal." Paraprofessionals play an integral part in the educational process.

To become a Texas paraprofessional, ehow.com states: "You must first have a high school diploma or GED certificate. In addition to having a high school education, you may also need up to 48 college credit hours in subject areas, such as English, mathematics, reading, child growth and development and other relevant areas." An individual can also earn an educational paraprofessional associate degree. A minimum amount of experience working with students is also recommended, which varies by school district. Paraprofessionals must take a screening test and pass the required competency examination, called the Paraprofessional's Assessment of Competencies Test, before becoming a Texas paraprofessional, and all school districts in the state require a valid paraprofessional certification, awarded through the State Board for Educator Certification.

Karmon, who was born and reared in Corsicana, said she received the bulk of her experience from more than 12 years of working in the Corsicana ISD. "At Drane, I was a paraprofessional for seven years before going to work in the school library," she said. "I moved over to Fannin Elementary as a librarian aide, where I read to the kids and help with checking books in and out. Recently, they changed the title of what I do there from librarian aide to librarian facilitator."

Annett is also a Corsicana native, who recently celebrated her 19th anniversary at Drane Intermediate. "I work with the kids and help teach them how to play volleyball, basketball — all kinds of sports," she said. "I'm in the gym all day long!"

The principal at Fannin, Diane Acock, called Karmon in June to let her know she had been nominated as Paraprofessional of the Year for Fannin Elementary. Karmon was amazed when she won the prestigious award. The plaque she received from the district is engraved: *Superintendents Award for Outstanding Paraprofessional Service, Presented by Dr. Diane Frost Superintendent 2012-2013*.

Annett, who was nominated for the award by Drane Intermediate Principal Adan Casas, was thrilled her daughter came out as the winner. She felt like she had won, too. "I was so proud of Karmon when her name was called out," Annett said. "She's worked hard and deserves the honor, that's for sure."

Annett explained that every year, each Corsicana campus nominates one individual for Paraprofessional of the Year. These campuses include: Carroll, Fannin, Bowie, Sam Houston and Navarro elementaries; Drane Intermediate; Collins Middle School;

and CHS. The number of paraprofessionals at each school varies by campus. "There are approximately 12 paraprofessionals at Fannin and eight at Drane," Annett said.

In addition to her paraprofessional work at Fannin, Karmon also works at the YMCA during the summer while school is in recess. "This past year, we started summer day camp in early June and finished in mid-August," she said. "Along with eight staff members, two junior counselors and two counselors in training, I worked with kids there who ranged in age from 5 to 12 years of age, Monday through Friday from 7:30 a.m. to 5:30 p.m."

The program hosted between 38 and 54 kids in YMCA summer day camp this past year, and one of their most popular outings was going to Camp Wanica. "We boarded the bus at the YMCA around 9:30 a.m. and got to the camp around 9:50 a.m. The activities included swimming, arts and crafts and board games, and everyone, including the counselors, had a really good time," Karmon said.

Each week of summer day camp is a different theme, with Fridays usually reserved for a field trip. "We've been to Chuck E. Cheese's, the movies, bowling and the Cook Center," Karmon said. "I'm looking forward to doing it again this year."

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With childhood obesity at an all-time high in the country, Annett believes the secret to creating an all-around successful physical education program is listening to the students. "When you listen, *really listen,* you learn about each of the children," she said. "You learn really quickly how to deal with the challenges and problems the kids may be experiencing. You learn how to build relationships, and soon they begin to trust you."

Annett's seven physical education classes, often range in size from 52 to 90 students, ages 10 to 12. She motivates the kids to participate in sports by making sure she's a part of the team. "I get out there and do it with them," she said. "It shows them that if I can do it, they can do it, too. Once I do that, everything eventually falls into place."

Both Karmon and Annett agree that having "the patience of Job" goes a long way in creating a successful learning environment for students of any age. Karmon is very thankful for the help and assistance she's received from all the teachers at Fannin, whom she calls her "Fannin family," and Annett feels the same way about her Drane Intermediate family.

Mother and daughter believe they have found their own secret to staying involved with students for a long time, and they are happy to share that advice with others who work with children in the school system. "Just make sure you are prayed up," Annett said. "I love what I do, and I know Karmon does, too. If you have a passion for children, it shows, and they feel it." NOW

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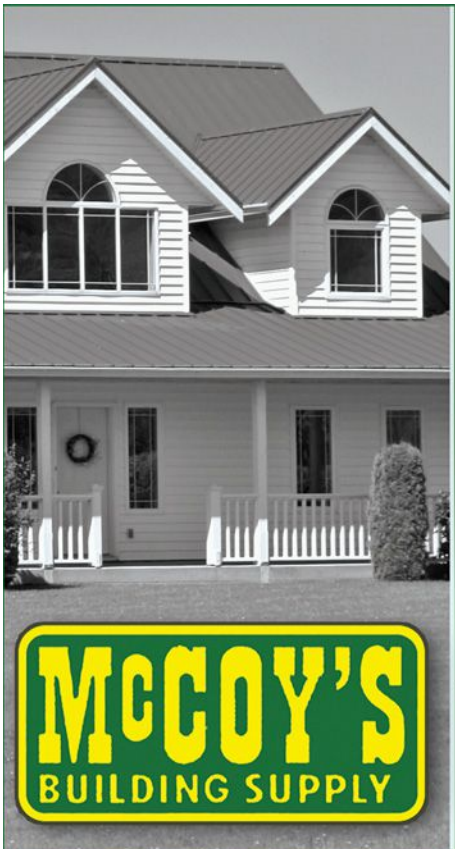

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  - ✩ North Central Texas Council of Governments Emergency Preparedness
  - ✩ Kerens Education Foundation
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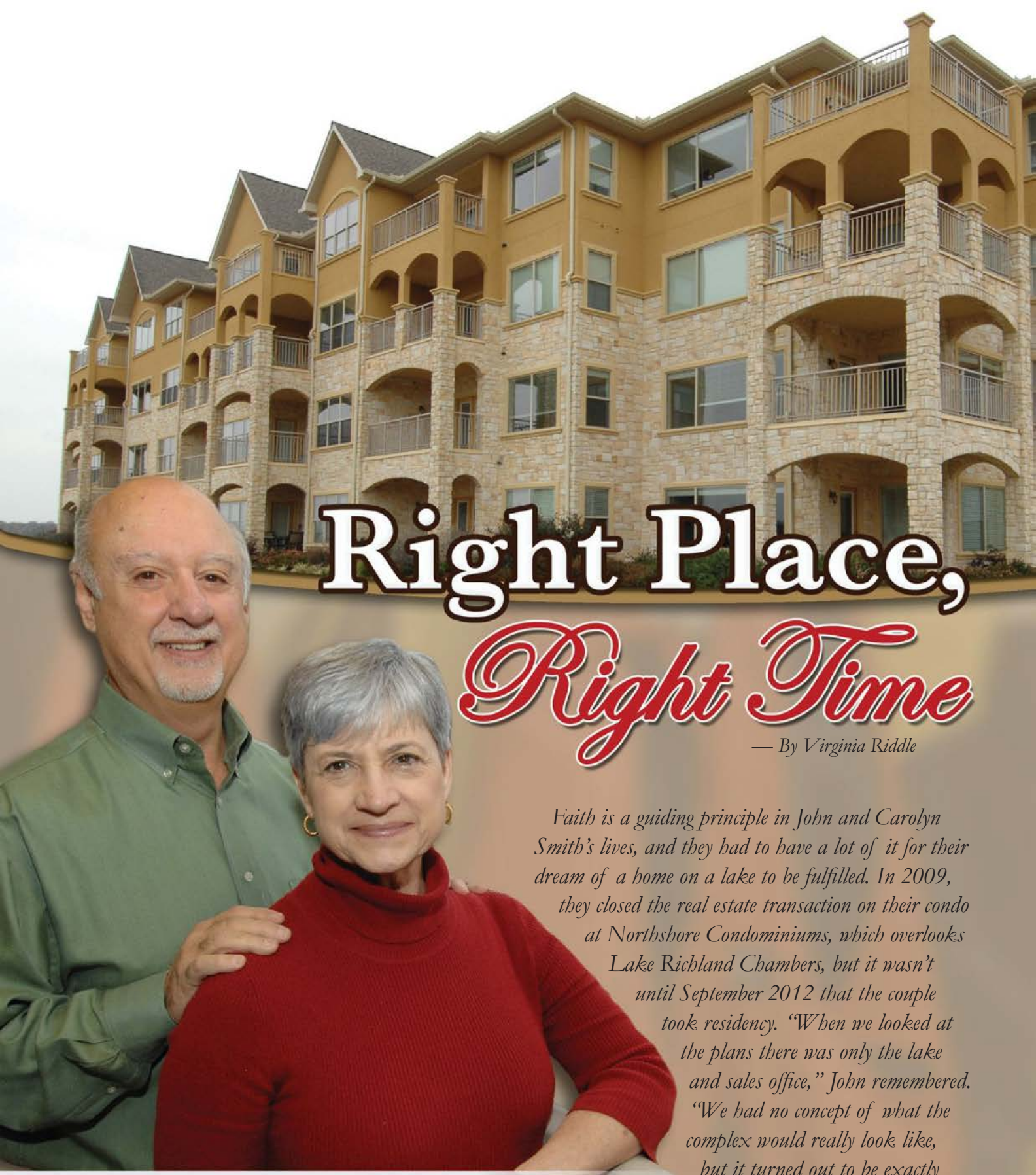


# Right Place, Right Time

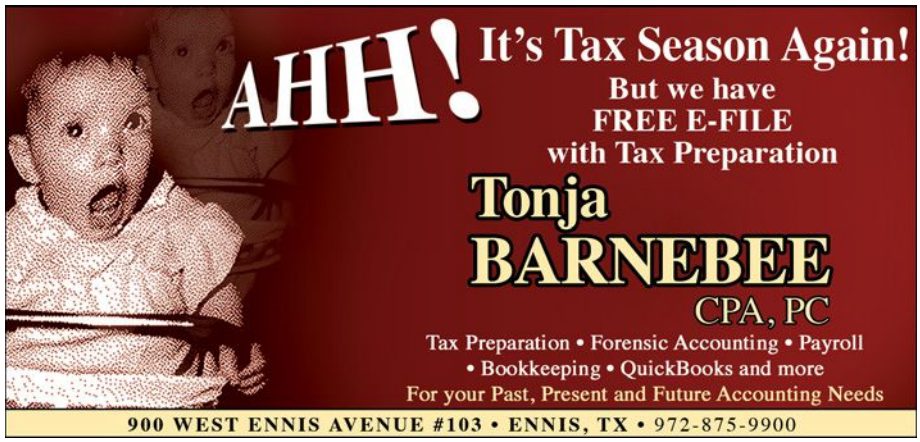
— By Virginia Riddle

*Faith is a guiding principle in John and Carolyn Smith's lives, and they had to have a lot of it for their dream of a home on a lake to be fulfilled. In 2009, they closed the real estate transaction on their condo at Northshore Condominiums, which overlooks Lake Richland Chambers, but it wasn't until September 2012 that the couple took residency. "When we looked at the plans there was only the lake and sales office," John remembered. "We had no concept of what the complex would really look like, but it turned out to be exactly what we needed and wanted. We chose our plan, signed the papers and three years and three weeks afterward, we moved in."*

## At Home With John and Carolyn Smith

But the wait was worth it. John has since retired from a career with Atmos Energy and TXU, and loves spending his time settling into the condo. This means tackling the many repairs and chores on his "honey do" list that accumulated at their principal residence in Irving during his career days. Carolyn is still employed by Guidestone Financial Services in Dallas but is starting to discuss retirement possibilities. Weekends find John and Carolyn enjoying time at the condo with new and old friends and family members. "People ask me what I do at the lake, and I tell them, 'I look out and watch the water go by, and then I watch it change directions,'" John laughed. "It is so relaxing out here."

John has seen many changes in his hometown of Irving. "When I was growing up there, Irving was just a small town," John reflected. "Now we are in the flight pattern of DFW." Carolyn was born in Longview, but she arrived in time to spend her high school days in Irving after her dad was transferred there for his work. "John and I met at church," she remembered. "Our first date was the sweetheart banquet." In 1969, John and Carolyn were married at that church, the First Baptist Church of Irving.

After college at The University of Texas at Arlington, children and careers, John and Carolyn began planning their retirement. Wanting to stay close to their life in Dallas, John drew a circle on a map representing everything within a 90-minute drive from Dallas. Another criterion was that the lake on which they were going to live had to have zoning ordinances, but not be a U.S. Army Corps of Engineers lake. "We also knew that we didn't want to mow grass anymore — especially at two homes," John said.

Lake Richland Chambers fit the bill, plus the condo was affordable, another important criterion. "I think we visited every possible lake within this area while we searched for just the right place," John recalled. "Richland Chambers is a secret jewel." The location is also close to Kerens, to which John has a family tie. His great- and great-great-grandparents lived in Kerens and are buried in Bazette Cemetery. "I have always loved history and now enjoy genealogy," John added.

The focal point of the condo is the balcony from which the couple enjoys a panoramic view of the water and the creatures the lake attracts. "The sunrises and sunsets in the fall and winter are amazing and wonderful," John revealed.

"And don't forget the scenes of harvest moons shining across the water," Carolyn chimed in. Summer is not to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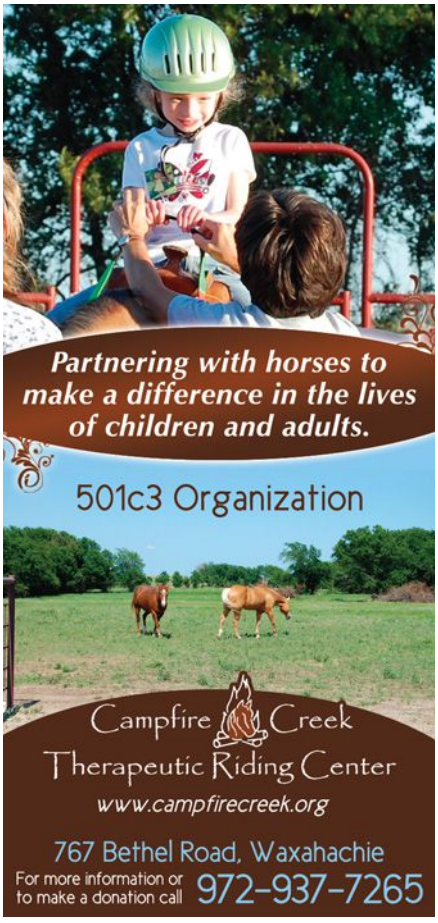
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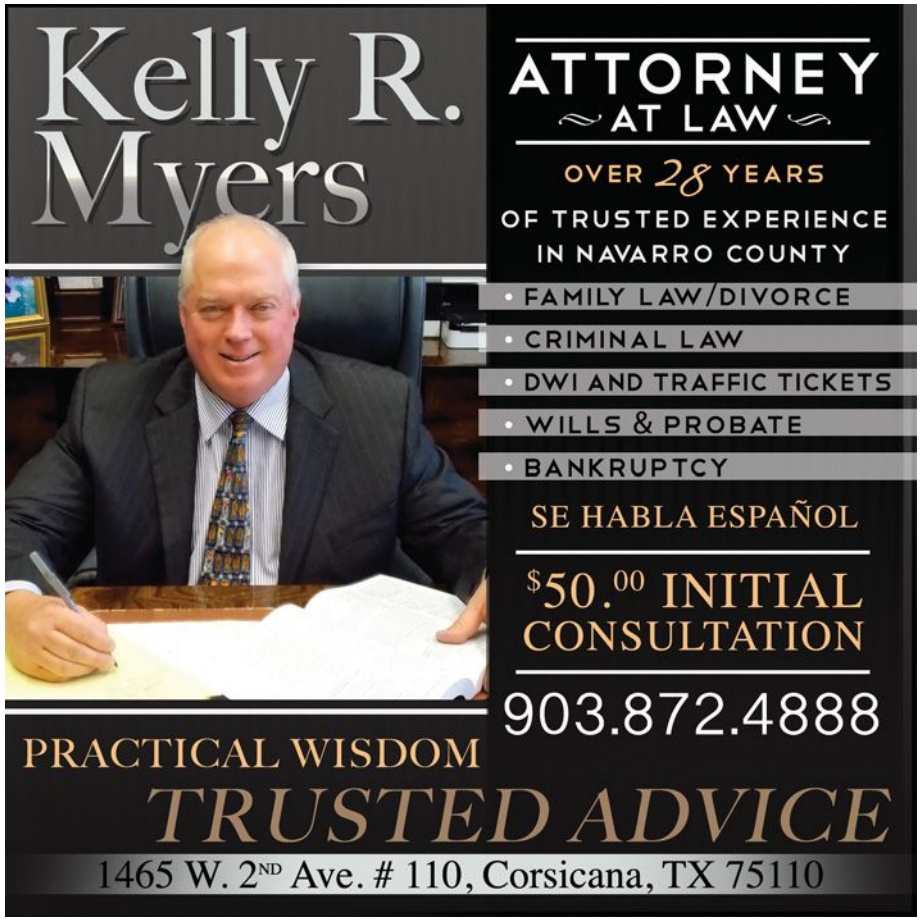
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be outdone either, since the balcony has proven to be the perfect place from which to watch Fourth of July fireworks shows in all the small communities surrounding the lake.

The large living, dining and kitchen areas provide ample room and seating for gatherings of holiday proportions. A full lake view through floor-to-ceiling windows is available even when the weather doesn't allow for sitting on the balcony. Over the windows is a plaque that reads: *The Smith Family Lake House, Est. 2012.*

A breakfast bar island serves as an all-purpose gathering spot. Carolyn's collection of pottery designed by an artist in Frisco, Colorado, is displayed above the beautiful cabinetry. John and Carolyn enjoy an interest in a timeshare in Breckinridge, Colorado, especially during hot Texas summers.

A master bedroom with a large walk-in closet and more-than-ample bath sports a red theme, while a guest bedroom and bath are decorated in bluish hues. "We shopped for one piece of furniture at a time," John said. "The local stores and their staff in Corsicana were great."

Along the entry hall are two closets: one holds the washer/dryer, and the other is called "the boat closet" by family members. John and Carolyn are parents to son, Scott, and his wife, Alex, who live in nearby Houston, and daughter, Jennifer, and her husband, Ben, who live in Coppell in the Dallas/Fort Worth Metroplex. The condo is almost an intermediate location for family gatherings which, most importantly, includes John and Carolyn's

four grandchildren — two from Houston and two from Coppell. Hanging in the boat closet are 10 life jackets, perfectly organized according to size, along with other boating gear. "We love to go boating and have a good time exploring this lake," Carolyn shared. "The beauty of living here is that the grandkids love to come and see us since there is so much to do." The older kids even go tubing.

The condo complex offers a lakeside pool with outdoor covered kitchen areas, an exercise room, a greenbelt for outdoor games and a clubhouse that can be reserved for larger gatherings. The clubhouse holds a small library, bumper pool table and full kitchen. "We have a resident rabbit, ducks, white egrets, blue herons and geese to watch," Carolyn observed. "We have also found eagles' nests and sandbars!"

New friends and memories are being made in this new home. "There are lots of nice people in Corsicana," Carolyn said. "We enjoy attending First Baptist Church of Corsicana. And at the condo, we have made wonderful new friends who really take care of each other. Everyone is very friendly — very inclusive."

For this couple whose love of travel has taken them to Europe and St. Kitts, more travel adventures fill their "retirement bucket lists." John wants to go to a major league baseball game at every park in the United States, while Carolyn hopes to visit all the presidential libraries. In the meantime, they are enjoying their second home by the lake. "We feel a true sense of community," John said. "This is the right place at this time in our lives." NOW

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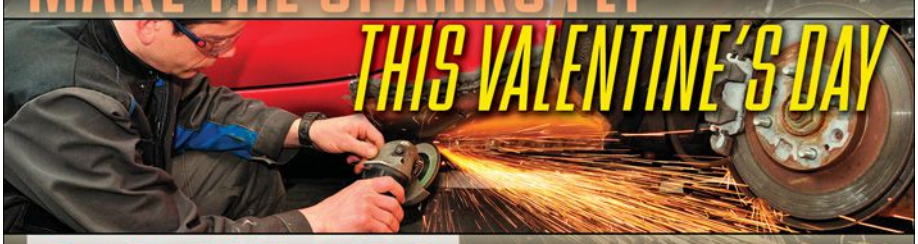

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# You're ENGAGED...? Now What!

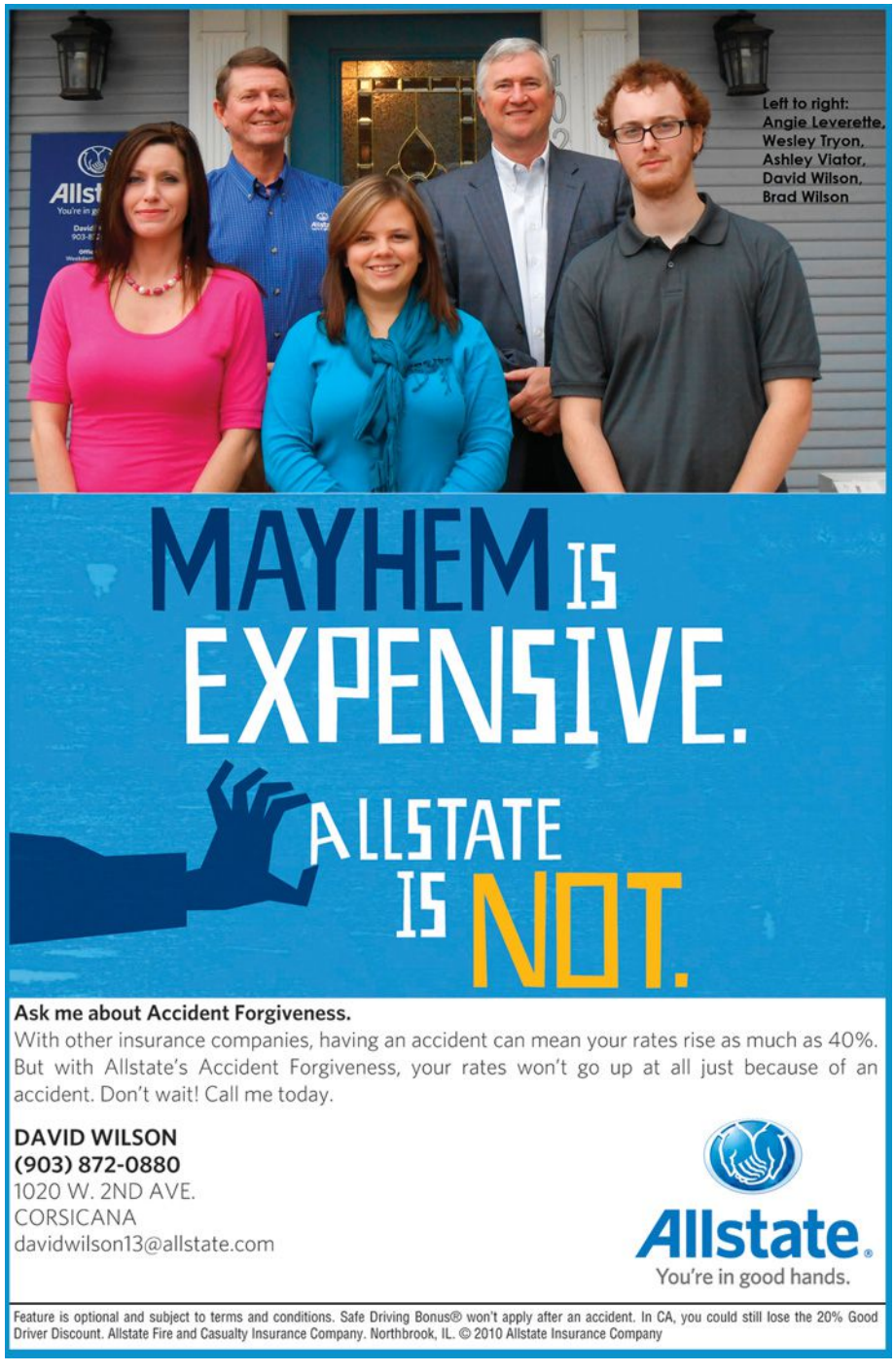
— By Shannon Pfaff

*He finally popped the question, and you said, "Yes!" Now it is time to plan your wedding. When you sit down to plan, you may be overwhelmed trying to figure out where to begin. Several things should be considered: the date, the location, the cost, etc. But one of the major tasks to think about is finding the dress. No matter how long the engagement, it is never too early to start shopping for your wedding attire.*

One of the first things to decide regarding the perfect dress is budget. A good rule is to budget 10 percent of the overall wedding fund for the dress, accessories and alterations. Wedding dresses can cost anywhere from $400-$4,000 depending on the store and brand. Larger bridal stores will have less expensive dresses, whereas the bridal salons will have pricier designer dresses with handmade details. If your wish is to have a custom-made dress, expect to pay more. When you decide what your dress budget will be, factor in the cost of alterations. Alterations for your dress can cost $100 or more. Remember, most dresses don't come with a bustle, so you will have to pay an alteration fee.

Another thing to consider when shopping for a wedding dress, is your body type. Some brides make the mistake of planning to shop for a dress when they have lost weight or ordering a dress in the size they plan to be for the wedding. It is best to shop early and purchase a dress based on your current size. You can always have the dress altered later if you lose weight. Body type is more than just dress size, you need to think about your body shape as well. Are you shaped more like an hourglass? A triangle-or pear-shape? An apple-shape? Or a rectangle-shape? Knowing your shape can help you determine which dresses will accentuate your best features and mask the ones you like least.

Shopping for your dress may be stressful, but it should be fun and exciting as well. Consider bringing a close friend or family member with you while you shop. Second opinions can help when you are trying to narrow down your



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choices. Then there is the added bonus of having someone who isn't working on commission tell you how beautiful you are. Of course, you can bring more than one person with you while you browse, but don't feel obligated to bring everyone who expresses a desire to go with you.

Whatever dress you decide to wear, make sure you love it. Begin shopping early to allow time to look at multiple stores with plenty of time for shipping your dress. With many bridal store options available, you are sure to find the dress that fits your budget and your body type perfectly. Don't be afraid to go back and try a dress on two or three times. After all, you will be gracing the aisle, and you'll want to feel good about how you look.

For more help with planning your wedding, here is a timeline to keep you on track:

## 12 Months Before:

- Select a date.
- Think about the wedding type — formal or informal.
- Set a budget.
- Hire a wedding planner, if desired.
- Reserve ceremony and reception sites.
- Select attendants.
- Select and book caterers, photographers, videographers, florists, musicians, etc.
- Begin compiling guest list.

- Shop for wedding dress and accessories.
- Start planning honeymoon.

## Nine Months Before:

- Order your dress and accessories.
- Create a wedding website.

## Six Months Before:

- Send save-the-date cards.
- Sign contracts and place deposits for wedding services.
- Reserve rental equipment — tables, chairs, tents, etc.
- Meet with officiant to go over ceremony details.
- Choose attendants' attire.
- Order wedding cake.
- Book honeymoon.
- Begin planning rehearsal.

## Four Months Before:

- Schedule fitting.
- Schedule appointments for hair and makeup.
- Register for gifts.
- Purchase or reserve groom's attire.
- Book accommodations for wedding night.
- Choose and order favors.
- Choose gifts for wedding party.
- Order invitations, announcements and stationary.
- Arrange transportation for the wedding day.
- Compile a music list for your ceremony/reception.

## Two Months Before:

- Go over final details with service providers — menu, flowers, etc.
- Address invitations and announcements.
- Make a list of readings for the ceremony.
- Complete the order of the ceremony and reception.
- Print programs.
- Purchase wedding rings.
- Send event schedule to the vendors.
- Shop for ceremony/reception accessories, such as a cake knife and the guest book.
- Schedule rehearsal and rehearsal dinner.

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## Six Weeks Before:

- Mail invitations.
- Discuss wedding photo ideas with photographer and videographer.
- Send announcement to newspaper.
- Prepare all of the necessary name change documents.

## Four Weeks Before:

- Obtain marriage license.
- Make final payments to vendors.
- Arrange for final dress fitting.
- Confirm times with all vendors, including hair and makeup.
- Assign seating for reception.

## Two Weeks Before:

- Notify caterer or reception venue of the guest count.
- Address announcements.

## One Week Before:

- Pick up wedding rings.
- Confirm details with all service providers, including arrival times.
- Verify that all attendants have picked up their formalwear.
- Delegate wedding day tasks — transporting gifts, bustling dress, etc.
- Make sure attendants know when to arrive for the rehearsal, rehearsal dinner and wedding.
- Pick up your dress.
- Set aside final payments for vendors.
- Pack for honeymoon.
- Advise caterer of changes to guest count.

## The Day Before:

- Review seating arrangements with the ushers.
- Make sure groom's attire is picked up.
- Rehearse ceremony.
- Rehearsal dinner.

## The Wedding Day:

- Eat something!
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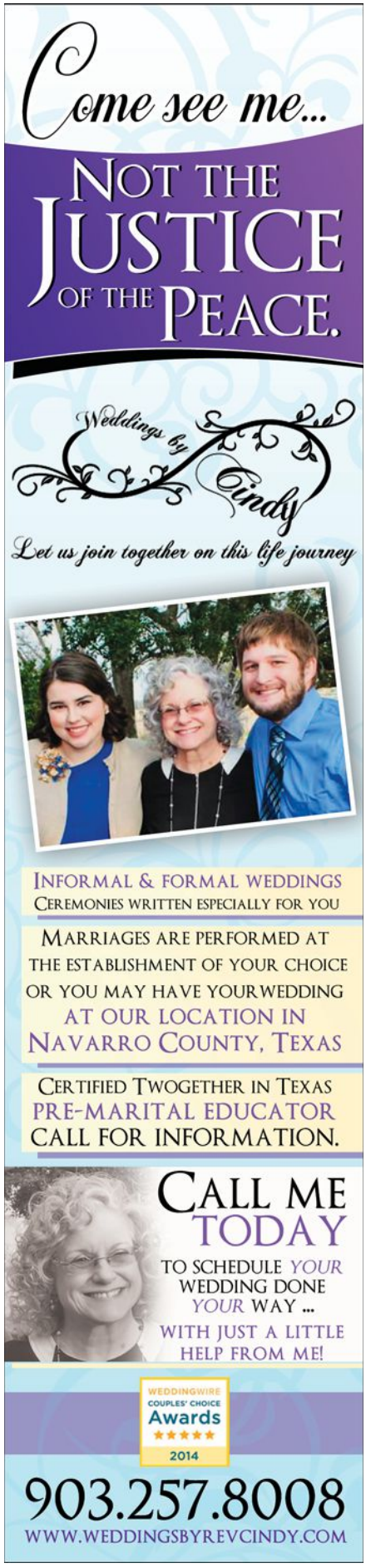
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# Finding a Way to WIN

— *By Jon Peeler*

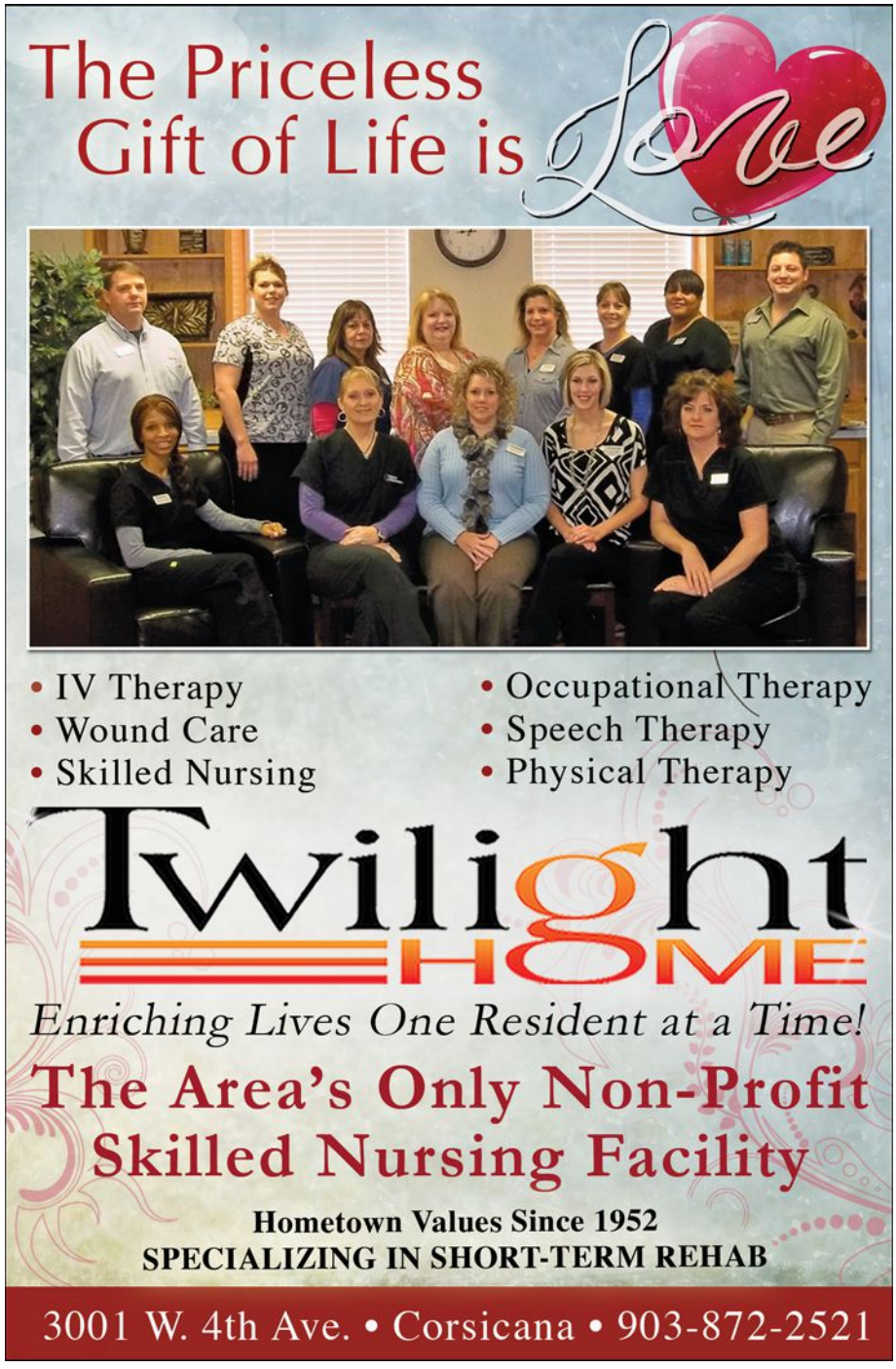
*Across America, on just about any Saturday, kids are lacing up shoes and stretching out to take part in what seems to be one of the most popular youth sports in the country — soccer. While soccer is growing in leaps and bounds in the youth category, few kids seem to participate past the age of 13. Even fewer look at it as a serious sport. Unless of course, those kids are playing for Coach Stan Jones at Corsicana High School.*

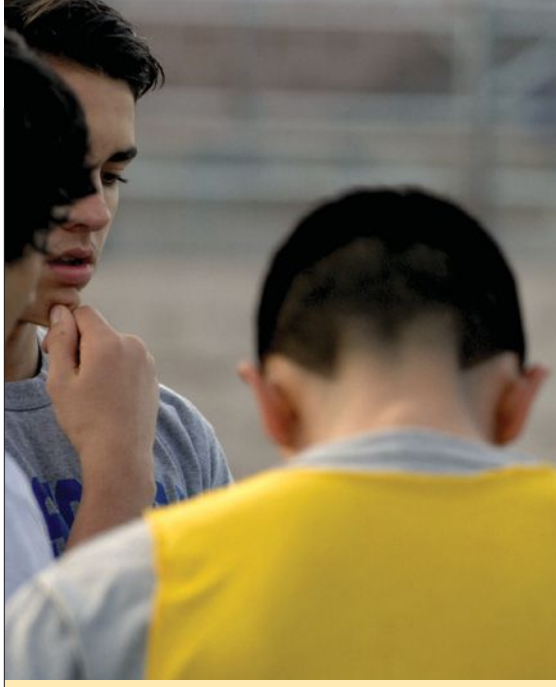
In a region that is dominated by football, it may seem surprising to see the turnout the high school soccer program commands. Coach Jones' coaching style and team philosophy is very appealing to the students. "I try to give every kid a chance to succeed in this program," Coach Jones said. "Most teams have just enough kids to fill out one or two teams with a few backups. We had about 65 girls and a little over 100 boys at tryouts this year."

> "I have a tremendous amount of respect for my teammates – a respect for their abilities and all the work we have all done to get ready for each game."

And succeed his athletes do, both on and off the field. For instance, the girls' team captain, Marisol Miranda, is everything one would expect a team captain to be and more. She's an outstanding soccer player and a leader whenever she takes the field. But Marisol is much more than that. She is also an above-average student with hopes of taking her soccer skills to the next level in a college setting. A hard worker who routinely works 20-plus hours per week on top of her demanding school and practice schedule, perhaps her most important responsibility is that of mother of a 2-year-old little boy. It may be hard to imagine, but Marisol somehow keeps it all going with a confidence that is evident at first sight. "I can't imagine not playing soccer. It's my life," Marisol explained. "We're like a big family. I'd do anything for them, because I know they would do the same for me."

The importance of the team to the athletes is not lost on Coach Jones. "Even though she's a strong girl, I can say that without the soccer program, Marisol's story could have been different," he said





with pride. I can't say all of my kids are perfect. After all, they are kids. I like to think this team and the family soccer culture I'm trying to instill plays a part in making [the kids] better people."

Part of that family culture comes naturally. Many of the players share family ties that stretch back generations and cross between the boys' and the girls' teams. While many of the players are not related, most of them have been playing with and against each other since they were old enough to wear cleats. These common ties are what drive these players to not only play for Corsicana High School, but to play for Coach Jones when so many of their classmates chose to focus on other sports or simply move on in a different direction.

This is something that Coach Jones doesn't take lightly. "It's flattering, really, to see how hard they all work for me," he recounted. "The best way I can repay that loyalty is to push them, to help them find out just how good they can be."

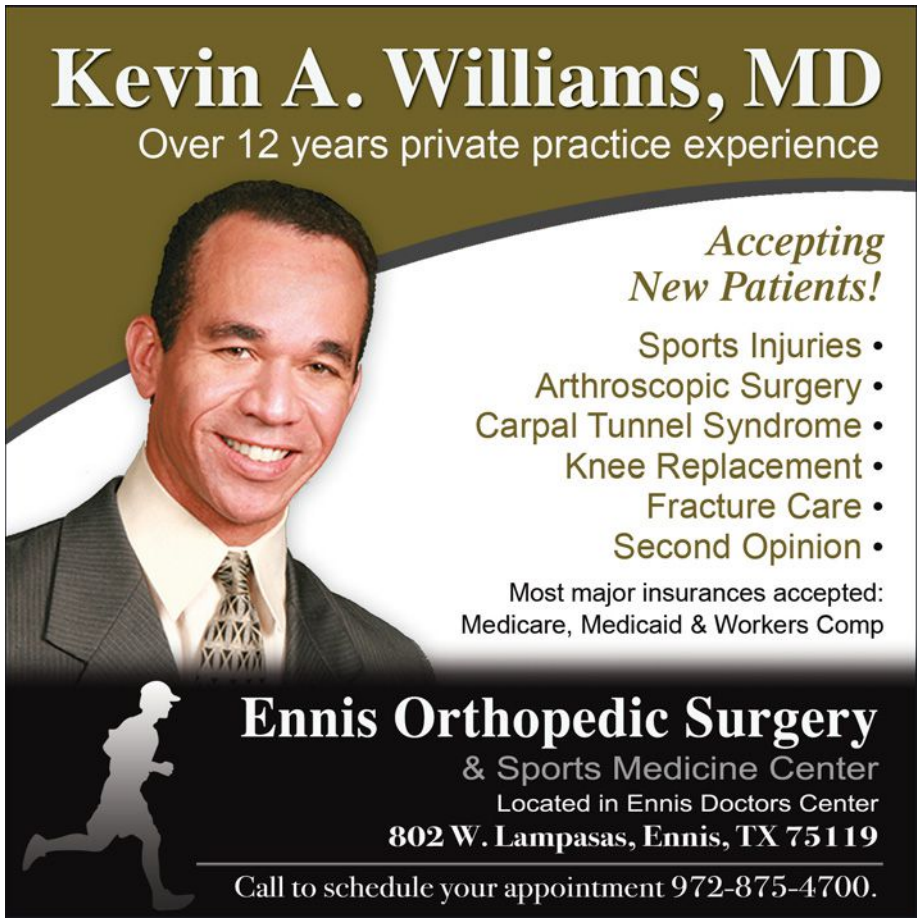
The evidence that Coach Jones' coaching methods bear fruit is found in the results, on the field, in the locker room and in students like Allen Bernal.

Allen is a senior on the team and the boys' team captain. His leadership comes without effort, whether from years of training or from a natural ability. Most likely it's a combination of the two, honed to a fine edge. But where it comes from is really unimportant. What is important is that Allen is carefully skilled at that leadership. "We're lucky enough to have a lot of good soccer players on

the team," Allen said with a wisdom that's hard to find in a young man his age. "But that's not what makes us a good team."

What makes the CHS soccer teams great goes back to the philosophy of a soccer culture and family that Coach Jones has worked all these years to instill. "I have a tremendous amount of respect for my teammates — a respect for their abilities and all the work we have all done to get ready for each game," Allen explained. "I trust that my teammates won't let me down, but I know that I can't let them down."

Allen's words reflect the unspoken pact everyone shares. "It really is fun to watch it all come together," Coach Jones said. "I know they have the skills. We've all put in

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the work. When they're out on the field, I have complete trust that if there is a way to win, they will find it."

It's yet to be discovered how far soccer and Coach Jones' lessons will take these kids as they move on to other lifetime endeavors. After graduation, Allen plans on attending college. "I'm not sure if I'll be playing for a college team or if I'm going to focus on my studies and stick to club soccer. Either way, I can't imagine not playing in some way," Allen said.

Whatever road Allen chooses to follow, Coach Jones has faith in his young star. "Allen probably doesn't know yet exactly what he wants to do with his life. Who does at 17?" Stan explained. "But whatever he decides to do, he's going to be awesome at it, because he knows how to work for a goal."

For Coach Jones, teaching students how to reach their goals is the real point anyway. Less than 10 percent of high school athletes will be offered a scholarship, and fewer still will play beyond that level. But the players for the CHS soccer teams won't need the game of soccer to find their way through life. "I see so many kids who take everything for granted these days," Coach Jones said. "What I really want to teach my kids is what it takes to succeed. I'm just using soccer to teach them that." Judging by the athletes who play for Coach Jones, both on and off the field, he's taught these athletes well. NOW

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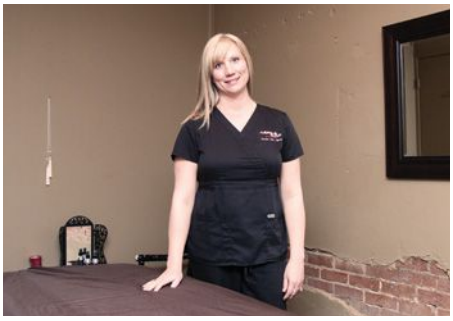

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The goal of ArtisticEdge stylists is to welcome customers with true Texas hospitality and send them on their way feeling beautiful.

# Uptown Dos in Downtown

*Come to ArtisticEdge for a caring, Christian-oriented, upscale salon experience.*

*— By Virginia Riddle*

What started as Abby Cabezas' project for her Navarro College cosmetology class turned into a beautiful spa experience for many Corsicana area residents. Her grandparents and ArtisticEdge owners, Paul and Rebecca (Bekah) Toberlin, were called by Abby to render their experience in construction and interior design. When Paul and Bekah saw the end result of Abby's proposed turnkey salon, they decided to follow through and opened ArtisticEdge. "It was a whirlwind," Bekah said. "We started applying for everything in July 2009 and opened the following November. It has been a blessing."

Celia Vasquez was the first operator to join the new venture. "Celia is a hard worker. She just flies under the radar," Bekah commented. "A lot of our success is due to Celia and Abby's efforts." The salon has grown into a blossoming business of independent professionals serving appreciative clients. These key workers are Amanda Blackman, Sara Bourke, Abygail Cabezas, Yara Compean, Kay Ellison, Bridget Gamez, Katilyn Miles, Laura Rojas and Kate Sweat. Bekah, who studied business at Dallas Baptist College (now Dallas Baptist University), uses her extensive prior business experience in advertising as owner/manager. "Our staff has come to ArtisticEdge while searching for 'their' place to belong," Bekah explained. "I enjoy working with these professional ladies." Some of the stylists are graduates of the Navarro College cosmetology program while some are new to Corsicana. The salon offers a total of over 75 years' worth of experience!

ArtisticEdge is a full-service salon offering all hair styling services, massages, pedicures and manicures, facials and waxing. Special events, such as weddings, are welcomed. The salon donates time and materials to schools, churches and drug rehabilitation programs. They also work with the Locks of Love program and cancer awareness programs.

"AE's location was previously an antique store," Bekah mused. "We started with a blank canvas and designed everything including the custom-built cabinets." The result is a strong red and black color scheme, softened by the sound of a waterfall and music. True Texas hospitality is experienced by customers through complimentary coffee and mints. "We have candy for kids," Bekah revealed with a laugh. "We bribe them!"

The salon is a member of the Corsicana Main Street Project. Bekah uses her decorating experience in the shop's window displays, which earned an award from the Corsicana and Navarro County Chamber of Commerce during Christmas 2012. Bekah enjoys attending the Navarro College Small Business Development Center seminars that the Chamber hosts. "I always learn something new," she said.

Bekah, a native of McKinney, appreciates owning a business with the small-town atmosphere of downtown Corsicana. "Beaton Street reminds me of old-town McKinney when I was growing up," she observed. "The people of Corsicana are some of the sweetest and friendliest folks." Paul and Bekah have three children and seven grandchildren.

No matter what challenges customers may present to Bekah and the AE staff, they're committed to pleasing each customer. "If a customer is not completely satisfied, we want to know so we can make everything right," Bekah pointed out. "We make sure each customer feels he or she will be heard and are happy with their service."

"We love getting to meet people, getting to know our clients, making them feel beautiful and having them walk out smiling," Abby shared. According to her, that's the goal that guides the salon's stylists each day. NOW

*Tameira Smith, Kristin Lopez and Olivia Farmer, Navarro College athletes, ask folks to Fill The Bus with donations for a worthy cause.*

*The Corsicana business community turns out to celebrate the opening of the Bloom Consignment Shop.*

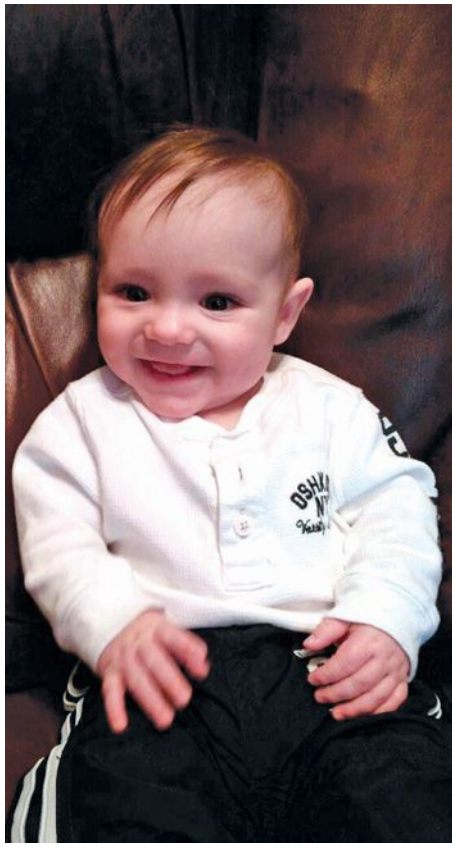
*Daniella relishes a fun time in the sun at Community Park.*

*Nelia Tovias provides customer support with a smile at the Corsicana & Navarro County Chamber of Commerce.*

*Laura Herrin leads members during the YMCA step class.*

*Steve Cole, on behalf of the Vietnam Veterans of American Chapter 1009, donates a new smoker to Jean O'Conner, a member of the Corsicana Angels Troop Support.*

*From left, CHS students, Mayte Vazquez and Isaiah Flores, help Carter Blood phlebotomist, Andrew Gomez, during a CHS blood drive.*



*Ezra Clay Haden is all smiles at a recent family gathering.*

*CTWP celebrates its opening with Corsicana & Navarro County Chamber members.*

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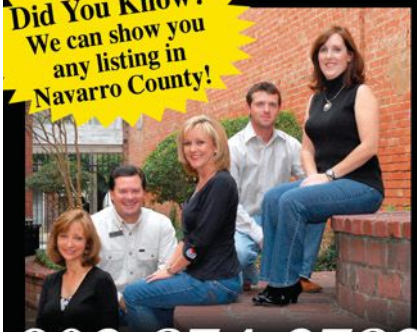

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# Three Steps Toward Financial Wellness

Are your finances healthy, or could they use a checkup? It's still early in the new year. Start it with a fresh resolve to achieve financial wellness.

**Control Debt**

Enhance your financial health by keeping debt manageable. Know what you owe and make a plan to control debt using these tips:

• Pay off debts with the highest interest rates first, such as credit card balances.

• Pay as much as you can on your smallest debts and pay at least the minimum on large ones — even modest accomplishments can motivate you to continue.

• Review your finances to see that you're not overextended: For example, your home typically should cost no more than 2 to 2.5 times your household income and your mortgage should be no more than 80 percent of the home's value.

• Don't use credit cards to get out of debt. You'll not only pay more in interest, but you could damage your financial health and credit score at the same time.

Learn more about debt management with these tips:

**Spend Wisely**

Financial wellness is based on living within your means. Spending money carefully and wisely will greatly enhance your financial health.

• Write down every expense for a month and find out exactly where your money is going. You may be able to identify "extra money" to apply to your goals.

• Make a realistic budget using convenient online tools such as Mint.com.

• Two-income families: Try to cover monthly expenses with just one income and use as much as possible from the other paycheck for savings.

• Before buying, ask yourself if the item is a *need* or a *want*. If it's the latter, wait a few weeks before you buy to make sure you have the cash in hand — or to decide if you still want it.

An income and expenses worksheet from the FDIC can help you review your finances.

**Increase Savings**

Saving for retirement, children's education, emergencies or other expenses can help protect you — plus it delivers peace of mind.

• Get in the habit of paying yourself first. Give savings the same importance as paying bills, and save something from each paycheck.

• Participate in your company's automatic savings program, if one is available. And always contribute enough to take advantage of matching funds, if they're offered.

• Many experts suggest putting at least 10 percent of your income into savings, and some recommend saving as much as 25 percent. If saving is hard for you, start by saving at least 1 percent of your paycheck and commit to increasing your savings level as your salary grows.

• Save enough in your emergency fund to cover at least six months' worth of expenses — enough for nine to 12 months is even better. If you do tap into these savings, rebuild the fund as soon as possible.

Need a few pointers? Visit AmericaSaves.org for a list of 54 ways to save money. Get more tips for building financial wellness with MyMoney Five from MyMoney.gov. And learn how to build an emergency fund with tips from State Farm®. NOW

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

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1 Medicare & You. National Medicare Handbook, Centers of Medicare and Medicaid Services (Revised 12/2011).

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# Give Your Baby a Healthy Start

Planning a pregnancy or already expecting a baby? Ensuring that your baby boy or girl has a healthy start to life begins with good prenatal care. Following a prenatal care plan can positively impact both you and your baby's health by minimizing pregnancy complications, decreasing the likelihood of birth defects and easing postpartum recovery. It's important to begin prenatal care early — and see your doctor regularly — to get the maximum benefit for you and your developing baby. The first step in promoting your growing baby's good health is to establish healthy habits for yourself, before you become pregnant: a nutritious diet, regular exercise and avoiding harmful substances such as tobacco, alcohol and certain medicines and foods.

Once you are pregnant, good nutrition, plenty of exercise, sleep and avoiding stress are good guidelines to follow. Babies born to mothers who do not receive prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care, according to the March of Dimes. Babies that weigh less than 5 pounds, 8 ounces at birth are considered low birth weight and are at greater risk of serious health problems and disabilities such as mental retardation, learning problems, cerebral palsy, bleeding in the brain, digestive problems and vision or hearing loss. These infants' survival rate is also lower than babies of normal weight (about 5 1/2 to 9 pounds).

The main reasons that a baby may be born with a low birth weight is premature birth — born before the 37th week of pregnancy — or growth restriction (a baby that is full term, but underweight). This means during pregnancy something happened to slow down or stop the baby's growth. A variety of factors can cause premature birth or slow growth and development during pregnancy.

If you're planning to start a family, begin with a preconception checkup. Your doctor can help screen for certain health problems, infections, make sure your immunizations are up to date, as well as discuss your nutrition and lifestyle habits, medications and certain foods and beverages to avoid during pregnancy.

Your doctor will establish a regular schedule of check-ups and various screenings. It's important to follow this plan and comply with your doctor's instructions for your medical care and personal health habits. Specific lifestyle choices an expectant mother can make to reduce the chances of having a low birth weight baby include: avoiding tobacco and alcohol, getting adequate rest and nutrition, managing stress and taking a daily multivitamin with folic acid (0.4 mg). It's also important to work with your doctor to manage any chronic conditions that can affect your pregnancy and your baby's growth, such as high blood pressure, diabetes or thyroid disease. NOW

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**Through February 28**
"That Fleeting Moment in Time" art exhibit by Bruce Peil: Warehouse Living Arts Gallery. For more information, visit www.navarrocounciloftheartscom.

**February 1 — 8**
*Moonlight and Magnolias*: Warehouse Living Arts Center. For more information or to make reservations, call (903) 872-5421 or visit www.warehouselivingartscenter.com.

**February 10**
Corsicana Education Foundation presents CAST: 6:00-8:30 p.m., streamed live from the Corsicana High School Gym. For more information, call (903) 602-8133 or visit www.corsicanaef.com.

**February 11**
Vietnam Veterans of America, Chapter 1009 meeting: 7:00 p.m., Sirloin Stockade. For more information, contact Ron Wright at (903) 229-0497.

**February 13**
AARP Driver's Safety Course: 10:00 a.m.-2:00 p.m., Navarro Regional Hospital classroom. For more information or to make reservations, call Connie Beal at (903) 654-6892.

**February 14**
Senior Circle Pot Luck Luncheon: 11:30 a.m. - 1:00 p.m., Navarro Regional Hospital. For more information, contact Connie Beal at (903) 654-6892.

Chocolate Talk: Noon, Navarro Regional Hospital classroom. For more information or for reservations, contact Connie Beal at (903) 654-6892.

**February 15**
Texas A&M Singing Cadets: 7:00 p.m., Palace Theatre. For more information or to purchase tickets, contact Cindy Williams, club president at cabwilliams@gmail or call the box office at (903) 874-7792.

**February 19**
Dining Out With the Circle: 11:30 a.m.-1:00 p.m., Sirloin Stockade. For more information, contact Connie Beal at (903) 654-6892.

**February 20**
Meet the Artist: 5:00 p.m., Warehouse Living Arts Center. Meet Bruce Peil whose show "That Fleeting Moment in Time" is on exhibit in the Warehouse Gallery. For more information, visit www.navarrocounciloftheartscom.

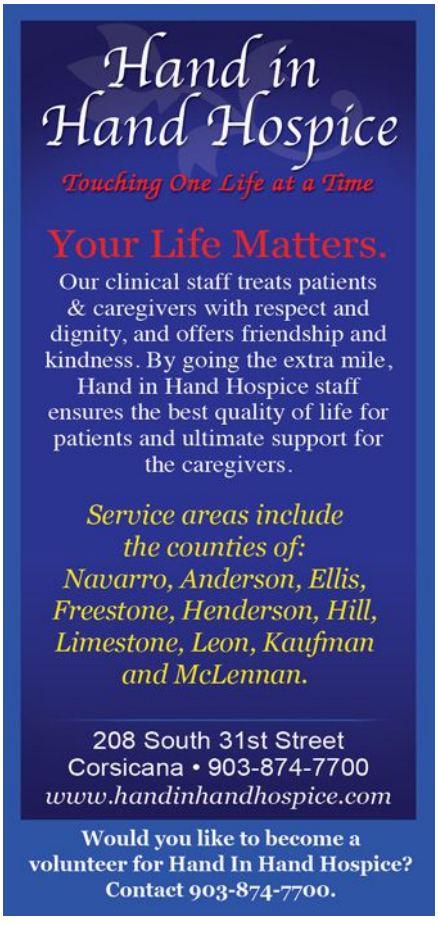
**February 23**
Logan Harp Duo: 2:00 p.m., Palace Theatre. Tickets to enjoy these jazz harpists are $5-15. For more information or to make reservations, call (903) 874-7792.

**February 25**
Senior Circle Lunch and Learn: 11:30 a.m. -1:00 p.m., Navarro Regional Hospital classroom. For more information and reservations, contact Connie Beal at (903) 654-6892.

**February 27**
Corsicana Newcomers' Club: 11:00 a.m., Kinsloe House. For more information or confirmed reservations, contact Marge Oslick at (903) 872-3508.

**March 1**
Navarro College Baseball Game: Noon, Navarro College-Corsicana campus. For more information, call 1-800-NAVARRO.

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

# In the Kitchen With Nancy Houck

*— By Virginia Riddle*

Corsicana Library patrons know Nancy Houck's smiling face and helpful manner, but she is known by her fellow librarians for her great food and creative culinary presentations. Nancy learned from her mother. "My mother amazed me. She didn't use a mixer and never measured anything," Nancy said.

However, times are changing. With the click of a mouse, recipes are accessible. "There are any number of cooking websites," Nancy pointed out. "I do love cooking with my co-workers at the library for any kind of special event. And if I need a good cookbook, especially one relating to health and diet, the cooking section at the library is the place to go." NOW

## Chicken Spaghetti

*Makes two casseroles.*

**1 chicken, boiled and deboned**
**Salt, pepper and garlic salt, to taste**
**1 large onion, chopped**
**1 green pepper, chopped**
**2 stalks celery, chopped**
**1 pkg. long Italian spaghetti**
**1 lb. Velveeta cheese**
**1 stick margarine**
**1 4-oz. jar pimentos, diced**
**1 2.25-oz. can sliced black olives**
**1 10 3/4-oz. can mushroom soup**

**1.** Preheat oven to 350 F.
**2.** Cook onion, pepper and celery in chicken broth until almost tender.
**3.** Add spaghetti; cook until tender and drain.
**4.** Add Velveeta cheese, chicken, margarine, pimentos, olives and soup; stir well.
**5.** Bake for 30 minutes.

## Pasta Salad

**12 oz. pasta of choice**
**8 slices thin bacon**
**1/2 cup mayonnaise**
**1/2 cup cold milk**
**4 Tbsp. white vinegar**
**1/2 tsp. salt**
**Dash of sugar**
**10 oz. grape tomatoes**
**1/2 lb. cheddar cheese, cut into small cubes**
**3 green onions, sliced**
**Black pepper, to taste**

**1.** Cook pasta according to package instructions; drain, rinse in cold water and set aside.
**2.** Cut bacon into 1/2-inch pieces.
**3.** In a large skillet, sauté bacon until crisp; transfer to drain on paper towel.
**4.** Mix mayonnaise, milk, vinegar, salt and sugar in a small bowl.
**5.** Thoroughly mix all ingredients in a large mixing bowl.

## Hash Brown Quiche

**3 cups shredded, frozen hash browns**
**3 Tbsp. butter, melted**
**1 cup cooked ham, chopped**
**1 cup cheddar cheese, shredded**
**1/4 cup bell pepper, chopped**
**3 large eggs**
**1/2 cup milk**
**1/2 tsp. salt**
**1/4 tsp. pepper**

**1.** Preheat oven to 425 F.
**2.** Press hash browns into bottom and sides of 8-inch pie plate; drizzle with butter.
**3.** Bake 25 minutes; reduce temperature to 350 F.
**4.** Combine ham, cheese and bell pepper; spoon into hash brown crust.
**5.** Beat eggs in a small bowl.
**6.** Add milk, salt and pepper; pour over ham mixture.
**7.** Bake for 25-30 minutes, until set.

## Pumpkin Bars

**4 eggs**
**1 2/3 cups sugar**
**1 cup vegetable oil**
**1 15-oz. can pumpkin**
**2 cups sifted all-purpose flour**
**2 tsp. baking powder**
**2 tsp. ground cinnamon**
**1 tsp. salt**
**1 tsp. baking soda**
**1 12-oz. can cream cheese icing**

**1.** Preheat oven to 350 F.
**2.** In a large bowl, mix eggs, sugar, oil and pumpkin with an electric mixer until light and fluffy.
**3.** Stir together flour, baking powder, cinnamon, salt and baking soda.
**4.** Add dry ingredients to pumpkin mixture; mix at low speed until batter is smooth.
**5.** Spread batter onto greased 13x10-inch pan.
**6.** Bake 30 minutes; cool and spread with cream cheese icing.

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

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