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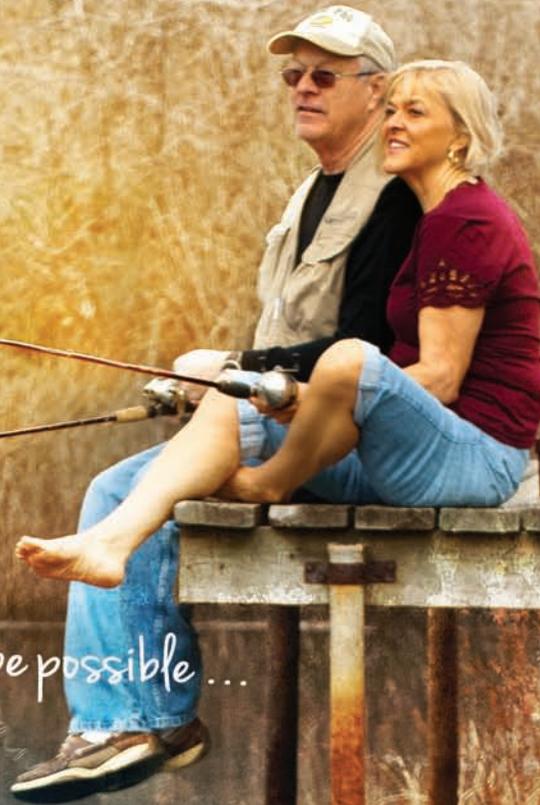
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The Shimoneks' home reflects their creativity.

Photo by Amy Ramirez.

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

Editor's Note

Spring Forward, Corsicana!

Wake up, world, spring is here! We will be springing forward on March 11, making it possible for us to enjoy the outdoors a little bit longer each day. Spring brings cleaning the clutter and dirt out of our homes and getting dirt under our finger nails while we help the warmer and longer days bring back color to our gardens. Let's hope for gentle, much needed rains that will fill our stock tanks and lakes for our livestock and summer fun.

This month, many of us are busily involved with the Navarro County Youth Expo. So many students, teachers, family and community members and county extension agents have worked hard to make this show a success and learning experience for the students. Let's come out and support our youth as they show their projects.



Virginia

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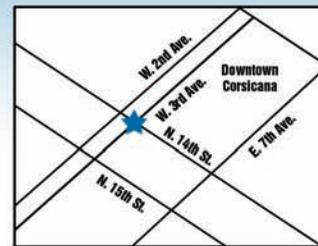
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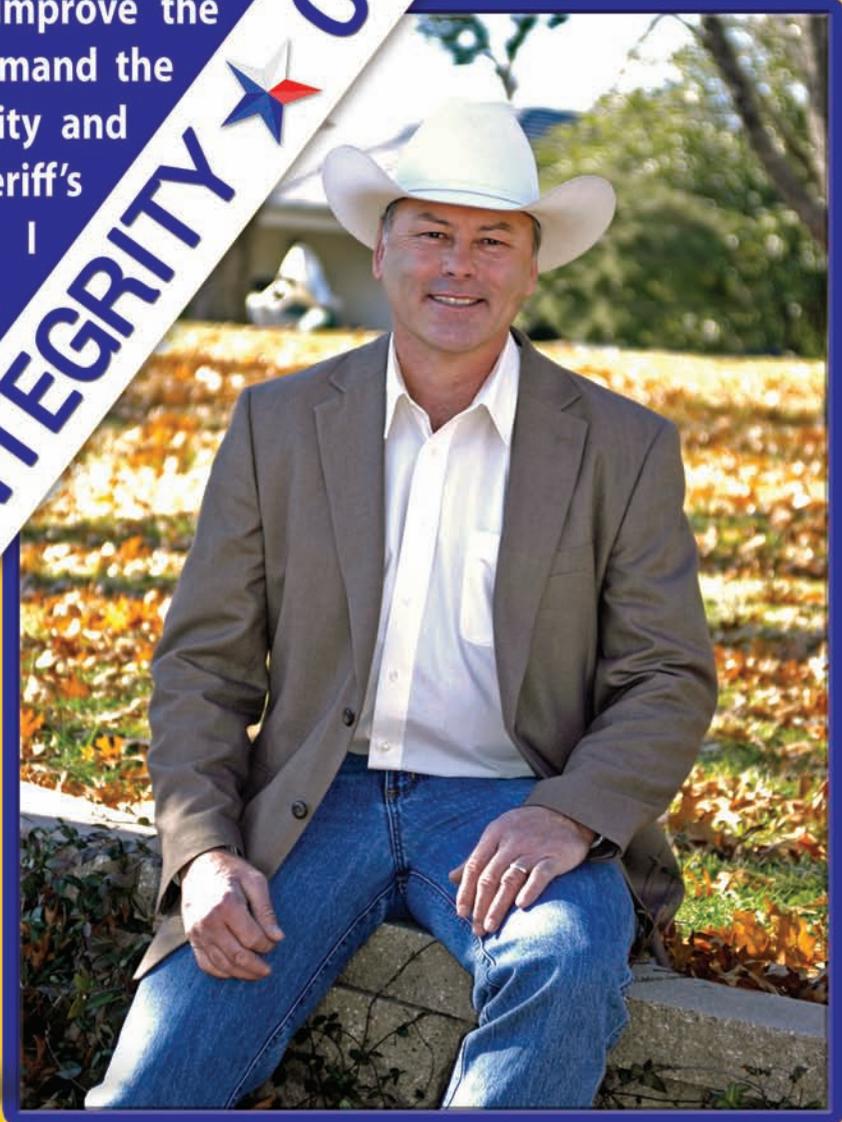
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Still Going STRONG

— By Rick Herron

When Juliette “Daisy” Gordon Low organized the first Girl Scout troop meeting on March 12, 1912, in Savannah, Georgia, she did it with the dream of creating something that would, in her own words, “bring girls out of their sheltered home environments to serve their communities and develop self-reliance and resourcefulness.” Little did she know then that her dream would ultimately blossom into an organization that today is comprised of more than 3.7 million girls and women. Dakota Fanning, Lucille Ball, Katie Couric and Elizabeth Dole are just a few of the household names that count the Girl Scouts as a major factor in their individual success stories.

According to Girl Scouts of the USA, Girl Scouts is the world’s preeminent organization dedicated solely to girls where, in an accepting and nurturing environment, girls build character and skills for success in the real world. In partnership with committed adult volunteers such as Corsicana’s own Leslie Chamberland, Girl Scouts Service Unit manager and leader of Troop 3418, the organization’s goal is for girls to develop qualities that will serve them well all their lives, such as leadership, strong values, social conscience and conviction about their own potential and self-worth.

When the 100th anniversary of the Girl Scouts arrives later this month, troops all over America will hold myriad celebrations, and Leslie’s troop will be right there with them. “There are tons of events scheduled to celebrate the anniversary,” Leslie said. “We will march in the upcoming Derrick Days parade. In the past, during the parade, we handed out paper bags to the food pantry, supplied coat hangers for coats and sponsored a blanket drive. We’re just getting started with the celebration this year.”

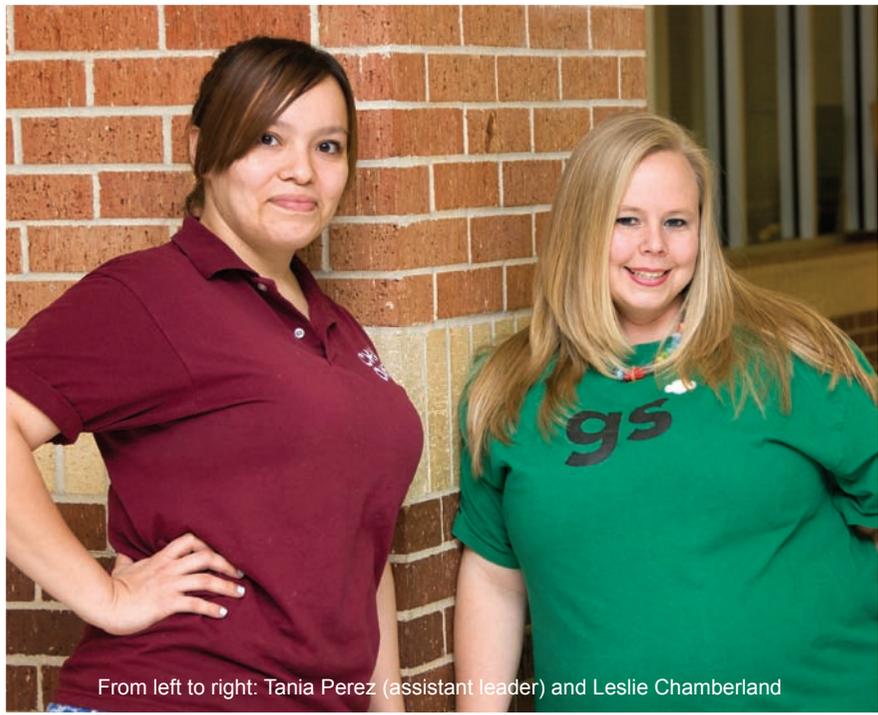
Girl Scouts of the USA is gearing up nationwide for the centennial anniversary by hosting numerous events open to members everywhere. There will be a

National Girl Scout Leadership Institute in Houston in November, and the organization is publishing an illustrated book celebrating the anniversary, as well as minting a Girl Scouts Centennial Commemoration Coin marking, according to the organization’s Web site, “the end of the first 100 years and the beginning of the second century of leadership.”

Leslie stressed that every event, in addition to celebrating the anniversary and helping the community, will be geared toward growing membership numbers in Corsicana troops. “We have a yearly goal of how many girls and adults we hope to bring in. Our goal for 2012 is 150 girls and adults for all 12 to 14 Corsicana troops combined,” she said. There are about 87 members at present, so this goal is not unreasonable.

“We have a \$12 enrollment fee, and a variety





From left to right: Tania Perez (assistant leader) and Leslie Chamberland



From left to right: Samantha Cook, Iriadna Sifuentes, Madelynn Newbaker, Jaycee Simmington, Jolie Snowden, Olivia Ortiz, Bailey Cook and Kaycie Chamberland.



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of financial aids are available, too,” Leslie added. Membership is increased through rallies the Girl Scouts hold at local elementary schools to encourage troop creation, not to mention that yearly mouth watering activity that everyone looks forward to — buying Girl Scout cookies. “We started taking orders for cookies in mid-January, and deliveries

“I get to teach the girls in my troop the value of setting and accomplishing goals, something that they will continue doing if they learn how early in life.”

began in mid-February,” she said.

Leslie’s history with girls, campfires and learning necessary life skills began when she was in elementary school. “I grew up and attended school in Corsicana, and my mom encouraged me to get into Camp Fire Girls, in which she and my grandmother both had been members. If you count me, our history with the essence of scouting goes back three generations,” Leslie recalled. “Four years ago, when my own daughter was in kindergarten, I became co-leader of Girl Scout Troop 3418 for a year, and



then took over as troop leader, which I've been doing ever since."

As a Service Unit manager since April 2011, in addition to troop leader, Leslie helps at local schools with recruiting new members, answers questions about registration and recruitment for other troop leaders and holds monthly leadership meetings. "There are approximately 12 to 14 troops in Navarro County, and I am a resource for each one," she said.

That's not all, either. "I'm a wife, mother of three wonderful kids, Girl Scouts troop leader and Service Unit manager, events and family photographer, Avon salesperson and I babysit in my spare time," Leslie shared.

Leslie's in her fourth year of being the leader of Troop 3418 and considers being a leader an honor and a privilege for several reasons. "I get to teach the girls in my troop the value of setting and accomplishing goals, something that they will continue doing if they learn how early in life," she said. Leslie also shows her girls — who range in age from kindergarten to fourth grade — the importance of self-respect and how to manage money, skills that go hand-in-hand with selling those delicious cookies.

As Service Unit manager, Leslie visits the Girl Scouts of Northeast Texas' regional office in Dallas regularly to provide and receive training, and says there are two women who have had a big impact on her effectiveness in that role and as a troop leader. "Kristen Wear in Membership Services is my manager and has helped me a lot, and I can't



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forget Carole Davenport, who was my troop leader when I was a little girl. She's another reason I've stayed involved all these years," Leslie admitted.

In addition to the yearly sale of cookies, local Girl Scout troops perform community service projects at least twice a year, including honoring the men and women who serve in the U.S. military. "We've sent care packages to the forces overseas and made posters welcoming our troops back home, something that the girls really get excited about," Leslie said. "We will be planning future visits to DFW Airport to greet more service men and women returning home."

The Corsicana Girl Scout troops have also conducted toy and blanket drives; have marched in the Derrick Days and Christmas parades; and, most recently, have visited and sung songs with residents at the Friendship Tower II Retirement Living Center and Twilight Nursing Home. "I like to encourage my troop to participate in activities with other Girl Scout troops, as well, such as being pen pals and writing letters to those serving in the armed forces," Leslie added.

A source of pride for Leslie and her Service Unit was when they won the Girl Scouts President's Award in 2011. "We were very proud of that accomplishment," she said.

Leslie shows no signs of slowing down or changing in her dedication to, and belief in, the many benefits of being a Girl Scout. "I can't think of a better way for girls to learn values at an early age than being part of a Girl Scout troop." **NOW**

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In the Trenches

— By Randy Bigham

As battle lines are drawn in the fight against cancer, one team from Navarro County is helping lead the charge in the American Cancer Society's 2012 fundraising effort. Taking the war to financial heart, members raised the most funds in last year's Relay for Life of Navarro County's campaign to rid the world of a disease that, according to U.S. News

and World Report, claims 8 million lives annually. But this team, made up of employees of Community National Bank & Trust, doesn't have to have a statistical study to know how vital the need is for a cure. Members see the struggle firsthand.

"Some on our team are cancer survivors, and we know others who have lost their battle," said Ashley Hanna,





Kay Ovalle, Kim Wyatt and Ashley Hanna are proud to help in Relay for Life of Navarro County's efforts to rid the world of cancer.



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a former team captain and current committee member for Relay for Life of Navarro County. "So we definitely know how important it is to find a cure." Involved in the annual Relay event for five years, Ashley has no personal story of survival or loss, but is privy to the experiences of others she has met during her work with the organization, which is dedicated to funding cancer research. "I'm lucky not to have been touched by cancer," she said. "But there are so many people in the community who have been affected, and that's why we participate in Relay."

Ashley shared an anecdote related to her by a teammate that shows what an impact Corsicana's Relay has had on those living with cancer. "A member of our team was out getting lunch one morning," she said. "He was wearing his [Relay] T-shirt, and a woman came up and thanked him on the spot. She said her daughter had cancer, and the American Cancer Society helped her, supplying transportation assistance for her family to use on their many visits to and from the hospital."

This year's team captain, Kay Ovalle, insists awareness of what the American Cancer Society can do to help those diagnosed with the disease is as much a key message of the Relay as its fundraising goal. "We raised \$10,406 in miscellaneous donations last year and are extremely proud of that," she said. "It's every bit as important, though, to get the word out that there's direct help available."

Kay has been a member of the relay team for three years and is now reprising

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her 2011 role as captain. “I know so many who have been affected by cancer,” she said. “Whether they have been diagnosed or someone in their family has it, they have dealt with the issue firsthand, and as a team we are sensitive to that.” As an example of how Relay participants maintain a sense of community, Kay keeps in touch with cancer survivors who were once members of her team, but have since moved out of the county or state. “They were a part of our family when they were here,” Kay explained, “and they are still a part of our family.”

For bank president Kim Wyatt, that’s exactly how it should be. “We’re all a big family, and that attitude is a driving force with the Relay team.” A family feeling permeates work being done elsewhere, and in a press release, Navarro County Relay for Life’s event chair, Annot Walthall, pointed to a recent fundraiser at which an outpouring of giving indicates increased participation and team building for the current campaign. After a concert at Corsicana’s Palace Theatre, a Relay team of local firefighters, captained by Jerry Smithey, sold T-shirts to help the American Cancer Society, as well as to specifically aid a 10-year-old boy with cancer, Dylan Barber. According to Annot, the \$20 shirts sold like the proverbial hot cakes and even drew support from competing Relay teams.

The 2012 Navarro County Relay for Life benefit, an overnight walking and camping event set for May 18, earned its Five-Star status with the American Cancer Society in 2011 for bringing in more than \$100,000 in donations. This year’s event will take place at Navarro College, and the more than 16 registered teams are already hard at work raising money to meet the new funding goal of \$113,000. Each of these teams has a number of tried and true events lined up to draw the public’s money into the till for a good cause.

“The most popular event we host is our pancake eating contest,” Ashley said. “We all have so much fun. The competition part of it used to be how



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much contestants could eat. That was a little problematic, so now it's judged by how fast they finish a set amount of pancakes." Kim added that he had always wanted to host a pancake breakfast, and Relay has given him the opportunity to turn his vision into a worthwhile community endeavor.

Kim, Kay and Ashley agree that the most gratifying part of their involvement with Navarro County Relay for Life is being able to raise awareness of the need for cancer research and to interact with the community. The Relay's Luminaria Program, a candle-lighting ceremony that honors those lost to cancer, as well as survivors of the disease, is an activity that is not only emotional but edifying. "When the roll is called of survivors, we hear names of people we know, but didn't have any idea they were living with cancer," Kim said. "Many times, these are people we have known for years, but we didn't realize they were survivors until the event."

Kay seconded that it was the most touching part of the evening for her, and Ashley also agreed. "The walking part of the event opens with a Survivors' Lap, made up of local people who have beat cancer or are still fighting it," Ashley said. "It is so emotional when you see them gathering on the track, from little kids to people in their 80s. It really puts it in perspective."

Relay for Life of Navarro County urges donations to the event in whatever sum is convenient for individuals and businesses. "Any amount is welcomed on the road to a cure," said Leigh Ann Pyle, the American Cancer Society's director of community development. "People can donate. Companies can donate, and every bit helps."

The team's leaders have no plans to slacken their efforts on behalf of the American Cancer Society. "It's a big part of what we do," Kay said. "It's personal, too, because you know you are making a difference in the lives of those with cancer, their families and caregivers."

Likewise, Ashley sounded a note of hope. "Due to the efforts of the American Cancer Society, a cancer diagnosis is no longer a death sentence," she said. "People are successfully fighting every day, and we are here to support them in that battle!" **NOW**

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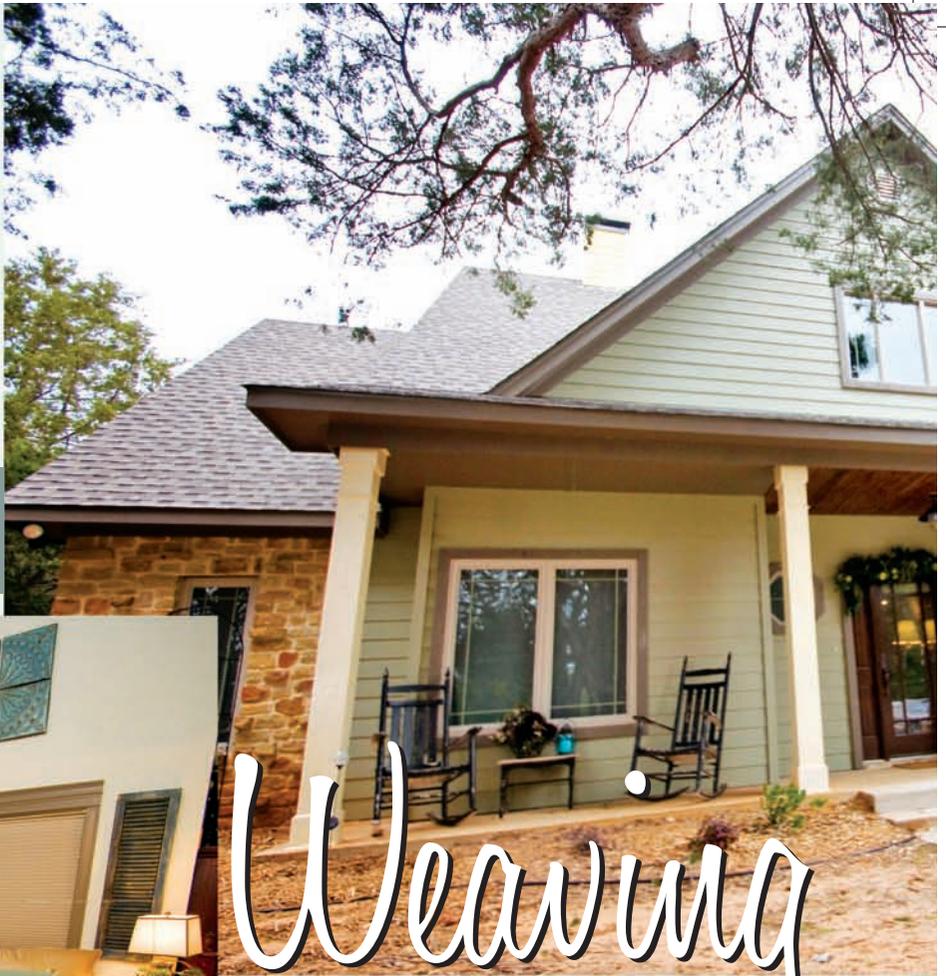
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At Home With:
Tresa and Kenny Shimonek



Weaving Old Into New

— By Virginia Riddle

Not often does a marriage create the perfect blend of an artist's vision with an artisan's ability to actualize that vision, but that is exactly what happened when Tresa and Kenny Shimonek became a creative duo. "We just connect. He knows what I mean. If I was having to tell someone else what I wanted, I'd be in serious trouble," Tresa said.

Their newly constructed country cottage home reflects what Tresa and Kenny call their love of "old stuff made into new stuff." The couple loves shopping estate



and yard sales and antique stores while searching for “stuff” that’s been around. “I don’t like it already fixed. I want to fix it,” Tresa said. When fixed, a vintage item often not only finds a new home, but is also put to a new use. There seems to be no end to Tresa’s imagination and Kenny’s carpentry abilities, which he inherited from his dad, Fred, a homebuilder. Kenny is passing these skills on to his sons, Jake and Nic.

Having built two homes before tackling their country cottage project, the couple was prepared to downsize following Jake’s departure to college. Nic, currently in his junior year at Mildred High School (MHS), will soon go to college. Preparing to be empty nesters and having friends that wanted to buy their large family home, Tresa and Kenny started envisioning a new life. Planning to build less than half of their previous home’s square footage, Tresa designed ceilings with soaring heights. The unique treatment of ceilings, doors and window trims allows each room to be different, and yet blend with adjoining rooms. “We knew what we liked and didn’t like by now,” Kenny said.

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wasn't enough time to get everything done, but friends and family helped out. "My friend, Amy Hill, put up our Christmas tree," Tresa remembered.

The result of their efforts is a home where, as Kenny said, "You don't have to take your shoes off. Our reward is — just look around — it's home!"

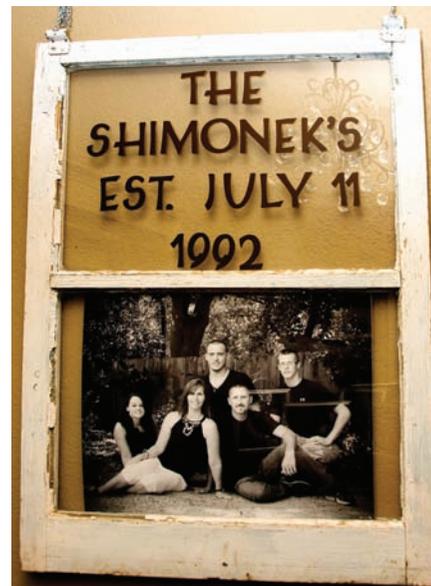
refrigerator. A new tin ceiling was painted a distressed green by Tresa. The pie safe is the only actual antique in the kitchen.

Feeding hungry teenagers is made easier by a choice of seating. The dining area features the traditional table and chairs, with the addition of a window seat and seating at the kitchen island. The adjoining living room invites everyone to gather to watch televised sports, with

Tresa added, in reference to how little construction waste they had during the build-out.

Since Tresa and Kenny already had a buyer, the family moved to a rental home for one year, while working on their dream cottage. However, as often happens with new construction, the lease ran out before the home was complete. "We moved in with a lot still left to do and really took on more than we could do," Tresa said. The move came right at Christmas 2010. "The move was a fiasco," Tresa said. With the move coming so close to Christmas, there

The living room, kitchen and dining areas are combined to create one large, functional area. "The kitchen is the hub of the home. There are two things we are good at — food and friends. We can get both on and around that island," Tresa said. The island, along with other countertops in the home, is formed and stained concrete. "We bought a book at Home Depot and learned how to do this ourselves," Tresa, a former Home Depot manager, said. Kenny and his dad created the cabinetry, which includes a roll-top coffee bar and a made-to-look-like-antique ice box front to the modern



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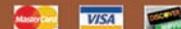
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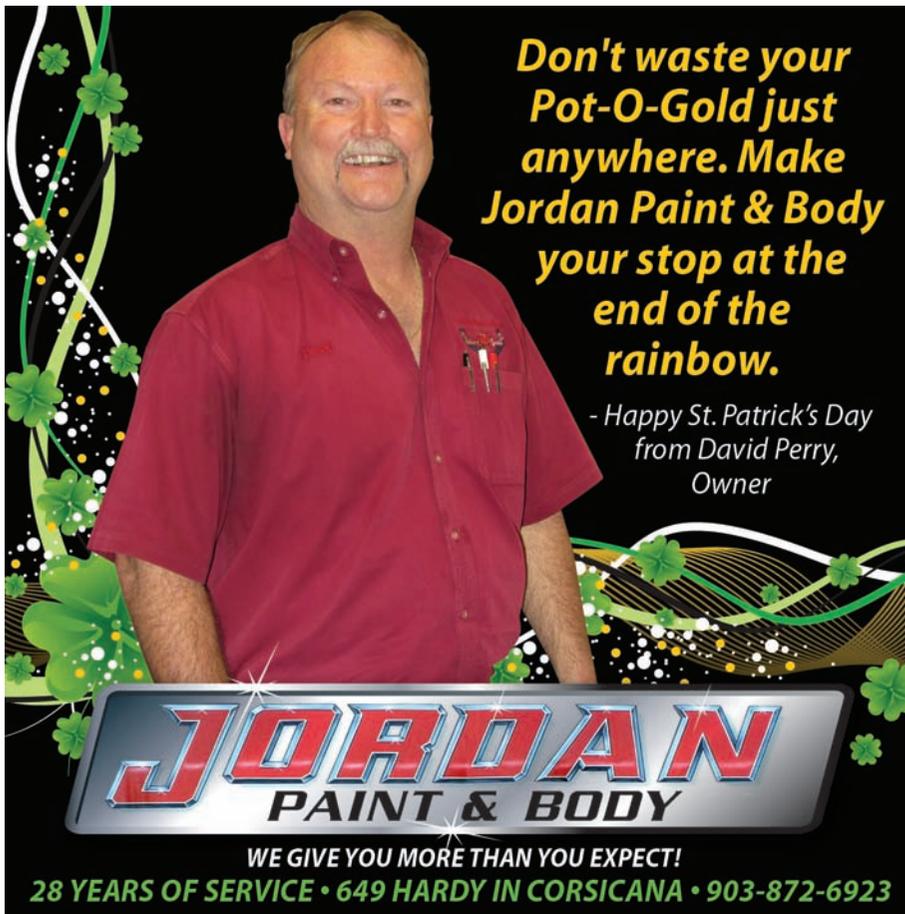
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accompanying snacks. Lumber left over from the building of the kitchen cabinets was used to surround the fireplace insert and bookshelves. Tresa reupholstered the comfortable couches. A Persian rug covers attractive wood floors.

Nic designed and partially built his own area. "Nic has some of his mom in him. He's pretty good," Tresa said proudly. He chose walls painted maroon with a chocolate glaze. When he saw the leftover pallets on which the exterior cement board had come, Nic envisioned his ceiling. His soaring ceiling treatment uses the pallet slats. A stand that Nic created holds just one of the many game balls that reflect his success in playing sports for MHS.

The guest bedroom and bath, or as dubbed by the family, the "B and B," features a bead board ceiling created by Kenny and Jake. The headboard is actually an old door. An antique vanity and washboards complete the bath. Kenny has designed new interior doors to have an antique look that fit antique knobs, and the light switches used throughout the home are the old-styled push-button kind.

Tresa and Kenny's master bedroom and bath suite comfortably complete the weaving of old into new. Kenny's grandmother's sewing machine serves as a bedside table. Another table was made from a wooden box, on which Kenny installed legs. Old front porch posts support bathroom vanities, while old window frames surround mirrors. Tresa used fabric, instead of wallpaper, to achieve just the right pattern on the walls. The pattern complements the old-fashioned shower



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curtain, which has ties securing it to the rod.

High school sweethearts and county natives, Tresa (MHS) and Kenny (Corsicana High School) share a firm belief in the economy of Navarro County and love being near lifelong friends and family members. They chose to rear their boys in the same area where they grew up and invest in the local economy with their two businesses: The Vintage Farm House-Interiors By Design and a lawn-mowing service. Kenny also works at Oil City Iron Works. "We wanted to put our businesses in Corsicana to give back to a community that has given us so much," Kenny said. "We trade out and help each other. Kenny cooks, cleans and does laundry," Tresa said. "And she weed eats," Kenny added.

This family's free time is spent pursuing their love of sports. Tresa and Kenny have passed on their experiences in athletics to their sons. "We are interactive with everything the boys do," Tresa said. Jake, who has played high school and college sports, is planning to attend Texas Tech's coaching program. Nic played quarterback on Mildred's 2011 state semifinalist football team. Baseball, basketball and football events have taken the family on vacations to 22 states. "We can't replace those memories. They will be with us forever," Tresa said.

Life changes, however. "This was our first year with Jake away at college, so we didn't do the traditional Christmas thing," Tresa said. "We went to a Cowboy game instead." But Tresa and Kenny continue to do what they do so well together — weaving old memories into new traditions. **NOW**

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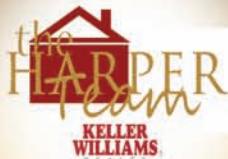


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IT'S ALL ABOUT KIDS!

— By Rick Herron

Growing up, Greg Olsen spent a lot of time with his father, Darrell, at the family's feed store. By the time he was in the third grade, Greg was showing his own animals in the Navarro County Youth Expo, where he gained experiences that have influenced him throughout his life. Now he volunteers with the Expo to ensure that today's youth get the same opportunities.

No one driving past Highway 22 and 45th Street on the west side of Corsicana can miss the big metal buildings on the northwest corner, home of the Navarro County Expo Center. The massive structure, comprised of meeting rooms, an indoor arena and fully equipped barns, holds the distinction of being the area's largest multiuse public facility. It's also home to one of Corsicana's most cherished and anticipated yearly functions — the Navarro County Youth Expo — scheduled for March 19-24.



“For a town the size of Corsicana, the Expo is the largest single county livestock show in the state. We are very proud of that,” David Waggoner, co-chairman of this year’s annual event, said.

The Navarro County Youth Expo (NCYE) has an impressive, and long, history. According to the Expo’s Facebook page, it began in 1959 as a public, volunteer-based, event designed to “showcase participants with varied backgrounds and interests from all across the county. Each year, more than 500 volunteers and supporters contribute their time, energies, finances and/or talents toward planning, implementing and evaluating NCYE projects and exhibits. Individuals and businesses are invited to help reward the county’s young people for their hard work by attending the steak luncheon, participating in the silent auction and premium sale or contributing to the general fund.”

For longtime participants Greg and David, managing the complex and intricate preparations for the 2012 Youth Expo will be their second time “in the saddle” as co-chairmen of the huge event. “Preparing for each year’s program literally begins right after the preceding one finishes,” David, an attorney in Corsicana, said. “The livestock show is always heavily attended by the 4-H and FFA students throughout the county, and we’ll have a food show and crafts fair with exhibits by the students, too.”

Greg, a Corsicana native who has worked for Community National Bank & Trust for nine years, said the 2012 Expo will feature two entirely new events. “During the ‘food challenge,’ participating students will be given a basket of ingredients, and they will have to use them to make something within an allotted period of time. Then judges will determine who created the best meal.” The other new event, public speaking, is a contest that was added to the 2012 venue specifically for children who have wanted to participate but might not have had livestock to display and sell.

However, it’s what happens behind the scenes throughout the year leading up to the event that David and Greg are quick to point out makes each year’s Expo possible. “Our main job as Expo chairmen is to help coordinate a large

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number of successful events and the NCYE volunteers,” Greg said. Hundreds, if not thousands, of Navarro County residents of all ages have passed through the Expo gates over the years to make each new year’s Expo bigger and better than before. In 2008, the Youth Expo celebrated its 50th anniversary, making it one of the largest and longest-running yearly events in Navarro County.

“We start with a wrap-up meeting right after the last Expo and the yearly steak luncheon finishes. It’s at this time that we distribute the funds raised. David and I chair a committee that begins meeting once a month to begin preliminary planning for the next Expo,” Greg explained.

The yearly steak luncheon includes a silent auction and livestock sale, which collects much-needed funds to help youth continue raising their animals and assist with college expenses. “Our volunteers sold about 1,000 tickets for the 2012 steak luncheon,” David, who was heavily involved in 4-H and FFA as a youth, added.

In October, volunteers start meeting more often, and the executive committee has been meeting several times each month leading up to the Expo’s grand opening. “We have hundreds of volunteers who put in countless hours all year long. They chair and belong to



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committees that make the Expo run smoothly,” Greg said. “The volunteers all share a single common interest — the youth of Navarro County. A large percentage of our volunteers are alumni of 4-H and FFA.”

David and Greg agree that the volunteers, who live all over the county and freely give their time and talents toward the success of each year’s NCYE, are the reason the Expo is such a huge



success year after year. “Thanks to all these people who help us every year, we’ve been able to provide things such as our honor student program, where juniors and seniors are recognized for their academic performance with a medallion and honors breakfast,” David emphasized. “These events are possible because of the planning and management skills of our volunteers.”

For many Navarro County families, the Expo has become a family and

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community tradition. Memories of life in the barn in years past are brought back to mind on each successive year's move-in day when the work, fun and excitement for all participants and volunteers increases. RV hookups, security, water and electrical outlets, concession stands

“Thanks to all these people who help us every year, we’ve been able to provide things such as our honor student program, where juniors and seniors are recognized for their academic performance with a medallion and honors breakfast.”

and a covered arena and stall areas help make life in the barn more comfortable and functional during the busy Expo days and nights, as participants and volunteers alike eat and catch a few winks of sleep between duties.

Prior to assuming the role of co-chairs of the Expo in 2011, which they will hold for two years only, David and Greg were vice-chairmen and chairmen of other Expo divisions. “When you are a chairperson, you need to have a good working knowledge of how the whole Expo works, so we were both well-prepared for this big responsibility,” David admitted. “In addition to managing the many committees, we try to get as many people as we can to come out and buy animals during the Expo. Funds are definitely raised from the livestock sale, the steak luncheon and silent auction, but sponsors are the major source when it comes to Expo fundraising. Sponsorships from local companies help pay for the awards and go toward compensating the judges.”

Both men agree that the yearly success of the NCYE would not be possible without the kids, their families and teachers, individuals and companies that buy the livestock, sponsors who contribute financially and, most especially, the dedication and single-minded devotion of volunteers. “There are so many avenues available within the Expo for people to volunteer their time,” David said. “Because of all the people who have worked so hard through the last year, the 2012 Expo will, undoubtedly, be an incredible success.” **NOW**

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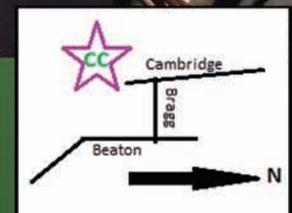
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Three Cheers for Two Cheerleaders

— By Rick Herron

Just about every young performer has harbored the secret dream of displaying his or her talent in front of millions of people. Actors, dancers and singers hope against insurmountable odds to “make it big” and TV programs, such as American Idol and X FACTOR, bring these hopefuls into homes every week.

For a pair of Blooming Grove High School teenagers, hard work and dreams unexpectedly paid off recently when they were selected to join hundreds of other cheerleaders in the 2011 Macy’s

Thanksgiving Day Parade in New York City. Haylee Schwartz and Shelby Beard still find it almost unbelievable that it actually happened to them. “It was unreal,” Shelby remembered. “As soon as we stepped out into the street in New York City on that bitterly cold day in November, after so much rehearsing, we forgot how uncomfortable we were, and all we could think of was, *Here we are, performing for millions of people all around us and on TV!*”

For both teens, this incredible opportunity started at cheer camp last summer, when they were invited to perform in the parade. “Cheer camp is where our team goes to learn basic materials and different routines. It lasts three to four days, and it’s in different locations every summer,”



Shelby Beard and Haylee Schwartz enjoy their New York adventure.

“I just stood there in Times Square and took it all in — the people, the buildings, everything.”





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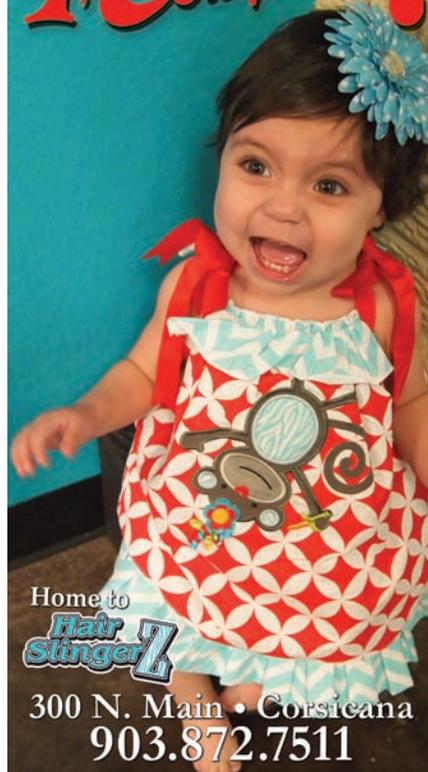
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Haylee said. "This past year, there were 15 teams participating, including our eight-member team from Blooming Grove High School."

The girls learned dance and sideline routines along with new cheers and chants. "The things we learn at cheer camp each year changes but are still presented in the same form," Shelby explained.

"There are always new combinations of motions and words, with new and different beats and rhythms," Haylee added. After the invitation was extended at camp, the girls accepted and left in mid-November for the once-in-a-lifetime New York City experience.

Both girls shared favorite memories of the trip. "I loved shopping at the Disney Store and at Forever 21," Shelby said, "and seeing the world famous Radio City Music Hall Rockettes perform was definitely a major highlight of the trip. But it was cheering in the parade, seeing all the celebrities, watching everyone's reactions and responses from the crowd that was the best."

The trip was Haylee's first to New York, and she remembered Times Square as "breathtaking." "I just stood there in Times Square and took it all in — the people, the buildings, everything."

Cheerleading, the competitive activity that led to the girls' trip, started out in the late 1800s as an all-male sport. According to the International Cheer Union Web site, Jack "Johnny" Campbell is credited as the very first "yell leader" to "pick up a megaphone, jump onto the sports field and lead the crowd with the already popular university organized cheer. ... That first official cheer helped Minnesota win the game

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17-6 and cheerleading was born. Based on the success of Johnny Campbell and his fellow students at the University of Minnesota, cheerleading continued to grow and develop alongside the popularity of sports over the coming years." As the sport developed into its current form, more skills were added.

Women were first allowed to participate in cheerleading in 1923. But it was not until the 1940s, when so many male university students left to fight in World War II, that women began to dominate the sport.

Both Haylee and Shelby think the secret to cheerleading is making it look easy. "It takes more work than what most people assume," Haylee said, adding that a lot of the success of a cheerleading squad directly depends on the response of the audience, referencing competition cheer routines, not regular cheering activities. She said a typical cheer is a combination of jump sequences, stunting, tumblers, dancing and cheering "all meshed together in a three-minute routine."

"It can be emotionally draining, performing the entire time a game is going on," Shelby confessed. "We are putting on a show for fans to get them to mimic what we are doing, smiling all the time and showing them we are having a good time in the hopes they will enjoy the game and support the team."

Both Haylee and Shelby agree that everything the cheerleading squad does is designed to support the team, and that encouragement often goes on both during the games and during practice. "We will set up breakfast in the gym for the guys before practice and just do what we can to support and encourage them to

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get out there and win,” Haylee added.

Haylee, a senior, said that while she was at the National Cheerleading Association (NCA) camp last summer, she was asked to try out to be a part of the staff, something that was a real surprise for her. “I turned in a tryout video, and I’m hoping to hear something by this coming March,” she said, the excitement evident in her voice.

The NCA, formed in 1948, was established as a way to bring cheerleaders across the nation together to learn new skills under qualified instructors, while also hosting cheerleading camps each summer. For Haylee, who has been involved with cheerleading for the last 10 years, working with the NCA would be a perfect fit. “Being at the camp lets us learn different cheers and teaches us the correct way to do them,” she said, adding that NCA representatives assigned to Texas visit the state each year during the summer and run the cheer camps.

Shelby started out as a dance enthusiast and has been cheerleading for two years. “Because cheerleading is a group activity, I try to be relatable to the rest of the team and observant when it comes to finding out what people may be struggling with,” Shelby said. “I just want to make sure everyone on the team gets along and that they are as happy as they can be.” Shelby plans to attend The University of Texas at Austin and major in liberal arts English, with the goal of eventually going to dental school where she will specialize in pediatric dentistry.

Haylee has applied to Texas Tech University and said she will definitely try out for the school’s cheerleading team. “I want to major in mass communications and go into the advertising field,” she said, “hopefully, in conjunction with being a Texas Tech cheerleader and working as a staff member with the NCA.”

No matter where life takes them after graduation, Haylee and Shelby agreed they will always be friends. “The New York trip brought us much closer,” Shelby said, “and showed us that we had very similar goals in life, in addition to loving cheerleading.”

Haylee agreed. “No doubt about it, cheering in the Macy’s Thanksgiving Day Parade was the best day of my life, so far!” **NOW**

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Administrator Jordan Golden and the staff at Twilight Nursing home aim to ensure that residents remain active.

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Providing quality care and a caring atmosphere is a priority at Twilight Nursing Home.

— By Virginia Riddle

The smiles of staff members and residents of Twilight Nursing Home match the clean, gleaming facility. Everywhere there is activity. Residents are watching a big-screen TV or visiting in the dining or family rooms. Efficient and professional staff members are at work, making sure residents' needs are being met. "We are a small facility with a family atmosphere. We pride ourselves on a hands-on approach," Grady Burris, Twilight Nursing Home's chief operations officer, said.

Upon discharge from hospital care, residents find a home at Twilight where two wings are dedicated to therapy. Recovery is the focus of the 24-hour, skilled nursing care, which includes: speech and language, physical, respiratory and occupational therapies. "Our therapists are full time," Grady said. "We love

rehabilitating our residents and returning them home."

Another distinction of the home is that it is a nonprofit facility. "We think of service, not profit," Grady emphasized. "This team of employees is very professional and caring."

Leaving the hospital and entering a nursing home is a big transition for a resident and his or her family. Residents must adjust to a new environment, and families want complete peace of mind. "That peace of mind can't be bought," Jordan Golden, Twilight's administrator, said. "It comes from personal service." Jordan and other staff members meet with families to determine family values, concerns and priorities. "Family members are welcome to come at any time. They have my personal cell phone number and can call so that any issues can be taken care

of immediately,” Jordan said. Residents and their families are encouraged to bring furnishings from home to give their rooms a “homey” feeling. Communication with family members continues throughout the resident’s stay. The staff conducts routine reviews of a resident’s progress to set a new plan of action based on medical and family feedback. “Family feedback is very important. Some residents cannot communicate. The family is that resident’s advocate,” Jordan said.

Upon Jordan’s arrival, he visits residents’ rooms. “I see each resident every morning. They want to talk and have someone listen to them,” Jordan

“We love rehabilitating our residents and returning them home.”

reflected. A rewarding joy of working in a nursing home is the bond that is created between residents and staff. “You see your mother and father in the residents. I love listening to their stories,” he said.

As demanding as nursing home care is, Twilight Nursing Home is fully staffed, with a waiting list of applicants. “If staff is happy, then residents are happy,” Jordan said.

Daily activities are designed to keep patients active and excited. “We don’t want residents to stay in their rooms,” Jordan said. A van takes patients to movies, parks, fishing and shopping. Holidays and birthdays are celebrated. Slumber parties, crafts, church services and beauty care are offered. Residents of the Month are honored, and volunteer community groups are welcomed.

Doing the best job possible was always the ultimate goal of Cyrus Zarei, former administrator, who passed away recently. With medical care increasing life expectancy, the challenge for the staff is to make sure residents’ lives are well-lived. The highest quality of life is the staff’s goal for residents, and they take quality care personally. Jordan stated, “Cyrus’ legacy at Twilight Nursing Home will continue.” **NOW**



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Carli, Tinsley, Teresa, Cate, Jordan and Taylor grab lunch at McDonald's.



Lisa Miller and McKenzie Bell with Carter BloodCare pose for a picture at TriSun.



The Navarro College softball team is focused on having a winning season.



Russell Hudson serves Gail Smith during the Texas Youth Commission Wait-A-Thon.



Elizabeth Moses performs yoga exercises for Navarro Regional Hospital's Healthy Woman's Pink Pumps and Pearls.



Lucy Ogburn, Alexys Mulkey, and Lily Ogburn pose with their Tivo characters at the Invi "TV" launch party.

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Sports injuries generally refer to an injury that involves the muscles, bones or a connective tissue, like cartilage. These injuries usually come from improper training, insufficient warm-up and stretching before an activity or doing too much, too fast.

Sports injuries fall into two primary categories: acute and chronic. An acute injury involves an active event that causes trauma, such as a fall or collision. A chronic injury happens gradually, through repetitive motions and cumulative strain on the musculoskeletal system.

Prompt treatment of both acute and chronic injuries is important to avoid further injury. Chronic injuries, if left untreated or not allowed to heal, can lead to repeat injuries, or they can develop into serious long-term problems, such as osteoarthritis.

Depending on your injury, you may receive care from an orthopedic doctor or a rehabilitative therapist. An orthopedic doctor specializes in diagnosis and treatment of the musculoskeletal system. A physical therapist works in partnership with your sports medicine doctor to rehabilitate your injury — designing a specialized treatment plan to make the injured area stronger, more flexible and less

susceptible to future injuries.

Treating a sports injury is gradual. Getting the area moving again is the first step toward healing. Rehabilitation is based on a progression of activities to help build flexibility, endurance and strength, as well as proper balance and body mechanics. In addition to exercise, your therapy may include electrostimulation (mild electrical current to reduce pain and swelling and increase muscle strength), cryotherapy (ice packs to limit blood flow to injured tissues), heat, ultrasound and massage.

Arthroscopic surgery is an operation that employs small incisions to diagnose and fix joint problems that has greatly enhanced physicians' ability to repair athletic injuries without invasive surgery. This provides for less trauma and downtime for the patient, as well. Other new advances being studied include tissue engineering, in which a patient's own healthy cartilage or cells are transplanted to an injured area to speed healing.

Benefits of rehabilitative therapy include restoration of function; less pain; improved range of motion; a quicker return to sports and recreation; better strength, movement and safety; muscle strengthening and coordination. **NOW**

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Retirement and/or College? Managing Through the Challenge

— By B. Kyle Ward

Many families struggle with the dual financial challenge of saving for their child's college education and their own retirement. Often, our instinct is to start socking away college dollars first. Many experts, however, recommend a different strategy. No one offers grants, scholarships or federally guaranteed loans to support you when you leave the workforce, so providing for your own retirement may be even more important.

In addition to traditional student loans, as you child's college years approach, here are some strategies that may help:

Earn college credit in high school

Although there are a number of ways to earn college credit in high school, Advanced Placement (AP) classes are probably the most popular. AP offers more than 30 college-level courses in which students may earn both high school and college credit. If your child successfully completes enough AP classes, he or she can potentially graduate from college a semester, or even a year, early. For more information about earning college credits in high school, go to <http://www.getreadyforcollege.org/pdfGRI/EarnCollegeCredit.pdf>.

Accelerated/combined degree programs

Take a semester's worth of credits in a six- or eight-week session — that's an accelerated program. It not only moves up your graduation date but gets you the degree for less money. Tuition in an accelerated degree program at some schools may run about half the cost of their traditional degree programs. And many schools offer bachelor's degree programs in three years instead of four or bachelor's and master's combination programs in four years instead of five or more.

Less costly schools

There is generally a big difference between the price per year of two-year and four-year colleges. And public two-year colleges such as community colleges are usually less expensive than their private counterparts. Students can begin at a less expensive community college, and then move to a four-year college to complete a bachelor's degree.

If your child is considering this approach, first check into the articulation agreement at his or her dream university and nearby two-year colleges. An articulation agreement spells out which credits will be accepted toward a bachelor's degree at the four-year school in question. It also specifies what grades a student must achieve to transfer as a junior. If properly planned

and executed, most if not all credits earned at a less-expensive college can be transferred and applied toward a degree from a pricier school — prestigious diploma at a fraction of the price.

Scholarships

Grants and scholarships typically don't have to be repaid. Grants are usually need-based awards while scholarships are usually merit-based awards. Although small in comparison to grant sources, private scholarships are an important part of college financing for many families. Meet with your child's high school guidance counselor and the financial aid department of your child's preferred college. They should have the most up-to-date and relevant sources of scholarship/grant information and can guide you in the application process.

Caveat emptor, buyer beware! Scholarship scammers are prevalent and every year an estimated 350,000 students and parents fall prey to scholarship scams, at an annual cost of more than \$5 million.¹ Check out the Federal Trade Commission's Consumer Alert at <http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt009.shtm>.

Your child's responsibility

Many financial professionals recommend that children get involved in the college-savings process. Once they do, many students begin to take school more seriously and their grades improve. Consider setting up a bank account specifically for this purpose and encourage your child to save a set percentage of his or her earnings. As your children get older, they can work during the summer and contribute to their college account. Finally, if appropriate, let your children know that they will be expected to take out college loans and to repay them after graduation. **NOW**

Source:

1. <http://www.finaid.org/scholarships/scams2.phtml>.

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B. Kyle Ward is a Farmers Insurance agent based in Corsicana.

Calendar

MARCH 2012

March 2

Walk Across Texas Kick-off: 11:00 a.m.-1:00 p.m., The Remington Event Center. Call (903) 654-3075.

March 3

Bark for Life Car Show: 9:00 a.m.-3:00 p.m., Bunert Park. Proceeds benefit the American Cancer Society. Call (214) 418-5775.

"Destination Celebration 2012" Passport to Paradise Fiesta Style: 6:00 p.m., The Cook Center. Contact Stephanie Folmar at (903) 872-1751 or e-mail sfolmar@collinscatholicschool.com.

March 7

LeLivre Club program/luncheon: noon, Kinsloe House. Call Candace Wyatt at (903) 874-5791.

March 9

Navarro County Retired Teachers Association meeting: 9:45 a.m., Northwest Apartments Community Center. Retired school employees are invited to attend. Visit <http://local.trta.org>.

Senior Circle Pot Luck Luncheon: 11:30 a.m.-1:00 p.m., Navarro Regional Hospital. Call (903) 872-5411.

The Sandlot: 7:30 p.m., The Palace Theatre. Call (903) 874-7792.

Wade Bowen Concert: 8:00 p.m., The Remington

Event Center. Net proceeds benefit the Navarro County Youth Expo. \$20 tickets. Presale tickets available at Custom T's and Lone Star Western Wear. Call (512) 748-1631.

March 14

Literary Club "On Oprah's List" Luncheon: noon, Kinsloe House. Call Cecelia Alexander for reservations at (903) 874-5791.

March 19-25

Navarro County Youth Expo: For daily schedule visit <http://www.navarroexpo.com> or call (903) 654-3075.

March 21

Kinsloe House book review luncheon: noon. Call Marsha Banks at (903) 874-5791 for reservations.

March 22

Corsicana Newcomers Club: 11:00 a.m., Kinsloe House. Leah Dill Blackard, Navarro Council of the Arts executive director, is the speaker. Contact Marge Oslick at (903) 872-3508.

March 23

Boys & Girls Club of Navarro County's 2012 Celebrity Banquet & Golf Tournament: Golf Tournament is at 11:00 a.m., Corsicana County Club. Banquet to follow at the I.O.O.F. Event Center. Call (903) 872-9231.

March 26-May 12

Western Artists of America Show: Pearce Museum, Cook Center. The show will feature more than 250 works of art by top Western artists in the U.S. Contact Holly Wait at (903) 875-7438.

March 30

Day at the Pearce: lectures followed by sale from 6:00-8:00 p.m., Pearce Museum. Contact Holly Wait at (903) 875-7438.

Roots and Boots Tour — Aaron Tippin, Sammy Kershaw and Joe Diffie in concert: 7:30 p.m., The Palace Theatre. Call (903) 874-7792.

March 31

Autograph party featuring Western Artists of America and Gala Awards Dinner: Pearce Museum. Contact Holly Wait at (903) 875-7438.

Ongoing:

Tuesdays and Thursdays

The Volunteer Income Tax Assistance (VITA) site: **Tuesdays:** 2:00-5:00 p.m.; **Thursdays:** 2:00-7:00 p.m., Corsicana YMCA. Contact George Burrell at (903) 879-2091 or Stuart Schoppert at (903) 874-8276, ext. 3900.

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

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In The Kitchen With Lori Kirby

— By Virginia Riddle

Turning leftovers into new creations is Lori Kirby's specialty of the house. Lori, mother to Kendall, Kassie, Jayd and Jody revealed, "The kids complain that they never get something twice. I love making something original that my family loves. Most of my recipes are made up – depending on what is in the fridge and cabinets."

Brought up on family farms in South Dakota, Lori, and husband, Kevin, moved from Phoenix to their farm in Northwest Navarro County to get back to cattle raising and country living. Lori, a family and consumer science teacher at Hubbard High School, enjoys cooking with her students. "In high school, those were the classes in which I had the most fun," Lori reminisced. **NOW**

Potato Cheese Soup

4 medium potatoes, peeled and cubed
1/2 onion, finely chopped
1 stick butter
4-5 Tbsp. flour
4 cups milk
1/2 block Velveeta cheese, cubed
6-8 slices of bacon, cooked and crumbled
2 chicken bouillon cubes or 2 tsp. Watkins Soup and Gravy
Dried parsley, to taste

1. Boil potatoes and onion in 2 quarts water.
2. Melt butter; add flour. Stir to form a roux. Cook roux, but don't let it brown.
3. Gradually add milk, stirring well. Bring mixture to a boil, until thickened.
4. Turn off heat while adding potatoes, potato water, onion, cheese, bacon, bouillon and parsley, to add color.
5. Slowly heat to blend flavors and melt cheese.

Great Soup

1/4 lb. bacon
4 cups fresh spinach, chopped
2 garlic cloves, pressed
4 cups chicken broth
1 green or yellow bell pepper, chopped
1 16-oz. can navy beans, drained and rinsed
1 28-oz. can tomatoes
1 8-oz. pkg. tortellini (Fresh is best.)

1. Sauté bacon until crisp; drain. Cut into small pieces.
2. Add spinach and garlic; cook 2 minutes.
3. Add broth, bell pepper, navy beans and tomatoes.
4. Bring mixture to a boil. Add tortellini.
5. Simmer until pasta is tender.

Poppy Seed Bread

Bread:
3 cups flour

1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/2 cups milk
1 1/8 cups vegetable oil
2 1/2 cups sugar
1 1/2 tsp. vanilla
1 1/2 tsp. almond extract
1 1/2 tsp. butter extract
1 1/2 Tbsp. poppy seeds

Glaze:

1/2 tsp. vanilla
1/2 tsp. almond extract
1/2 tsp. butter extract
3/4 cup powdered sugar
1/2 cup orange juice

1. Mix all bread ingredients with a mixer.
2. Pour into greased and floured loaf pans (2 large or 5 small).
3. Bake at 350 F 40-50 minutes.
4. Combine all glaze ingredients; stir well. Do not heat.
5. With a knife, poke deep holes in loaves. While loaves are still hot, pour glaze over the tops of the loaves.

Seafood Stuffed Peppers

4-6 peppers, any color
Carton of mushrooms, sliced
1/2 to 1 onion, chopped.
2 cups small shrimp, thawed and shucked
1 tsp. garlic powder or 2 garlic cloves, chopped
1 tsp. pepper
1/2 tsp. salt
4 Tbsp. butter
6 oz. cream cheese
2 cups shredded cheddar or Monterey Jack style cheese
1 1/2 cups brown rice, cooked
1 egg
2 5-oz. cans tuna
1 tsp. cayenne pepper

1. Cut tops off peppers. Remove seeds and membranes.
2. Sauté mushrooms, onion, shrimp, garlic, pepper and salt in butter.
3. Mix cream cheese and shredded cheese.
4. Add rice and egg to cheese mixture.
5. Drain tuna. Mix cayenne pepper, tuna and the shrimp mixture into the rice and cheese mixture, very gently.
6. Fill peppers; replace tops. Bake at 350 F for 50 minutes.

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